

# Kraudawala Recipes

*Delicious, quick, mostly vegetarian*





A collection of meals we have consistently made that are delicious, nutritious, and easy to make. Happy Birthday!



*Quick and easy*

# Vegetarian Pot Pie

Makes 6-8 servings.

## Ingredients

*2 Tbsp olive oil*

*1 onion, diced*

*3 cloves garlic, chopped*

*½ cup chopped mushrooms*

*½ can coconut milk*

*1 Tbsp flour*

*3 Tbsp Nutritional yeast*

*1 tsp salt*

*1 tsp thyme*

*¼ tsp cayenne*

*2 cups frozen mixed vegetables*

*1 can chickpeas, drained*

*2 frozen prepared pie crusts, thawed*

*Pepper to taste*

1. Preheat oven to 375F
2. In a large soup pot, heat the oil over medium heat. Stir in the onions and garlic, and sauté until the onions are translucent, about 3 minutes. Add mushrooms and sauté for another 3 minutes.
3. Add the milk, flour, nutritional yeast, salt, thyme, and cayenne, and mix until thoroughly combined. Reduce the heat, cover, and simmer for 5 minutes, stirring often. Place the vegetable mixture in a large bowl and stir in frozen vegetables and chickpeas. Stir in black pepper, taste, and adjust seasonings, as desired.
4. Spoon the filling into the bottom pie crust. Cover the filling with the top pie crust, cut away the excess crust, and crimp the edges of the crusts together to seal. Make three small slits in the top center.
5. Bake 35 to 40 minutes or until crust turns golden brown. Let cool for about 10 minutes before serving. The pot pie can be stored in the freezer in an airtight container for up to 3 months.

Healthy and tasty

# Pasta Primavera

*Sara's go to non-Indian dish*

30 min or so.



## Ingredients

Whatever Veggies you have on hand. Beans, tomatoes, greens, chard, broccoli. All work.

Garlic

Onion

Spike

Parmesan Cheese (optional, but is it....really?)

Pasta

## Preparation

1. Cook pasta
2. Heat Oil, cook onions
3. Add and cook the other stuff
4. Season to taste
5. Mix cooked veg and pasta together
6. Eat

*Goes great with  
homemade Cider*

Nutrition facts: Super Healthy

*It needs the molasses, meat optional*

# Kalpudding

*12" Cast iron meal*



## Ingredients

2 tablespoons plus 1 teaspoon unsalted butter

1 head green cabbage, approximately 3 pounds, cored and shredded

1 tablespoons molasses

Kosher salt and freshly ground pepper, to taste

1 1/2 pound ground OR impossible meat

1 yellow onion, chopped

1 cup heavy cream

4 tablespoons breadcrumbs

1/3 cup chicken, beef or vegetable stock, ideally homemade or low-sodium store-bought (or water)

1. Heat oven to 350. Put a large pan over medium-high heat, and add the butter. When it starts to foam, add the cabbage and molasses, lower the heat to medium and sprinkle with salt. Cook slowly, stirring often, until all the liquid has evaporated and the cabbage is caramelized, approximately 20-25 minutes.
2. While the cabbage is cooking, mix the meat in a large bowl with the onion, cream and breadcrumbs, and mix again to combine.
3. When the cabbage is done, add about a third of it to the meat mixture, and mix to combine. Use the remaining butter to grease an 8-inch-square baking pan, and transfer the meat mixture to it, spreading it out to cover the whole surface evenly. Spread remaining cabbage over the meat, pour the stock or water over the top and place in the oven, on a sheet tray, to cook for approximately 40 to 45 minutes, or until the cabbage is very, very caramelized, almost dry and crunchy at the edges. Allow it to sit for 10 minutes or so before serving.

Delicious!

# Black Bean Enchiladas

Richard's #2 go to Mexican dish

45 min or so.



## Ingredients

2 cans, or 1 heaping cup dried Black beans  
1 Onion  
2 cloves garlic  
2 serrano peppers  
2 bell peppers  
1 jar enchilada sauce  
(can make this with 1 cup tomatoes and 2 cups broth)  
Cheddar

Tortillas  
Cilantro  
Guacamole

## Preparation

1. Cook onions, peppers, and garlic in oil with cumin, oregano, chili pepper, salt and black pepper
2. Add beans to pepper onion mixture
3. Heat oven to 400 F
4. Make sauce (or buy it)
5. Add 1/3 sauce to beans and 1/3 sauce to baking dish
6. Wrap bean mixture in tortillas with a bit of cheese, add to dish until all is gone
7. Top with cheese, bake for approx. 30 min.
8. Top with cilantro

*Can be done easily with frozen vegetables and canned beans*

Pro tip: Double the recipe and store one in the freezer



## Ingredients

## One Pan Meal!

Carrots

Onion

Potatoes

Sausages

*Beets, sweet potatoes, etc. can be added*

1. Preheat oven to 400 F.
2. Cut everything into bite size pieces, see picture for size.
3. Add oil and seasonings to everything and toss.
4. Bake in Oven for 15 min., flip, cook for another 15 min or until done.

# Roasted Veg & Sausage

*Hotter oven the better. Steel makes the best crust!*

# Pizza

*Can be quick or slow depending on the dough and sauce.*

## Ingredients

### *Dough:*

- 1 Tbsp honey*
- 1 ½ cup warm water*
- 1 package yeast*
- 4 cup flour*
- 1 Tbsp salt*
- ¼ cup olive oil*

### *Toppings:*

- Homemade sauce*
- Mozzarella*
- Onions*
- Arugula*
- Pesto*
- Prosciutto*
- Potatoes*
- Whatever else you want, be Creative!*

1. Mix all ingredients together
2. Cover with a moist cloth and let rise for 18 hrs. (If hot, keep in fridge overnight).
3. Punch down, knead a bit and form into two balls. Let rise another hour or so. Heat oven to 550 F
4. Roll, pre cook for 2-3 min.
5. Top and cook for 10 min or so.

Is there any food better than pizza?

# Bowls

Yummmmmmmmm



## Ingredients

Sweet Potatoes

Beets

Carrots

Potatoes

Couscous or similar

1 Onions

2 Garlic

½ cup Tahini

¼ cup Yogurt

1 Tbsp Lemon

Feta

## Preparation

1. Roast Sweet potatoes in oven, 400 F for 20-30 min.
2. Make sauce by mixing Tahini, yogurt, garlic, feta, & lemon juice together
3. Cook Couscous or other grain according to package
4. Sauté onions
5. Mix everything together in a bowl and enjoy

*Try different roasted veggies and alternative grains, e.g., barely, orzo, wild rice.*



**Rise and Shine!**

# Buckwheat Pancakes

*Best Pancakes Ever*

*30 min. Plenty of Pancakes for a family*



## Ingredients

3/4 cups unbleached all-purpose flour	1 1/4 cups milk
3/4 cup buckwheat flour	1 teaspoon pure vanilla extract
2 Tbsp Vinegar (white)	
3/4 teaspoon baking soda	
1 tablespoons sugar	
1/2 teaspoon kosher salt	
1 large egg	
4 tablespoons unsalted butter, melted, plus more, room temperature, for serving	

## Preparation

- In a large bowl, whisk together flours, baking soda, sugar, and salt. Make a well in center; add eggs, butter, buttermilk (milk/vinegar), and vanilla. Whisk until just combined but still lumpy (do not overmix). Let stand 15 minutes.
- Preheat a large cast-iron or nonstick skillet or griddle over medium. Drizzle with 1 teaspoon oil; wipe with a paper towel to leave a thin film. Pour 1/4 cup batter per pancake onto skillet, leaving 1 inch between each. Cook until bubbly on top and golden on bottom, and beginning to lift

from skillet along bottom edges, 2 to 3 minutes. Flip and cook on other side until golden on bottom, puffed, and just cooked through, about 1 minute more. Transfer to a baking sheet lined with a wire rack; keep warm in oven on low heat until ready to serve. Serve with butter and syrup.

***Melted Butter in the batter is Key***

# Breakfast Burritos

*Soy Chorizo packs a lot of flavor*



## Ingredients

Potatoes

1 Onions

2 Garlic Cloves

Soy Chorizo

Mixed Veggies (pepper, cabbage, chard,  
etc.)

Eggs

Cilantro

Tortillas

Cheese (Cheddar, Feta, etc.)

## Preparation

1. Heat oil in cast iron. Add potatoes.
2. Add sequentially, cooking each until slightly underdone, onions, veggies, Chorizo, & garlic.
3. Lastly, move the food to the edges, add a little more oil and cook eggs in the center of pan.
4. Mix everything together, top with cilantro.
5. Serve with cheese on tortillas

*Seasonings is unnecessary  
if using the soy chorizo*

# Dutch babies

*Like a crepe, just easier*



## Ingredients

- 3 Tbsp Unsalted Butter
- 3 Eggs
- $\frac{3}{4}$  cup flour
- $\frac{3}{4}$  cup milk
- 1 Tbsp Sugar
- $\frac{1}{2}$  tsp Salt
- $\frac{1}{2}$  tsp vanilla extract

## Preparation

1. Preheat oven to 425. Divide butter between two 8 inch oven proof skillet; transfer to oven. (make sure butter doesn't burn!)
2. Beat eggs in blender for a few seconds. Add the rest of the ingredients and blend until smooth.
3. Remove hot pans from oven, swirl butter to coat & Quickly pour in batter divided evenly between pans.
4. Bake until puffed and golden brown at edges, 10-15 min.
5. Top with yogurt, granola, syrup, berries or any other deliciousness you can think of.

*Strawberries, maple syrup and some cream cheese is my personal favorite topping.*



# Balsamic Vinaigrette

## Ingredients

- 3 Tbsp balsamic vinegar
- 1 Tbsp soy sauce
- 4 tsp Dijon mustard
- 1 small shallot, minced or grated
- 1 clove garlic, minced or grated
- ½ cup canola oil
- ¼ cup extra-virgin olive oil
- ½ teaspoon salt
- ¼ tsp ground black pepper

## Preparation

- Combine all the ingredients in a small container or squeeze bottle. Seal the container and shake vigorously until emulsified. The vinaigrette will keep in the refrigerator for up to 3 months; shake vigorously before using.



**Who you are is not only  
What you eat, but also  
How you cook it, &  
Where your food's from**



# Teriyaki Sauce

## Ingredients

- 1 cup Japanese shoyu (soy sauce)
- 1/3 cup dark brown sugar
- 1 cup mirin
- 1/2 cup sake
- Red pepper flakes
- Freshly grated ginger

## Preparation

- Mix everything together in a small saucepan. Bring mixture to a boil over medium-high heat, reduce to a simmer, and cook until thickened enough to coat a spoon, about 20 minutes. Remove from heat, let cool, and use immediately or store in an airtight container in the refrigerator.

# Lo Mein

Our go to dish to get rid of random Veggies

30 min. start to finish



## Ingredients

Lo Mein noodles (best from fridge section)  
Homemade Teriyaki (see page TBD)  
Onion  
Garlic  
Green Onion  
Crunchies (fried noodles)  
Peanuts  
Cabbage  
Mushrooms

Peppers  
Peas  
Cilantro

## Preparation

1. Chop everything up
2. Heat wok to max
3. Cook noodles
4. Add oil to wok, almost immediately add first veg (usually onion, but depends on what you got)
5. Continue cooking veg until they are all cooked. Remove.
6. Add more oil to wok, cook noodles for 2-3 min.
7. Add all veggies back to wok
8. Add Teriyaki
9. Add cilantro, peanuts, etc. to each serving

*Don't over fill the wok, better to cook in turns, split veg into 2 batches, recombine at the end*

# Thai Curry

*Why eat out when you can cook it better?*



## Ingredients

Can of curry paste  
Can of coconut milk  
Mixed veggies  
1 Tbsp Brown Sugar  
3 Tbsp Soy Sauce  
1 Tbsp Fish Sauce  
Lemongrass  
Sliced Onion  
Thai basil  
Cilantro  
Green onions  
Rice or rice noodles

## Preparation

1. Heat Wok, very hot. Add oil, sauté onions and curry paste. Approx. 3 min.
2. Cook veggies and meat (if using). Cook in batches if necessary.
3. Add coconut milk, Brown Sugar, Soy Sauce, lemongrass and fish sauce.
4. Simmer for 5-10 min., adding everything to pot, including fresh herbs
5. Add to cooked rice or rice noodles

*Try different veggies and protein combinations*



# Chile Vinaigrette

## Ingredients

- 2 cloves garlic
- 1/4 tsp salt
- 1 Tbsp lime juice
- 1-2 teaspoons fresh hot red chile (with seeds)
- Handful chopped cilantro
- 1/4 cup olive oil

## Preparation

- Mince garlic and mash to a paste with 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, finely chopped chile (to taste), cilantro, and 1/4 cup oil until combined.
- Use on Roasted Acorn Squash\* or anything else you might need to perk up

\*recipe courtesy of [Epicurious](#)

# Japanese Inspired Rice & Carrots



## Ingredients

2 c. Sushi Rice  
2 Large carrots shredded  
4 Tbsp rice vinegar  
1 Tbsp Mirin  
1 Tbsp sugar in the raw  
1 Tbsp salt to taste  
2 Tbsp Veg. oil  
Rice seasoning to taste  
Soy Sauce to taste

## Preparation

Make rice.

Heat rice vinegar, mirin and sugar. Mix into cooked rice.

Add shredded carrots.

Add rice seasoning, salt, soy sauce and anything else

*Add chicken, Tofu, Shrimp or herbs to make it even better.*



# Ahi Mango and Poke Salad

*Have never actually made this, but it was included in the template and looks o*

## Ingredients

1½ lbs. sushi grade ahi tuna, diced  
5 oz salad greens  
1 large carrot, grated  
½ English cucumber, sliced into thin half circles  
1 avocado, peeled and diced  
1 mango, peeled and diced  
1 serrano or jalapeno pepper, seeded and thinly sliced  
2 green onions, sliced

Sesame seeds  
2 Tbsp soy sauce  
1 tbsp rice vinegar  
1 tbsp toasted sesame oil  
1 tsp minced ginger  
1 tsp minced garlic

## Preparation

In a small jar, shake together the soy sauce, rice vinegar, sesame oil and minced ginger/garlic.

Mix the tuna with 2 tbsp of the dressing and let sit while preparing the rest of salad.

Toss salad greens, cucumber and grated carrot with remaining dressing. Arrange in individual bowls and top with ahi, avocado and mango. Sprinkle with sesame seeds, sliced serrano and green onion

*Tip: For this flavorful spring salad, use only the very freshest, high-grade ahi tuna.*

Calories 186; total fat 11.6g; saturated fat 1.6g; cholesterol 5.6mg; sodium 483mg; total carbohydrate 418.6g; dietary fiber 5.5g; protein 5.6g

# Sushi

*Cheaper and easier than you may think*



## Ingredients

Sushi Rice  
3 Tbsp Rice vinegar  
1 Tbsp Mirin  
 $\frac{3}{4}$  Tbsp Salt  
 $\frac{3}{4}$  Tbsp Sugar  
Seaweed paper  
Avocado  
Fish  
Carrots

Cucumber  
Soy Sauce  
Wasabi  
Spicy sauce (mix mayo with garlic hot sauce)  
Anything else you can think of  
Bonus for show: Fish roe and sesame seeds

## Preparation

1. Cook two cups of rice according to package
2. Once cooked, and in heated mixture of Rice vinegar, Mirin, Salt, and Sugar (all salt and sugar may not dissolve, leave undissolved crystals behind when pouring into rice). Mix well and let cool to room temp.
3. Julienne all veggies and cut fish if using.
4. Spread rice on seaweed paper, add ingredients, and roll.
5. Cut rolls and serve with soy sauce and wasabi.

*Try different veggies and protein combinations*

# Spring rolls



## Ingredients

2 ounces rice vermicelli  
8 rice wrappers (8.5 inch diameter)  
Bay shrimp  
1 ½ Tbsp chopped fresh Thai basil  
3 tablespoons chopped fresh mint leaves  
3 Tbsp chopped fresh cilantro  
2 leaves lettuce, chopped  
4 tsp fish sauce

•¼ cup water  
•2 Tbsp fresh lime juice  
•1 clove garlic, minced  
•2 Tbsp white sugar  
•½ tsp garlic chili sauce  
•3 Tbsp hoisin sauce  
•1 tsp finely chopped peanuts

1. Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
2. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place shrimp, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
3. In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.
4. In another small bowl, mix the hoisin sauce and peanuts.
5. Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures



# Contributors

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