

featuring recipes from food co-ops around the world!



# BRIARPATCH FOOD COOP



## Udon with Tofu, Veggies & Mushrooms

Bachan's barbecue sauce is seriously a customer and worker favorite. It's vegan, preservative-free, small batch, and Bay Area-made.

We used [@jbasketusa](#) udon noodles (follow package instructions). Set aside.

Chop veggies. This really depends on how much you want, you can do more or less of each based on your liking. Mushrooms — we used cremini, hon shimeji, maitake, and king trumpet. Cut the trumpets in long pieces and set aside. Grate carrots. Chop green onion.

Marinate slices of extra firm tofu and the trumpet mushrooms in a bowl of Bachan's. This took about half of the bottle. We used the yuzu, but this dish would be delish with any flavor. (OG, spicy, or gluten free).

Pan fry mushrooms til golden brown, add carrots at the last minute and set aside.

In the pot you cooked the udon in — combine the noodles,  $\frac{1}{4}$  cup of soy sauce and the leftover marinade from the tofu bowl. Throw in sesame seeds and some seaweed. Stir to combine.

Pan fry the trumpets and tofu on high heat until they are golden brown, but going for longer is great too, if you like that charred taste.

After setting the tofu and trumpets on top of the noodle mixture, sprinkle the green onions on top.



PACHAMAMA  
COFFEE FARMERS



## Cafe De Olla

Makes 8 servings

Cafe de olla is a traditional Mexican coffee beverage perfect to warm you up on a cool fall day.

- 8 cups of water
- 6 oz Piloncillo/Panela or dark brown sugar
- 1 stick Mexican cinnamon
- 1 star anise
- 1 tsp cloves
- 8 Tbsp Pachamama's Single Origin Mexico coffee, ground

In a medium saucepan, add water, cinnamon and Piloncillo (or brown sugar). Lower heat and simmer until piloncillo is dissolved, about 7 minutes.

When the water starts boiling, add coffee, turn heat off and stir. Cover pot and steep 5 minutes. Pour through strainer and serve.

## Salted Maple Coffee

We love this salted maple coffee to keep us warm and cozy by the fire as the crisp fall days set in.

- 1 cup of your favorite Pachamama Coffee
- 1 oz Maple Valley Cooperative's Organic Maple Syrup
- 4 oz oat milk (or sub with any milk product you prefer)

Dash of Salt

Make your cup of coffee how you prefer.

Add 1 oz maple syrup to the cup.



Add oat milk to a jar with a dash of salt and an extra dash of syrup if you like it extra sweet. Froth mixture until desired

thickness. Add to coffee.

Enjoy!

## Butternut Squash Soup with Seamoss

Makes 10 servings

This soup is a delicious and nutritious addition to your autumn repertoire.

- 1 butternut squash, peeled and chopped
- 1 onion, chopped + 1 green apple, cored, chopped
- 1 14-oz can unsweetened coconut milk
- 4 cups vegetable broth
- 1 thumb-size piece of ginger, peeled & chopped
- 5 cloves of garlic, peeled and smashed
- 1 small bunch of sage leaves, chopped
- 1 Tbsp Italian seasoning and turmeric powder
- Salt and pepper
- Olive oil
- $\frac{1}{4}$  cup (or more) sea moss gel
- Toasted pumpkin seeds



Toss butternut squash, garlic, onion, apple, sage, and ginger in olive oil with salt, pepper and Italian seasoning. Roast at 425° for 45 minutes, until squash is fork-tender.

Place the vegetables in a high-speed blender with the coconut milk, vegetable stock, and turmeric powder.

Place soup into a large pot and add  $\frac{1}{4}$  cup of seamoss gel. Heat on low for 5 minutes and serve topped with toasted pumpkin seeds.





## Persimmon Pudding

- 1 ½ cup hachiya persimmon pulp,  
from 3-4 very ripe persimmons
- 3 eggs, well beaten
- ¾ cup sugar
- 1 cup flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup melted butter
- ½ cup lowfat milk
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ginger
- 1 Tbsp vanilla extract
- 1 cup golden raisins

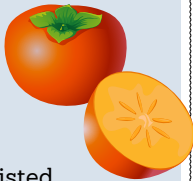
For the pulp, remove skin from persimmons and seed the fruit. Blend the pulp in a food processor or blender and set aside.

Preheat oven to 325°.

Lightly grease an 8" round cake pan or 8×8" baking dish with butter or coconut oil.

In a large bowl, add all ingredients in the order listed. Bake for 1 hour.

Serve at room temperature.



## Zuppa Toscana

Makes 30 servings

Zuppa Toscana is a traditional Italian soup with bold flavors and great nutritional value.

- 4-5 quarts veggie stock
- 10 diced russet potatoes
- 2 lbs spicy Italian sausage
- 1 package bacon
- 4 onions, diced
- 1 bunch kale, thinly sliced
- 2 pints heavy cream
- 3 Tbsp red pepper flakes
- 1 Tbsp thyme
- 1 Tbsp oregano
- 1-2 Tbsp salt
- 1-2 Tbsp pepper



Cook and chop bacon; set aside (saving grease).

In a large pot, cook spicy sausage. Add onion and sauté with meat until transparent. Add thyme, oregano, salt, pepper and red pepper flakes. Add veggie stock to pot, along with potatoes and bring to a boil.

Pour in a few Tbsp of reserved bacon grease and continue to cook until potatoes are tender.

Remove from heat and whisk in heavy cream.

## Autumn Rice Salad

Makes 8 servings

There is nothing lovelier than a light-yet-still-feels-hearty fall salad. Loaded with produce and nuts, it's the taste version of romping in leaf piles in your favorite sweater.

- 1 cup jasmine rice
- 2 cups butternut squash, peeled/cubed
- 1 cup cremini mushrooms, sliced
- 1 red bell pepper (fresh or roasted), julienned
- 1 cup walnut pieces

### DRESSING

- ¼ cup red wine vinegar
- ½ Tbsp Dijon mustard
- ½ Tbsp maple syrup
- ½ bunch marjoram
- ¼ Tbsp sea salt
- ½ tsp paprika
- ¼ cup olive oil



Cook jasmine rice with 2 cups water.

Toss squash with a bit of oil and bake until tender at 375°.

Bake walnut pieces on separate pan until browning, approximately 10 minutes.

Oil skillet and sauté mushrooms until tender.

Combine and whisk dressing ingredients, adding oil last.

Finally, combine all ingredients.







## Earl Grey Iced Tea with Clouds

One lump or two? If you take your tea with sugar, make sure to add it while the tea is hot for the best dissolve.

- 2 bags Organic Earl Grey Tea
- 1 cup water
- Sugar to taste
- Ice
- 1/3 cup heavy cream



Brew tea at double strength for 3-5 minutes. Make sure to remove tea bags promptly! Add sugar or sweetener if desired. Allow tea to cool in the refrigerator.

Using a whisk or a hand-mixer, beat the cream until it just begins to froth and thicken — before peaks begin to form. Stop!

Pour cooled tea over ice in a tall glass, leaving room at the top. Spoon in the cream.

Watch in amazement, post on Instagram, etc. Sip away!

## Chocolate Peanut Butter Fudge

Makes 30 servings

- 2 cups granulated sugar
- 2 Tbsp (heaping) Equal Exchange Organic Baking Cocoa
- 1 cup milk (or less)
- 1 tsp vanilla extract
- 1/2 cup peanut butter (more or less)

Stir sugar and cocoa powder together in large saucepan until evenly blended.

Pour in milk, keeping an eye on how much. You want enough that the mixture is “runny,” yet if you put in too much, it will take forever to boil down. A good way to judge the right amount is if, when you drag a spoon across the diameter of the bottom of the pan, the mixture closes in behind it fairly quickly. Heat at medium-high until boiling, then lower heat and let low boil continue. Stir occasionally.

Grease pie plate or similar dish and fill sink with about 2" of cold water.

Start checking temperature with a candy thermometer when bubbles get small and glossy. Total cooking time will be about 20 minutes or less depending on the amount of milk. Remove from heat when mixture reaches 235° or “soft ball” stage.

Set pan in cold water to cool.

Add vanilla extract. Let cool slightly and add peanut butter.

Remove from cold water and stir quickly to mix in peanut butter. Pour it into a buttered pie plate just as it begins to hold its shape or harden. Perfect is when it hardens just as it spreads out in the plate and holds the decorative swirl you put on top. Let cool and cut into pieces.



## Spiced Pumpkin Monkey Bread

Makes 12 servings

A pick-apart dessert for the ages. Organic Valley Unsalted Butter takes center stage in this chewy, sticky-sweet creation. Beat in ginger, cloves, nutmeg and cinnamon to add a little spice to the chewy goodness.

### BREAD

- 1 Tbsp active dry yeast (not rapid rise)
- 1 cup Organic Valley Whole Milk, heated to 110°
- 1/2 cup granulated sugar, plus 1 Tbsp for yeast (for bread)
- 1 cup canned pumpkin puree
- 4 1/2 to 5 cups all-purpose flour
- 2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 6 Tbsp Organic Valley Unsalted Butter, softened
- 1/2 cup (1 stick) Organic Valley Unsalted Butter, melted

### SPICED SUGAR

- 1 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground ginger
- 1/8 tsp ground cloves



Dissolve yeast in 110° milk in large bowl of electric mixer fitted with dough hook; let stand 10 minutes.







Add  $\frac{1}{2}$  cup sugar (substitute granulated sugar with brown sugar for a more caramelized look and flavor), pumpkin puree,  $4\frac{1}{2}$  cups of the flour, salt and spices for bread. Beat at medium speed until a soft dough forms, about 2 minutes. If needed, add additional flour to form a smooth and moist (but not sticky) dough, beating an additional 3 to 4 minutes. Add softened butter and mix until just combined.

Place dough in a buttered, medium-sized bowl, turning the dough to coat. Cover and let rise in a warm, draft-free place until dough has doubled in size, 45 minutes to 1 hour.

Meanwhile, combine all ingredients for Spiced Sugar in a shallow bowl; mix well.

After dough has risen to double in size, punch dough down and transfer to a lightly floured surface. Divide evenly into golf ball-sized pieces ( $1\frac{1}{2}$  oz each). Roll each piece into a ball.

Butter a 10-inch Bundt pan or ring-shaped cake pan or mold. Dip each ball of dough lightly into melted butter, then dip heavily in spiced sugar. Place rolls evenly in prepared pan, stacking on top of one another. Pour any remaining butter over the rolls and sprinkle with a small amount of any remaining sugar mixture. Cover and let rise in a warm, draft-free place until doubled in size, 1 hour to 1 hour 20 minutes.

Heat oven to 350° Bake bread until puffed and light golden brown, about 35 minutes. Cool 5 minutes in pan.

Invert onto a serving plate. Serve warm or at room temperature.



## Apple Cider Mimosas

Makes 4 servings

Apple cider mimosas are the perfect fall twist on the classic celebratory drink. Spice up your next special occasion (or even a fall-time brunch) with this simple two-ingredient combination that is a match made in autumn heaven.

- 1 Tbsp Frontier Co-op Organic, Fair Trade Cane Sugar
- 1 tsp Frontier Co-op Organic Apple Pie Spice
- 1 small red sweet apple
- 4 Frontier Co-op Organic, Fair Trade Ceylon Cinnamon Sticks
- 1 bottle champagne
- 2 cups pasteurized apple cider, chilled

On a small, rimmed plate, gently whisk together cane sugar and apple pie spice. Spread out mixture so the edge is bigger in diameter than the rim of your glass. Set aside.

Dip the rim of each glass in a shallow bowl of water or apple cider, or rub an apple slice along the rim. Dip glass rim in sugar-spice mixture until rim is fully coated. Repeat with all four glasses.

Just before serving, cut four thin apple slices and place one at the bottom of each glass along with a cinnamon stick. Tuck cinnamon stick under apple slice so it doesn't float to the top.

Into each glass, pour champagne until bubbles have settled and glass is half-full. Add apple cider until glass is full.

## Chamomile Gin Fizz

Makes 1 serving

This creamy, fizzy and frothy confection strikes an unusual balance between richly decadent and lightly refreshing. The sunny flavors of chamomile, lemon and honey make this a fine summer cocktail, but it's just as delicious any time of the year.

### THE CHAMOMILE HONEY SYRUP

- 1 cup honey
- 1 cup water
- 1 cup Frontier Co-op Chamomile Flowers

### THE COCKTAIL

- 2 parts gin
- 1 part Chamomile Honey Syrup
- $\frac{1}{2}$  part lemon juice
- $\frac{1}{2}$  part skim milk
- 1 egg white (per drink)

In a saucepan, combine honey, water and chamomile; stir and bring to a boil. Reduce heat to low and simmer for 5 minutes.

Remove from heat and let steep until cool. Strain into a jar or container. Store unused portion in refrigerator for up to 2 weeks.

In a shaker filled with ice, combine gin, chamomile honey syrup, lemon juice, milk and egg white. Shake vigorously for 2 minutes. Strain into a champagne flute or cocktail glass.







LA RIOJANA

## Almost Classic French Onion Soup

Makes 6-8 servings

A 'shroom-laden spin on the classic. You don't even need to use beef broth; this soup can be entirely vegetarian. Good melty vegan cheese is also an option. Use your favorite mushrooms, or a combo to get maximum umami and textural differences in each spoonful. If you like a richer, fruitier-style broth, go with the Malbec-Bonarda blend. Otherwise, Cab Sav or Malbec are great options for a drier style with some depth of flavor.

- 8 Tbsp olive oil
- 4 large yellow onions, sliced in ¼" half rounds
- 3 cloves garlic, minced
- 1 lb your favorite mushrooms, sliced
- ½ tsp dry thyme or 3 sprigs fresh thyme
- 2 Tbsp Worcestershire sauce
- 8 cups broth - veggie, mushroom or beef
- 1 bay leaf
- 1 bottle La Rioja red wine, your choice
- Kosher salt and ground black pepper
- 16 slices baguette (day old is good)
- 8 slices Gruyere or Swiss cheese
- 3 Tbsp chopped parsley



In a large Dutch oven or soup pot over medium-high heat, heat 4 Tbsp olive oil and onions. Cook until soft and caramelized, about 45 minutes. Watch and stir. Add a bit of water or some of the red wine and scrape the pan if onions start to burn.

In a sauté pan over medium heat, add 2 Tbsp olive oil and garlic and cook until fragrant, about 2 minutes. Add mushrooms, Worcestershire and thyme and cook another 10 minutes, until softened and most of the liquid has evaporated. Remove fresh thyme sprigs.

Add mushrooms to Dutch oven. Pour in stock and bay leaf. Bring to simmer over medium heat. Let simmer 30 minutes. Add wine. Cook on low heat another 20-30 minutes. Add salt and pepper to taste. Adjust with additional broth or wine as needed.

While soup cooks, brush baguette slices with 2 Tbsp olive oil and toast until golden.

Preheat broiler. Remove bay leaf. On a sheet tray, pour soup into oven-safe bowls, leaving at least one inch from the top. Top with baguette slices, then with cheese. Broil until cheese is browned and gooey. Sprinkle with chopped parsley.

This soup freezes well. Do not freeze baguettes or cheese.

## Best Ever Nachos

What's the big game without a beautiful plate of nachos? Pile organic green onions, black beans and fresh avocados on a big handful of organic tortilla chips and top with Organic Valley Mexican Blend Cheese. Add some heat and jalapeños and you have a spicy, cheesy organic snack.

½ of a 14-oz package organic tortilla chips

1 16-oz can black beans

½ cup sliced green onions

1 tsp ground cumin

1 ½ cups Organic Valley Thick Cut Shredded Mexican Blend Cheese

Salsa (optional)

Sliced jalapeño peppers (optional)

Diced avocado (optional)

Organic Valley Sour Cream (optional)

Fresh cilantro, chopped (optional)

Heat oven to 350°. Line a large (15" x 10") rimmed sheet pan or cookie sheet with foil/parchment. Arrange tortilla chips in a single layer in pan.

Drain and rinse black beans. Combine beans, green onions and cumin in a medium bowl; spoon over chips. Sprinkle cheese evenly over all. Bake 10-12 minutes or until heated through and cheese has melted. Serve immediately with desired toppings.







## Gingerbread Cupcakes with Cinnamon Cream Cheese Frosting

Gingerbread is already a celebration of spices and deep, sweet molasses, and when you make it into a cupcake and add delicious cinnamon frosting, gingerbread becomes even more celebratory. The creamy frosting is a perfect foil for the dense, rich cupcakes.

### CUPCAKES

- 1 stick butter
- ½ cup brown sugar, packed
- 1 large egg
- ½ cup molasses
- ½ cup honey
- 1 cup whole wheat pastry flour
- 1 ½ cups unbleached flour
- 1 ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- 1 tsp ginger
- ½ tsp ground clove
- ½ tsp black pepper
- ½ cup hot coffee or black tea

### FROSTING

- 8 ounces cream cheese
- ½ stick butter, softened

- ½ teaspoon cinnamon
- 2 cups powdered sugar
- ½ tsp vanilla

Preheat the oven to 350°. Prepare a 12 cupcake pan with paper liners, and butter the top of the pan as well. In a large bowl, cream the butter and sugar. Beat in the egg, then the molasses and honey. Beat until smooth.

In a medium bowl, combine the pastry and unbleached flours, soda, salt, cinnamon, ginger, clove and black pepper. Stir to mix, then beat into the butter mixture. Pour in the hot coffee or tea and stir to mix well.

Portion into the 12-cupcake tins and bake for 25-30 minutes, until a toothpick inserted in the center of a cupcake comes out dry.

For frosting, cream the butter and cream cheese, scraping down and beating until smooth. Add the cinnamon and powdered sugar and beat until smooth, drizzle in the vanilla and beat until smooth. Spread or pipe a 2 Tbsp portion of frosting on each cupcake.

## Spicy Roasted Garlic Hummus

The sweet, mellow, nutty flavor of roasted garlic and a little kick from jalapeño offer a delicious twist to this popular Middle Eastern dip.

- 4 garlic cloves, peeled and roasted
- 1 garlic clove, peeled and minced
- 1 15-oz can chickpeas, drained and rinsed
- 4 Tbsp lemon juice
- 3 Tbsp tahini
- 1 jalapeño pepper, seeded and diced
- ½ tsp ground cumin
- ⅛ tsp salt
- 2-3 Tbsp olive oil

Toss 4 peeled garlic cloves in a little oil and double wrap in aluminum foil. In a preheated 350° oven, roast the garlic for about 30 minutes or until the garlic is soft but not burnt.

In a food processor, puree the roasted garlic and the one raw garlic clove along with the diced jalapeño. Add the chickpeas, lemon juice, tahini, cumin, and salt. Puree until smooth. While the food processor is running, slowly add the olive oil and blend until smooth.

### Serving Suggestion

Serve sprinkled with paprika or a pinch of cayenne for extra kick and accompanied by toasted triangles of pita bread or crackers.



## Brussels Sprouts Slaw

Makes 6–8 servings

- 3 lbs Brussels sprouts, trimmed and halved lengthwise
- 1 cup slivered almonds
- 1 cup dried cranberries
- $\frac{1}{4}$  -  $\frac{1}{2}$  cup Maple Mustard Dressing

Preheat the oven to 350°. Line a baking sheet with parchment and spread out almonds in an even layer. Bake for 5–7 minutes, possibly less if you have a hot oven, until nutty-smelling and a few shades darker. Remove from oven and cool.

Add Brussels sprout halves to a food processor. Pulse until fairly broken down (you don't want any large chunks). Toss with almonds, cranberries and dressing, starting with  $\frac{1}{4}$  cup and adding more if desired.

Toss dressing and salad together 20 minutes before serving. Can be made a day ahead.

## Maple Mustard Dressing

Makes  $\frac{3}{4}$  cup

- $\frac{1}{4}$  cup plus 2 Tbsp olive oil
- 3 Tbsp apple cider vinegar
- 1  $\frac{1}{2}$  Tbsp pure maple syrup
- 1  $\frac{1}{2}$  Tbsp Dijon mustard
- 1 clove garlic, minced
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  tsp freshly ground black pepper

Combine all ingredients in a jar with a well-fitting lid. Shake for about 30 seconds. You'll need  $\frac{1}{4}$  -  $\frac{1}{2}$  cup of this dressing for the slaw. Use immediately to dress, or store in the fridge for up to a week.



## Roasted Grapes & Broccoli with Quinoa

2–4 servings, as a side dish

- $\frac{1}{2}$  cup tri-color quinoa
- $\frac{3}{4}$  cup water
- 2 cups chopped broccoli crowns and stems
- 1 cup red seedless grapes, halved
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- Salt and pepper
- $\frac{1}{2}$  cup sliced almonds
- 2 Tbsp crumbled feta cheese
- Optional: big pinch red pepper flakes

Preheat the oven to 350°. Line a baking sheet with parchment and spread out almonds in an even layer. Bake for 5–7 minutes, possibly less if you have a hot oven, until nutty smelling and a few shades darker. Remove from oven and cool.

Preheat the oven to 425° and line a baking sheet with parchment paper.

Rinse quinoa under running water. Add to a small pot with a well-fitting lid. Add water and a big pinch of salt. Heat over high until it begins to simmer, then turn the heat down to low, cover, and cook for 10 minutes. After 10 minutes, turn off the heat, but do not disturb the quinoa! Allow to steam an additional 10 minutes, then fluff with a fork and transfer to a bowl or baking sheet to cool.

Meanwhile, add broccoli and grapes to prepared baking sheet. Toss with olive oil, balsamic vinegar, and big pinches of salt and pepper until everything is evenly coated. Spread onto baking sheet. Place on bottom oven rack and roast 15–20 minutes, rotating halfway through. Remove from oven to cool.

Combine roasted things, quinoa, toasted almonds, feta cheese (feel free to add more than is written here) and red pepper flakes if you like it hot. Serve at room temperature as the flavors peak after a 20-minute rest on the counter.

## Lentil Chili

Makes 10 servings

A favorite of Mandela's customers. Warm and nourishing — and easy to make!

- 1  $\frac{1}{4}$  cups green lentils
- 1 red onion, diced
- 1 white onion, diced
- 1 sweet potato, diced
- 2 red bell peppers, diced
- 2 Tbsp garlic, minced
- 2 Tbsp olive oil
- 6 cups vegetable stock
- 2 tsp onion powder
- 2 tsp cumin
- Salt to taste
- Black pepper to taste



Pour oil into pot over low heat.

Add diced vegetables, minced garlic. Cook until onions are translucent.

Add lentils and seasoning, cook until mixture is fairly dry, stirring frequently.

Add vegetable stock, bring to boil and simmer for about 1 hour.

Adjust seasoning to taste.

