MaxVegan Recipe Basics

No-SOS Recipes * Recipe Procedure
Visual Recipes * Methods & Materials
Measurers * Cookware & Utensils

No-SOS Recipes

No-SOS, aka SOS-free, means no *refined* Salt, Oil, or Sugar is added to recipes. Of course, we crave and need sodium, fat, & glucose in our diets. Just in lower amounts and not from refined sources but as parts of whole or minimally-processed foods.

Tastes Differ

Each of us has unique taste buds, sensitive to some flavors, dull to others. One person may think a recipe fantastic, another just okay, a third horrid.

The specific ingredients and amounts for any recipe are *arbitrary*, based on the chef's tastes. Don't be afraid to experiment with and alter recipes to yours or others' tastes.

When you cook for others, have condiments on hand (salt, pepper, sugar, etc.) for those who need or want to add them to MaxVegan No-SOS recipes.

Try not to take it *too* personally if something you've made isn't a big hit. You likely haven't loved every dish you've ever tasted, but you didn't mean to hurt the cook's feelings, and no one means to hurt yours.

Of course, it can be disheartening when the dish you've prepared with care isn't popular, say at a potluck. Perhaps other dishes were "safer" or more appealing or there was just too much food overall. If so, consider sharing the leftovers with neighbors, coworkers, or a homeless shelter.

Tastes Adapt

While tastes differ, it's also true that tastes adapt. For example, if you stop salting your food, added salt will begin to taste much too salty.

A big part of the vegan adventure is trying new foods. If you don't like something at first, try it a few more times—it may become a favorite. For example, kale, can taste bitter, but many learn to love it.

Jump on the Taste BUSSS!

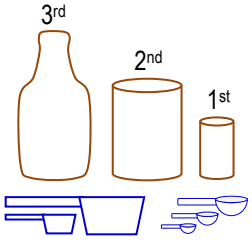
We experience 5 basic tastes:
Bitter * Umami * Salty * Sweet * Sour

- *Bitter is Better!* Bitter plants have more phytochemicals & antioxidants with which to fight off pests & disease.
- *Umami* [uu-MAW-mee] is the full, savory mouth-feel provided by foods like beans, bread, & mushrooms.

MaxVegan Recipe Procedure

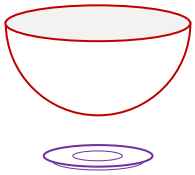
Maximize Efficiency / Minimize Mistakes

Line up ingredients on one side in recipe order.

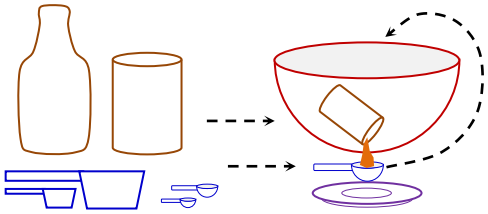


Place measurers in size order.

Place mixing container in middle of workspace.

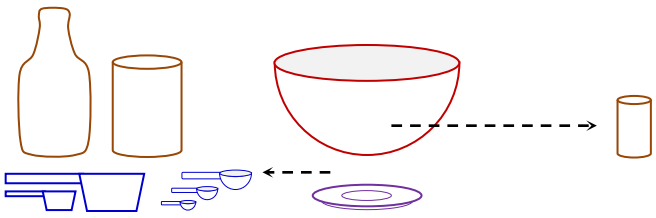


Place "catch" plate in front of container.



Always double check ingredients and amounts!

Measure ingredient over "catch" plate to avoid potential overspill, *then* add to mixing container.



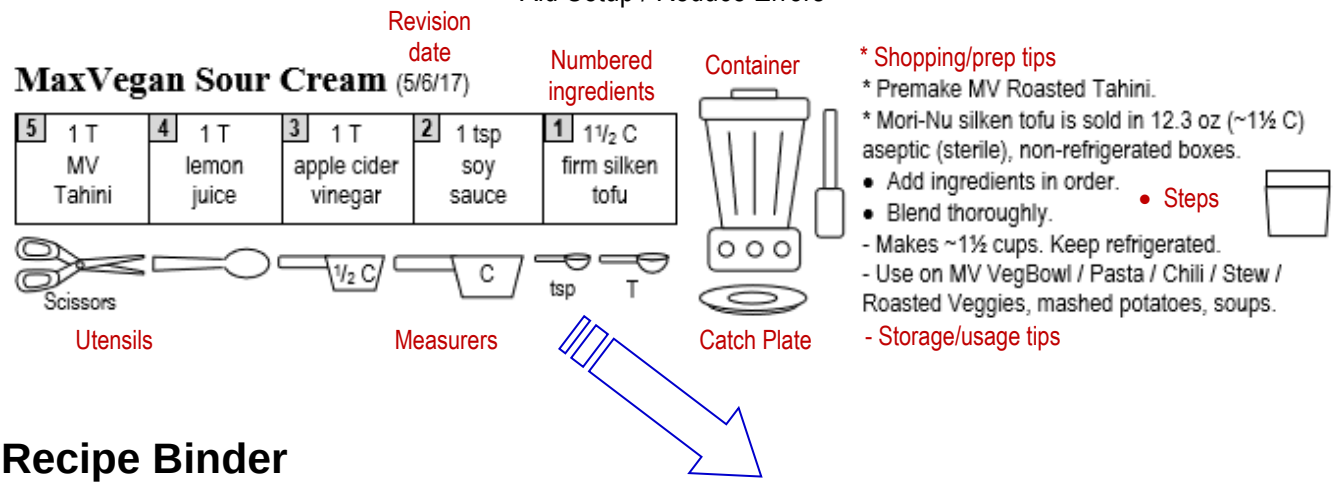
Move finished ingredient to other side so you don't add it twice.

Measure dry ingredients *first* so the *same* measurers can be reused for wet ingredients.

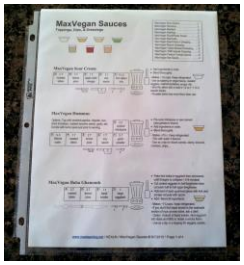
Maximize nutrients
Minimize junk,
Measure twice,
pour once!

MaxVegan Visual Recipes

Aid Setup / Reduce Errors

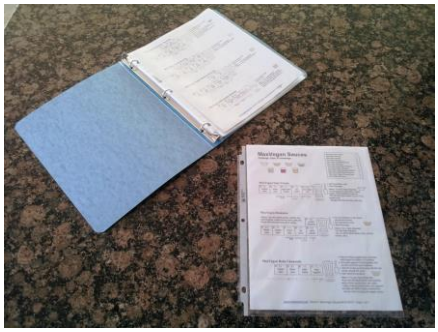


Recipe Binder



Print and place recipes 2 pages back-to-back in 3-hole plastic sleeves to protect them from ingredient spills.

Periodically check revision dates, as recipes may have been modified or improved.



Organize recipes in a 3-hole binder:
* MV Toppings
* MV Meals
* MV Treats

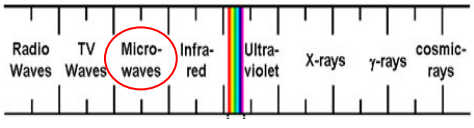
Remove sheet when following a recipe.

Attach a clip or marker to the desired recipe so you don't lose track of the one you're making.

Cooking Methods & Materials

Microwaving is the *best* cooking method for retaining nutrients. Some consider them unsafe, but microwaves simply vibrate water molecules in food, heating it from the inside out.

On the electromagnetic spectrum, microwaves fall between relatively harmless visible light and radio waves, opposite from potentially cell-damaging ultraviolet and X-rays.



Steaming is quick and removes few nutrients. You can steam veggies in a microwave-safe bowl with a bit of water covered by a plate.

Baking (becomes solid: batter) or **roasting** (already solid: veggies) heats with dry air and retains most nutrients. **Boiling** leaches nutrients--consider using/drinking the cooking water.

Frying (longer, less flips), **sautéing** (quicker, more flips), **broiling** (heat above) or **grilling** (heat below) at high temps can create carcinogens (less so with plants than with animal products).

To reduce charring, pre-cook food in a microwave then dry-fry/grill, etc. with lower heat. If you feel you must use a bit of oil, make it a high-smokepoint type, like *refined organic* Canola.

Copper (unless coated) and **aluminum** cookware (unless anodized) can contaminate food with metals that may contribute to Alzheimer's disease.

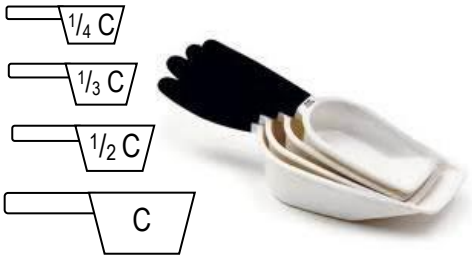
Cast iron rusts, transfers excess iron into food, and must be 'seasoned' with oil.

Stainless steel is probably the safest from the standpoint of leaching less metal into food (but avoid if allergic to nickel).

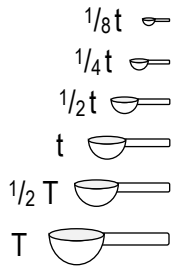
Older **ceramic** or **enameled** cookware may contain lead or cadmium. Newer versions and **glass** are generally safe.

Non-stick cookware can release fumes that affect human health or kill pet birds when heated over 600° on a stovetop. However, thermostat-controlled nonstick cookware (pancake griddle, waffle iron) are generally safe, as are nonstick baking pans/sheets used in set-degree ovens.

Measurers

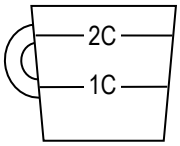


t / tsp	=	teaspoon (~5ml)
T	=	Tablespoon (3t / ~15ml)
oz	=	ounce (2T / ~30ml)
C	=	cup (16T / 8 oz / ~240ml)



Recommend

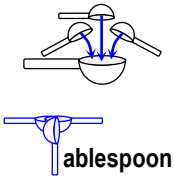
- Narrower shovel-type that you can more easily insert into containers.
- Linked sets so you don't have to hunt for specific sizes on each recipe.



Glass

Caution
A typical kitchen "teaspoon" holds ~2 teaspoons!

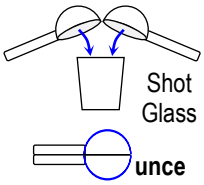
3t = 1T



Imagine 3 t's forming a T.

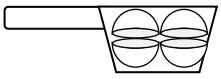
BrainAids

2T = 1 oz



Imagine 2 T's forming an O.

4T = 2 oz = 1/4 C

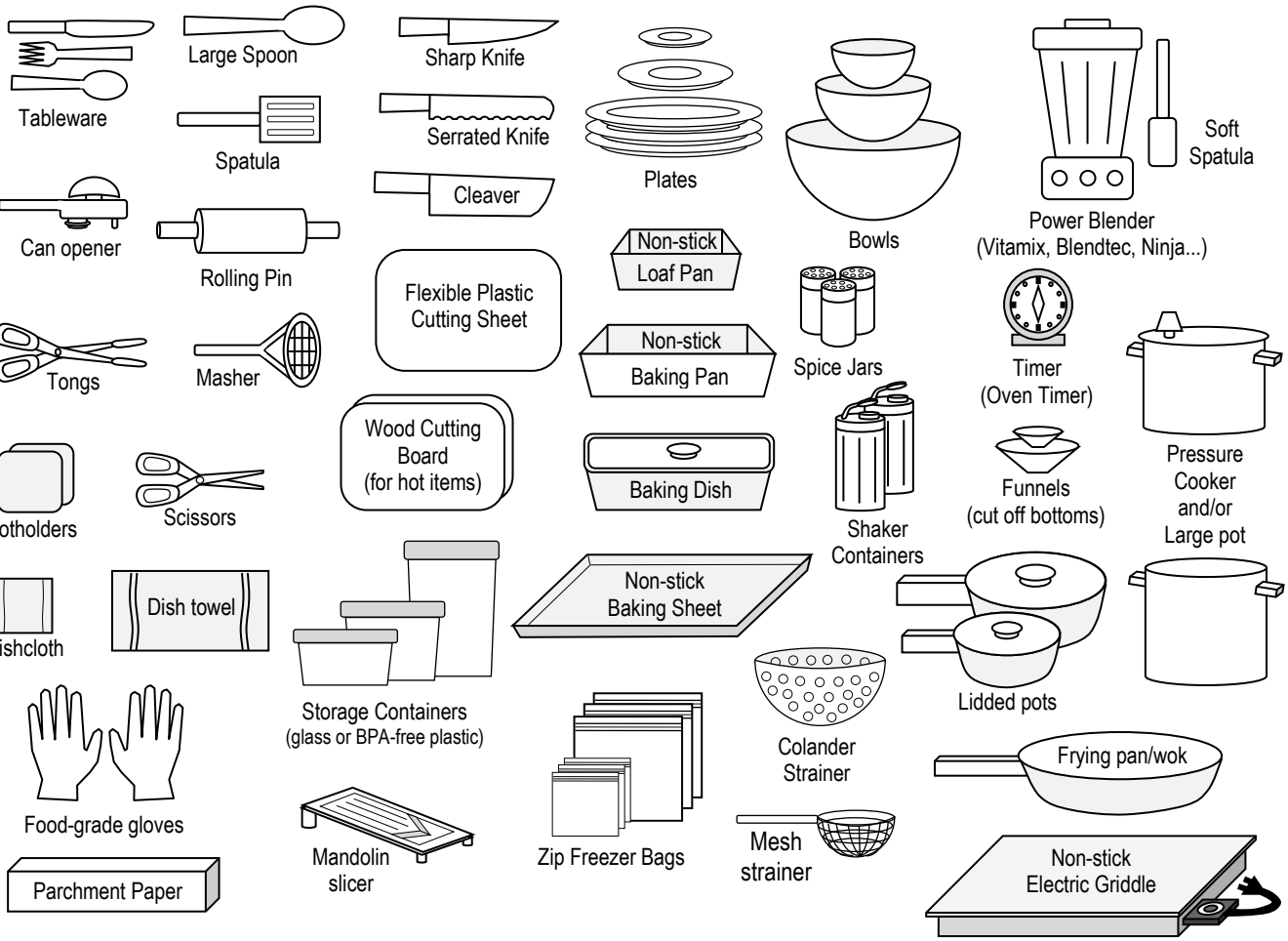


1/4 Cup

8T = 4 oz = 1/2 C

16T = 8 oz = 1 C

Cookware & Utensils



Additional Options: Waffle iron, tortilla press, pasta maker.
Avoid tin foil as aluminum may leach, especially into acidic foods.