



# MaxVegan Recipe Basics

No-SOS Recipes \* Recipe Procedure \* Visual Recipes  
Methods & Materials \* Measurers \* Cookware & Utensils  
Click [here](#) for Kitchen Tips!

## 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 from 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

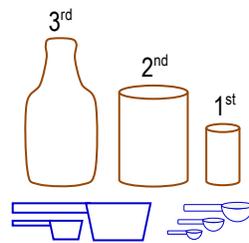
\* *Bitter is Better!* Bitter plants produce more phytochemicals & antioxidants to fight off pests.

\* *Umami* [uu-MAW-mee] is the full, savory mouth-feel provided by foods like beans, bread, & mushrooms.

## Recipe Procedure

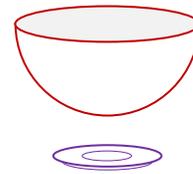
Maximize Efficiency / Minimize Mistakes

Line up ingredients on one side in recipe order.

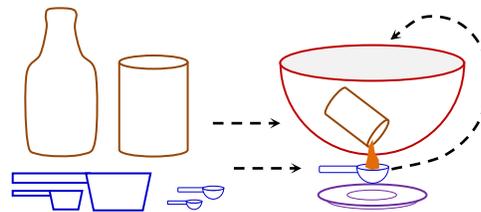


Place measurers in size order.

Place mixing container in middle of workspace.

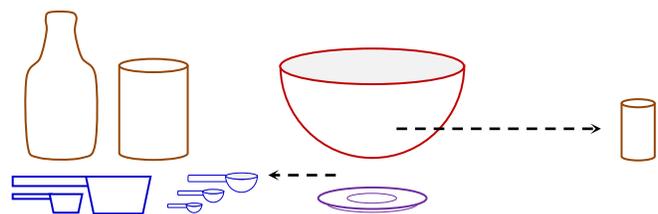


Place "catch" plate in front of container.



*Always double check ingredients and amounts!*

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



It's easy to get distracted!

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

*When possible, measure dry ingredients first so the same measurers can be reused for wet ingredients.*

**Maximize nutrients**

**Minimize junk,**

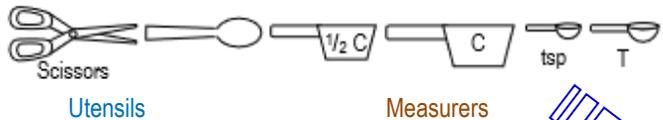
**Measure twice,**

**pour once!**

# Visual Recipes

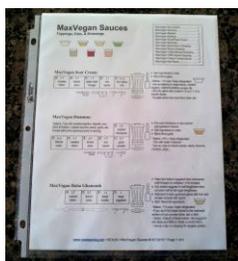
Aid Setup / Reduce Errors

Revision date (5/6/17)		Numbered ingredients	
5	1 T MV Tahini	4	1 T lemon juice
3	1 T apple cider vinegar	2	1 tsp soy sauce
1	1 1/2 C firm silken tofu		



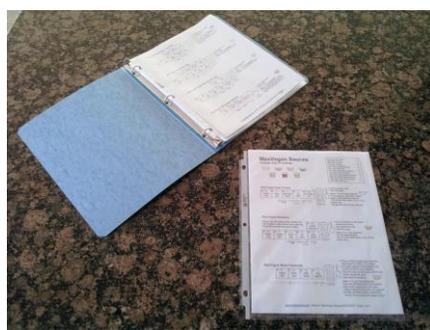
- \* Shopping/prep tips
- \* Premake MV Roasted Tahini.
- \* Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.
- Add ingredients in order.
- Blend thoroughly.
- Makes ~1 1/2 cups. Keep refrigerated.
- Use on MV VegBowl / Pasta / Chili / Stew / Roasted Veggies, mashed potatoes, soups.
- Storage/usage tips

## Recipe Binder



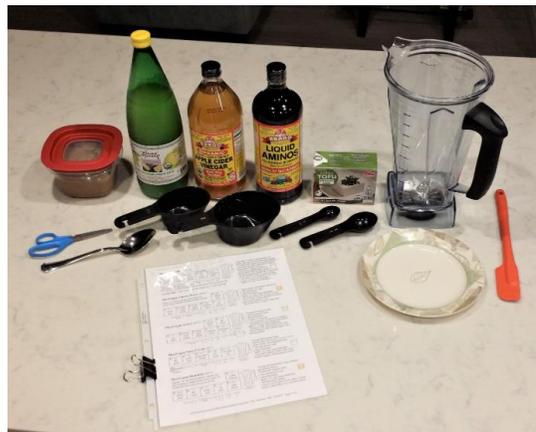
Print and place recipes 2 pages back-to-back in 3-hole plastic sleeves to protect them from ingredient spills.

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 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.

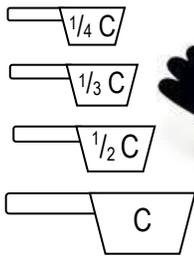
**Copper** (unless coated) and **aluminum** cookware (unless anodized) can contaminate food with metals that may contribute to Alzheimer's disease.

**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).

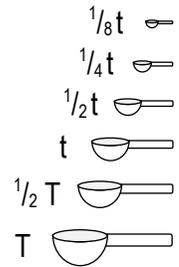
Older **ceramic** or **enameled** cookware may contain lead or cadmium. Newer versions and **glass** are generally safe.

**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.



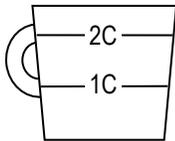
# Measurers

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.
- \* Multiple sets of measurers so you don't have to wash between recipes.
- \* Embossed or engraved size labels that won't rub off like ink will over time.



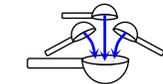
Glass



### Caution

A typical kitchen "teaspoon" holds ~2 teaspoons!

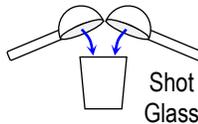
**3t = 1T**



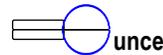
Imagine 3 t's forming a T.



**2T = 1 oz**



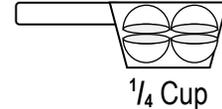
Shot Glass



ounce

Imagine 2 T's forming an O.

**4T = 2 oz = 1/4 C**

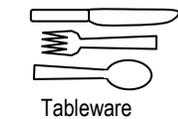


1/4 Cup

**8T = 4 oz = 1/2 C**

**16T = 8 oz = 1 C**

# Cookware & Utensils



Tableware



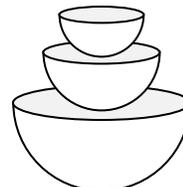
Large Spoon



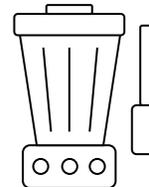
Sharp Knife



Plates

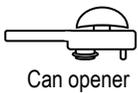


Bowls

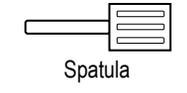


Power Blender (Vitamix, Blendtec, Ninja...)

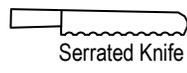
Soft Spatula



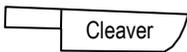
Can opener



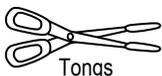
Spatula



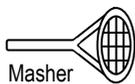
Serrated Knife



Cleaver



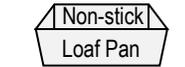
Tongs



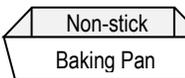
Masher



Flexible Plastic Cutting Sheet



Non-stick Loaf Pan



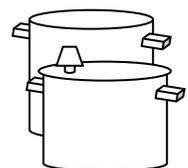
Non-stick Baking Pan



Spice Jars



Condiment Containers



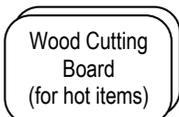
Pressure Cooker and/or Large pot



Potholders



Scissors



Wood Cutting Board (for hot items)



Baking Dish



Shaker Containers



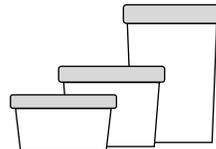
Funnels (cut off bottoms)



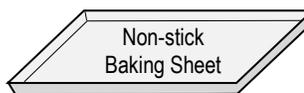
Dishcloth



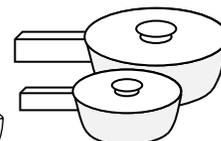
Dish towel



Storage Containers (glass or BPA-free plastic)



Non-stick Baking Sheet



Lidded pots



Timer (Oven Timer)



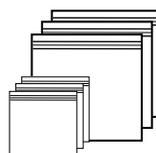
Food-grade gloves



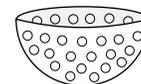
Parchment Paper



Mandolin slicer



Zip Freezer Bags



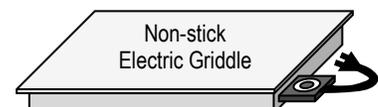
Colander Strainer



Mesh strainer



Frying pan/wok



Non-stick Electric Griddle

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

# Kitchen Tips

## Cut off Funnel Tips

Filling small-mouthed spice bottles or condiment containers can be made easier by using a sharp kitchen or box knife to carefully cut the bottoms off various size plastic funnels.



## Cut off Condiment Container Tips

If more condiment (ketchup, mustard, mayo) flow is desired, use a sharp kitchen or box knife to carefully cut condiment-container tips down as needed to increase the hole size.



## Mark Blender Lines

Measurement cup markings on clear glass or plastic blenders are easier to see if traced over with a felt marker on the *outside* of the container.

For easy reference, make the 5-cup line a bit longer.



## Parchment Paper

Without oil, food may stick to even so-called “non-stick” pans, e.g., when dry roasting veggies. Parchment paper eliminates sticking, avoids baked-on food, makes cleanup a snap, and can be used more than once if not too soiled.

Although both types may need to be trimmed to the desired size, pre-cut parchment lies flat and is generally easier to work with than rolled parchment, which tends to curl.



## Reusable Container Labels

For condiments that you'll need for other recipes, make larger batches and refrigerate or freeze what you don't use immediately.

Store items in see-through containers labeled with the quantity and item name, e.g., 1C MV Ketchup.

Create reusable labels with scissors, masking tape and a felt marker.

In the front of your Recipe Binder, insert an empty plastic sleeve and lightly affix the labels to it for future use. If the tape tends to stick to the inside cover of the folder, add another plastic sleeve on top of the labels.



## Cleanblend Backup Blender

If you rely on your high-speed blender on a nearly daily basis, the inevitable mechanical or electrical failure is unthinkable.

Most high-end blenders come with generous warranties, but it can take a week or more to ship them to the factory for repairs then wait for them to return.

One option to bridge the gap is to purchase a second high-end backup blender for say \$500. But you can get a capable Cleanblend blender for closer to \$200.

Like the Vitamix, the Cleanblend Commercial Blender comes with a tamper and can handle heavy-duty tasks like grinding nut butters. Unlike the Vitamix, it doesn't have a truly low-speed setting. But it's a more than adequate stand-in until your main blender is repaired and back in service.



Cleanblend Blender

## Blender Felt Pads

If you store your blender beneath a cabinet or against a wall, its rubber feet can make it difficult to slide it out for use. One option is to place a folded dishtowel beneath it. A more elegant option is to affix felt pads to its feet.



### Caution

When grinding a heavy load, hold on to the blender to prevent it from rotating on a slick countertop surface.