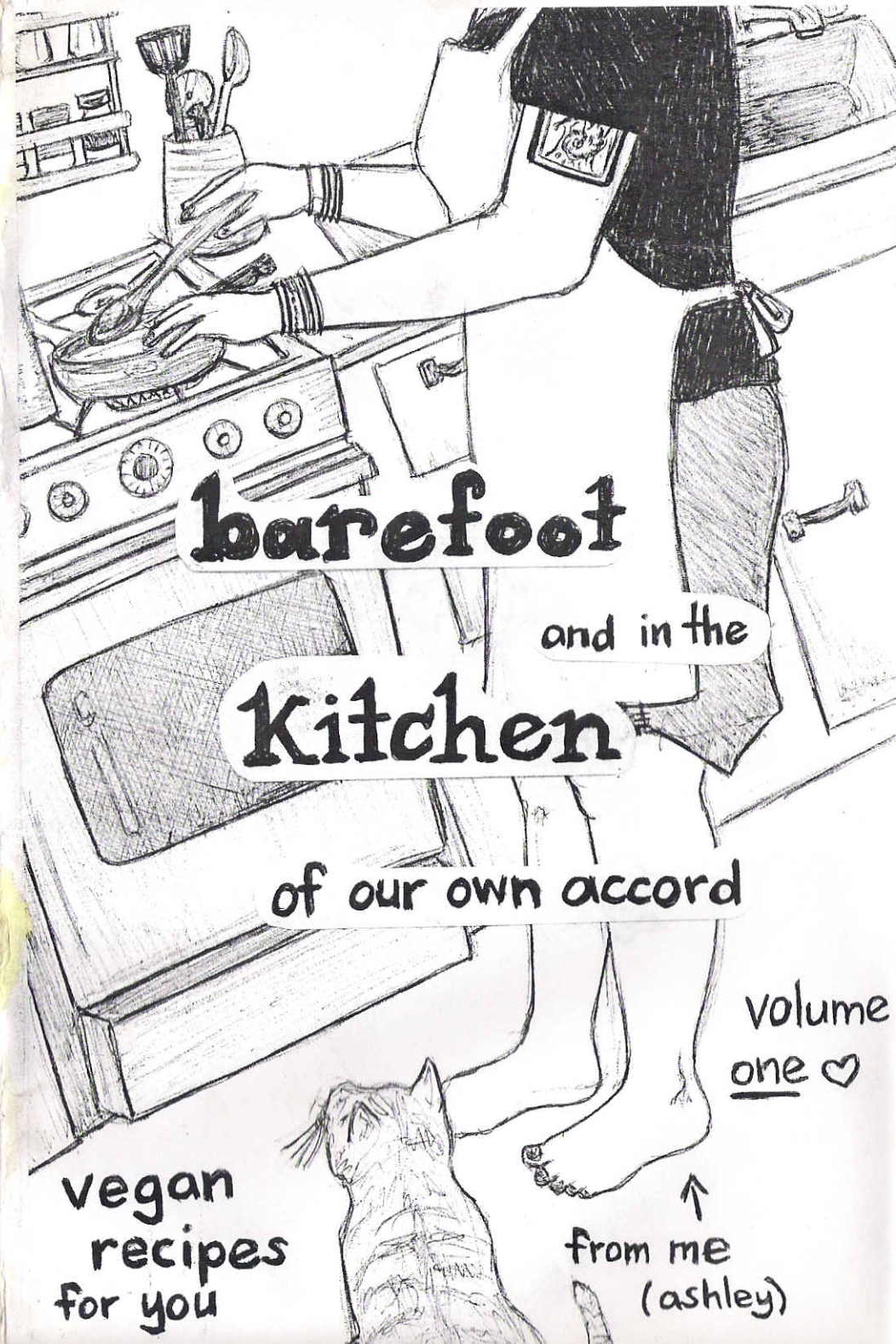


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**barefoot**

and in the

**Kitchen**

of our own accord

volume  
one ♥

vegan  
recipes  
for you

↑  
from me  
(ashley)



email me! with comments,  
suggestions or criticism:

socialobscurity  
@yahoo.com

You can also get in touch to  
get more copies, or copies of

VOLUME 2!

AND! I WOULD LOVE TO TRADE  
COPIES FOR YOUR ZINES...

Let's exchange addresses.

AND! I WOULD LOVE TO TALK TO YOU ABOUT  
THE PLACES ON THE RESTAURANT GUIDE!



# recommended reading ↓ ↓ ↓ ↓ ♥

THE FARM VEGETARIAN COOKBOOK ←

this is where the cinnamon bun recipe came from!

NO MORE PRISONS - william uppski wimsatt

MAD COWBOY - howard lyman

FREE THE ANIMALS - ingrid newkirk

ISHMAEL - daniel quinn

ANIMAL LIBERATION - pete singer

THE LITTLE FOOD BOOK - craig sams

CUNT - inga muscio

SEEDS OF DECEPTION - jeffrey smith

ETHICS INTO ACTION - pete singer

DAYS OF WAR NIGHTS OF LOVE - crimethinc.

NOTES FROM THE UNDERGROUND:

ZINES + THE POLITICS OF ALT. CULTURE

- stephen duncombe

anything by Kurt vonnegut jr.

the abbreviated and mostly relevant list.

seriously.

read these and recommend some

## Innards

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the obligatory introduction ↑

Personally, I love being barefoot and in the kitchen. I think it's one of the simple joys in life. I never understood what the negative connotation was (ok, ok, hundreds of years of women's oppression, etc. Yeah, I guess I do understand). Anyway, I want to reclaim the kitchen as a space where work happens because you want it to and enjoy doing it, not because you have to.

I spend a lot of my time in the kitchen, and being vegan, maybe this means more to me than most people. It's a good thing I love cooking because it would be much harder for me to get through the average day if I had to rely on the shit other people prepared all the time. So I make my own. And I love it.

The recipes in this zine are a mix between ones I've developed completely on my own (as in "hey, I miss broccoli soup....gonna have to invent me some vegan broccoli soup!") and a few are adaptations or straight up copies of some you might find elsewhere. I don't give credit to these sources (except for the Farm vegetarian cookbook, because it is seriously worth it!) and I don't really expect credit for my recipes. As long as everyone is making and spreading the love of good vegan food, it's all worth it.

# the 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

• 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

• LANESPLITTER'S

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

• GRANDMA'S THAI

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

• VEGAN EXPRESS

3217 Cahuenga Blvd.  
LA (323) 851-8837

• ASIAN ROSE

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

• GARDEN WOK

6117 Reseda Blvd.  
Tarzana (818) 881-8886

• VEGGIE + TEA HOUSE

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

• VEGGIE DELIGHT

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

• REAL FOOD DAILY

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

• SATURN CAFE

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

• FOLLOW YOUR HEART

21825 S. Elgin Way  
Canoga Park  
(818) 340-3240

\*Frost the top! Don't do it while they're too hot though or the frosting will just melt and slide off. I usually just beat margarine, a little soymilk, and powdered sugar until it is the right consistency, but you can buy or make some however you want.



soft sandwich buns (the basics):

- **2 cups soymilk**
- **¼ cup margarine or oil**
- **1/ cup sugar**
- **1 ½ tsp. salt**
- **¼ cup lukewarm water**
- **2 tbsp. yeast (one of those little packets)**
- **¼ tsp. sugar**
- **about 6 cups flour**

cinnamon bun fixins:

- **margarine**
- **2 cups sugar**
- **2 tbsp. cinnamon**
- **optional: raisins and chopped nuts**

Heat the 2 cups of soymilk to scalding. Pour into a bowl containing the ¼ cup margarine, ½ cup sugar, and 1 ½ tsp. salt.

Combine in another small bowl the ¼ cup warm water, 2 tsp. yeast and ¼ tbsp. sugar. Let sit five minutes.

After the milk had cooled add about 1 ½ cups flour and beat thoroughly.

Let rest for 5-10 minutes. Add 4 more cups of flour and beat well.

After this is added, begin to mix the dough with your hands. Add about 1 more cup of flour to create dough that is the right consistency to knead on a floured board. Knead 5 minutes, then put into a well oiled bowl and let rise for 1/2 hour.

Divide the dough in half and roll each half into a large rectangle 1/8-1/4 inch thick (keep enough flour underneath to prevent sticking).

Let dough rest about five minutes, then spread generously with margarine.

Sprinkle with 2 cups sugar and the cinnamon, and add the raisins and nuts if you're into that sort of thing.

Roll the dough up like a jelly roll and pinch at the end to seal.

Slice off 1" rolls and place on an oiled cookie sheet.

Bake at 350 for about 20 minutes.

\*These seem like a ton of work (and, ok, they kind of are. It's more that they just take a really long time), but they are *so worth it*. I am serious. You must make these.

Maybe you're used to those cardboard-tasting, strangely textured, low-fat vegan meals you find in a lot of cookbooks (and restaurants for that matter). And maybe that's what you're looking for. Well, you won't find it here (I hope). These are recipes I want people to be able to feed to meat eaters to show them that not all vegan food tastes like gruel.

That's also what the restaurant guide in the back is all about. These places are just a handful of incredibly vegan and vegan-friendly restaurants in California which I have been to and will personally tell you are worthwhile. They're of all different types and prices and are scattered about, for your convenience (if you're in California at all, that is).

If you have any questions, comments or suggestions about the restaurant list or any other part of the zine, I would love to hear from you. I really would. My contact info is in the back. If you have any recipes I should try, books I should read, or restaurants to include in the next issue, let me know! You can also order more copies or copies of volume two, which will be out soon.

Thanks for picking this up, and I hope you have fun with it. Pick the parts you like and change them so you like them even more!









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### some essentials

**\*Nutritional Yeast-** nutritional yeast is a basically just that- a type of yeast, grown on molasses, which is high in vitamins and protein and is very nutritious. It is an excellent supplement for vegans as it is very high in vitamin B, which is not normally found in non-animal foods. It's a yellowish color and has a slightly cheesy flavor. It is a good addition to sauces, but can also be sprinkled onto foods plain. You may find it somewhat of an acquired taste, but if that's the case, try it in something like the easy mac and cheese. You will fall in love. Nutritional Yeast is usually available in bulk in natural foods stores or can sometimes be bought prepackaged in a tub. *\*Do not try to substitute another kind of yeast for nutritional yeast! It is not the same at all. Seriously.*

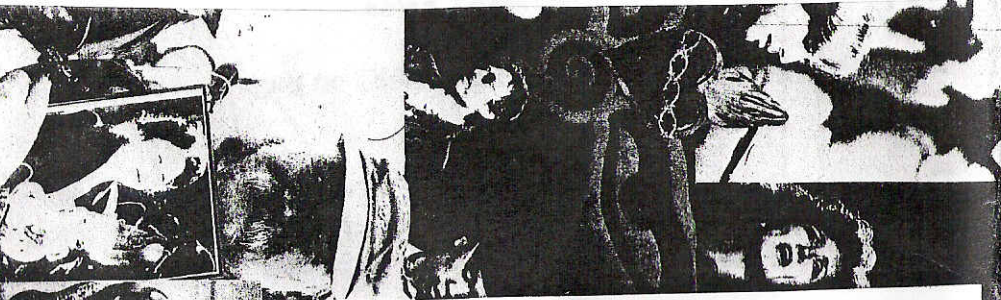
**\*Wheat Gluten-** also referred to as vital wheat gluten, it is basically a flour derived from the protein portion of wheat that is an excellent meat substitute. Wheat gluten is combined with water, kneaded, then boiled and flavored to make seitan, a chewy, meaty, protein filled food of goodness. You can buy pre-made seitan in the form of many kinds of fake meats at natural foods stores and many vegetarian restaurant, but it's much more fun and economical to make your own. Wheat gluten can be bought in the bulk section of most natural foods stores.

**\*Tofu-** I'm sure you've had tofu before (if not, then you are missing out. Like. Go make something with tofu right now). It doesn't seem like it would need much of an explanation, but if you're not really familiar with the different types of tofu, it would be useful for me to say a word about that. Tofu comes in several different types, including the most useful for our purposes, silken and extra firm. Silken tofu is soft and useful for blending (as in the broccoli soup recipe) and I like extra firm in recipes where it is to be used as a meat substitute (like the tofu nuggets).

### BROCCOLI RICE AU GRATIN

- 2 cups cooked rice
- about 1 cup steamed broccoli
- ½ cup water or soymilk
- 1/3 cup nutritional yeast
- 1 tbsp. flour
- 2 tbsp. olive oil
- 1 tbsp. Braggs aminos
- 1 tsp. garlic/onion salt (either, preferably both)

Mix everything but the rice and broccoli well. Ok, actually, you need to mix the rice and broccoli in too. But after everything else. Stir it up. Eat it.



**\*Ridiculously useful tip:** Cook the broccoli and rice together. It's way quicker this way. Just put your rice in the pan or rice cooker and cook until most of the water is absorbed. Put chopped broccoli on top 5-10 minutes before the rice is done and let it steam in there.



\$42 million

THE SILENT MAJORITY SURVEYED  
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# THE BASICS ↓ ♥

## BASIC WHITE SAUCE

*This sauce gets used over and over again in various forms in my cooking. You can add a cup (more or less) of nutritional yeast and some more salt plus whatever spices you want (onion powder and garlic salt are improvements) to make a 'cheese' sauce.*

- \*1 stick Vegan Margarine
- \*4-6 Tbsp Flour
- \* Salt to taste
- \*2-3 Cups Soy Milk (enough to achieve a thick, creamy consistency that still flows)

Melt the margarine over medium heat and whisk in the flour. Once a paste has been formed, add the soymilk, stirring the whole time. Keep stirring over medium heat until the sauce thickens into a good consistency (creamy and thick, but not too thick).

You can always add more soymilk, but you once the soymilk has been added, you can't add more flour! So it's best to put less soymilk than you think you'll need at first.

## BASIC SEITAN

- \* 1-2 cups vital wheat gluten
- \* warm water (about equal to the amount of wheat gluten)
- \* soy sauce/bragg's aminos
- \* vegetable broth (with whatever else you want in it- some nutritional yeast, spices, soy sauce, ginger, whatever)

Mix the wheat gluten and warm water and knead until it becomes a consistent texture. You can also add the soy sauce/braggs/nut. Yeast in at this point if you want.

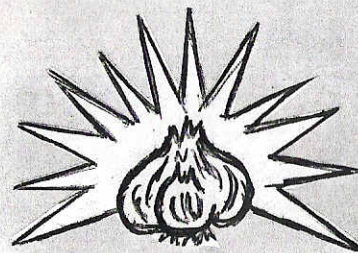
Run under cold water, and keep kneading, until the water runs clear. If pieces start falling off, just stick them back onto the big chunk.

Meanwhile, prepare about a gallon of water with veggie broth and whatever else you want in it for flavor.

Cut seitan into finger-sized chunks (they'll grow in the broth) and boil in a covered pot for at least an hour.

Hoo-ray!

↑ (Creepy)



## FETTUCINE ALFREDO

- \* 1 package fettucine cooked according to instructions
- \* A couple cloves of garlic
- \* White pepper to taste
- \* 1-2 Tb olive oil
- \* 3 Tb or more of Vegan Parmesan Cheese
  
- \* Basic White Sauce, prepared as described on page 5

Prepare the white sauce while the fettucine is boiling. Mince the garlic finely and sauté it in the olive oil until soft. Add this to the white sauce, along with the vegan parmesan and pour over the cooked pasta.

You can also use vegetable broth in place of about 1/3 of the soymilk in the white sauce recipe, and add some nutritional yeast for flavor, if you'd like.











### EASY AND AMAZING MAC AND CHEESE

- white sauce as described on page 5
- ¼ cup nutritional yeast
- 1 package macaroni, cooked according to instructions

Make the white sauce, and add the nutritional yeast, and probably some extra salt (to taste, of course). Mix it into the macaroni.

Be amazed. Feed your friends.

This is an awesome potluck food.

### GIVING OUR FEAR THE FINGER *The Wendy's brouhaha since Mikey supposedly blew up his stomach with Pop Rocks*

Contrary to what a friend of a friend may have heard:

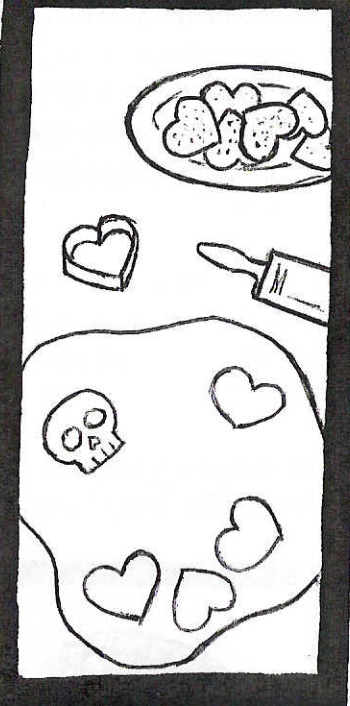
- McDonald's is ~~not~~ the world's largest purchaser of cow eyeballs, ~~nor~~ do their hamburgers contain worm meat. Also,

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### MY GRAMMA'S SUGAR COOKIES

- ¾ cup margarine
- ½ cup sugar
- 1 egg (replacer)
- 2 tbsp. soymilk
- At least 1 ¼ cup flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 2 tsp. vanilla

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Beat sugar, margarine and egg replacer well. Mix dry ingredients and stir in carefully, along with vanilla and soymilk.

Roll out about ¼ inch thick. You will probably need more flour, which you know when you realize the dough is sticking to your rolling pin/board, etc. Add until the dough is workable and not too sticky.

Cut with a fun cookie cutter (hearts and skulls are personal favorites) and bake at 350 for about 10 minutes. *Sprinkle Sugar on Top!*

### CORN BREAD

- 1 cup cornmeal
- 1 cup flour
- 2 tsp. baking powder
- 2 tsp. sugar
- 1 tsp. salt
- 2 tbsp. oil
- 1 ½ cups soymilk

Preheat the oven to 350. Mix the dry ingredients, then add the soymilk and oil and mix thoroughly. Pour into a lightly oiled pan and bake for 30 minutes.



• This is a great compliment to some good chili, which I'm actually not giving you a recipe for (hah). But you can make one up, look one up, or be a cheater like me and just get some pre-made stuff at the store. A lot of canned/packageged vegetarian chilis are really pretty good.





TACO DOGS



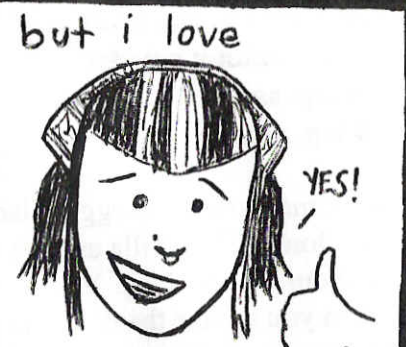
- small corn tortillas (as many as you want, one for each taco dog)
- veggie dogs (again, one for each taco dog)
- veggie chili (home made or store bought, it don't matta!)
- some grated soy cheese
- Additional toppings of your choosing. May well include chopped onion.

Cut the veggie dogs down the center (making two long, flat halves). Fry up in a little bit of water or oil. Heat the tortillas and chili similarly. Arrange the hot dog halves two to a tortilla and top with chili, soy cheese, and whatever else you want.

\*This sounds weird, but I assure you, it is good. And I don't generally advocate hot dogs of any sort.



i hate hot dogs...



TACO DOGS!!!

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Meaty Sauce:

- \*15 Lasagna Noodles (one big package) Cooked According to Box Instructions
- \*2 Pkg Veg. Ground Round
- \*1 Large Onion Chopped
- \*1 Large Jar Pasta Sauce (or make yer own!)
- \*Garlic! As much as you want/can take
- \*1 Tsp Basil
- \*1 Tsp Oregano
- \*1 Tsp Thyme
- \*Black Pepper
- \*Salt to taste
- \*Olive Oil

Basic White Sauce:

\*Make according to recipe on page 5

In a pot, sauté onions and garlic in olive oil for about 5-6 minutes (until soft) on medium heat. Crumble veggie ground round into pot and add the pasta sauce. Stir well. Add the herbs and black pepper. Turn the heat to low and simmer for about 30 minutes - 1 hour (the longer you leave it to simmer, the more flavorful it'll be). Stir often.

Make the white sauce when you are ready to put the lasagna together. Remember, don't try to add the flour after you've put in the soymilk and the mixture is already hot! This will ruin it!

Lightly grease a lasagna pan and place enough noodles on the bottom to cover it (this is about 4 in a large pan). Pour 1/3 of the white sauce over the noodles. Spread half of the meaty sauce on top of the white sauce and noodles. Make one more layer of noodles and use 1/3 of the white sauce and the remaining meaty sauce. Place noodles on the top and pour the remaining white sauce over the lasagna.

Cover the dish with aluminum foil and bake in a 375° oven for 30 minutes. Let cool as long as possible before serving (at least 10 minutes). This part sucks. It smells really good and you'll want to eat it, but wait! It needs some time to kinda solidify or else when you try to cut and serve it it'll be a big mess and not a piece of lasagna.

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uns



try feeding this to omnivorous friends...



ALRIGHT GUYS,  
THE LASAGNA  
IS READY!



OH MAH GAHD!  
THIS IS DELICIOUS!  
BUT I THOUGHT  
YOU DIDN'T  
EAT  
MEAT...

I  
DON'T.



try  
it.

## TOFU NUGGETS

- 1 block of extra firm tofu
- ½ cup flour
- water
- 2 tbsp or so of soy sauce (or Bragg's)
- a splash of orange juice
- salt, pepper and seasonings of your choice to taste
- olive or other oil to fry in

Drain the tofu and get out as much water as you can by wrapping in cheesecloth or paper towels and squeezing (but try not to crumble it). Cut into nuggety pieces and set aside. Mix flour, soy sauce, orange juice and seasonings. Add enough water to make this a smooth—but not runny—consistency. Dip the nuggets into the batter and fry in a thin layer of oil (or more if you want a crispier, more deep fried effect). Cook until light brown and crispy.

*\*Ridiculously useful tip: If you want breaded nuggets, you can buy or make bread crumbs out of a lot of different things. Matzah meal works well, as do crushed saltines.*

thy paintings and table cloths,  
ring Japanese lanterns and one  
it of Paradise in the commo-

addition of the cream cheese created  
a decadent velvety texture to this

(\$1 extra). Unfortunately, they  
were served with a

*\*Another ridiculously useful tip: Tofu, when frozen and thawed, gets a chewy consistency that works really well for meaty dishes like this. Try draining, cutting and then freezing it before making nuggets.*

traditional breakfast and lunch  
interesting, such as the red  
o and mushroom omelette or the  
titude of tofu options, we each  
kly decided and placed our order.

every bite held the supreme balance  
of each ingredient, including the  
aforementioned avocado and not at  
all greasy bacon.

I went basic and ordered the two

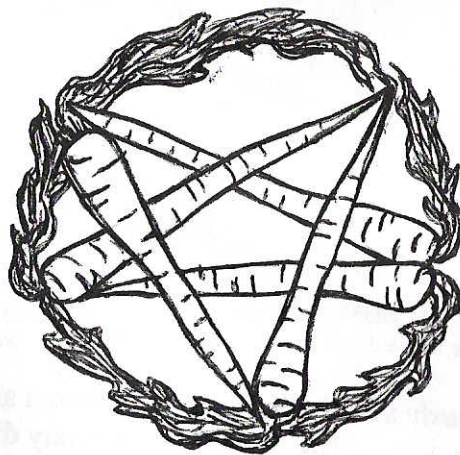
... paid the bill (ca  
or local check only), admiring  
the antique cash register still in  
use. I was glad to see this quair  
touch of the way things used to  
be, especially here on the boon



## SEITAN BROCCOLI

- 1 cup prepared seitan
- 2 ½ cups vegetable broth
- 1 lb (ish) broccoli
- 1 onion, chopped
- 2 tbsp. cornstarch (or flour)
- 2 tbsp. soy sauce
- onion and garlic powder
- 1 tbsp. grated ginger

Mix the cornstarch (or flour), onion and garlic powder, and soy sauce into 1 cup of the broth.  
Heat ¼ cup broth in a wok or pan and stir fry seitan for at least five minutes. Add broccoli and onion and stir fry another minute or two.  
Add the broth mixture and ginger and cook a few more minutes, coating the ingredients well with the sauce. Score!



HAIL SEITAN!

Rio Theatre  
at the



## FRIED RICE

- about 2 cups rice (makes a lot more once it's cooked)
- 1 block extra firm tofu
- 1 cup or so chopped broccoli
- 1 carrot, thinly sliced
- garlic, minced. A few cloves or as much as you are into.
- ½ onion, chopped
- some frozen peas. However much you want.
- Vegan-friendly teriyaki sauce (I advocate Soy Vey Veri Veri Teriyaki)
- Soy sauce
- Peanut or olive oil

While you're cooking the rice, squeeze as much water as possible out of the tofu and chop into small cubes.  
Cook the tofu first, in the teriyaki sauce until it is well done and chewy. You will probably need more teriyaki than you expect to, as a lot burns off.  
Once the tofu is done, set it aside. Now put the steamed rice and veggies (except for the peas) in the pan (preferably a wok). Fry with a small amount of oil, teriyaki sauce, and soy sauce to taste. Once the vegetables are almost done, add the peas for just long enough for them to warm up.

\*You can really put whatever vegetables you want in here, obviously. These are just ones I like. Mushrooms, peppers, snap peas, etc. might all work well

