

# MaxVegan Recipe Basics

**More PA \* Less SOS!**

More Phytochemicals & Antioxidants  
Less Salt Oil Sugar

Whole-Food  
Plant-Based Recipes

## Tastes Differ

Each of us has a unique set of taste buds—sensitive to some flavors, dull to others. One person may think a dish is fantastic, another might find it just okay, a third may think it horrid.

The specific ingredients and amounts for any recipe are *arbitrary*, based on the recipe creator's tastes. So don't be afraid to experiment with and alter recipes to suit your or others' tastes.

At mealtimes, have condiments on hand (salt, pepper, ketchup, mustard, etc.) for those who need or want to add them to suit their tastes.

Since tastes differ, 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, soon added salt will 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, the super-nutritious leafy green, can taste bitter, but many learn to love it.

## Jump on the Taste BUSSS!

We experience 5 basic tastes.

Bitter \* Umami \* Salty \* Sweet \* Sour

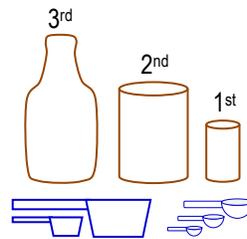
*Bitter is Better!* Bitter plants have more phytochemicals & antioxidants with which to fight off pests & disease.

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

## MaxVegan Procedure

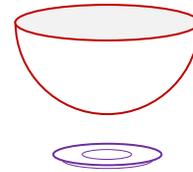
Maximize Efficiency / Minimize Mistakes

Line up ingredients on one side in recipe order.

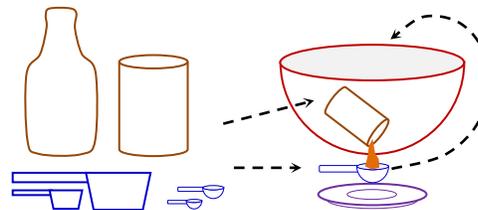


Place measurers in size order.

Place mixing container in middle of workspace.

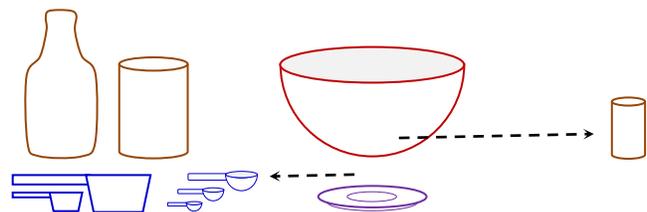


Place "catch" plate in front of container.



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.

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

Maximize nutrients  
Minimize junk,  
Measure twice,  
pour once!



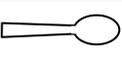
# MaxVegan Visual Recipes

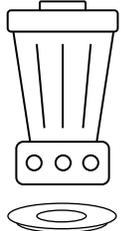
## Max Vegan Sour Cream

Ordered / numbered ingredients

<b>5</b>	1 T roasted tahini	<b>4</b>	1 T lemon juice	<b>3</b>	1 T apple cider vinegar	<b>2</b>	1 tsp soy sauce	<b>1</b>	1 1/2 C firm silken tofu
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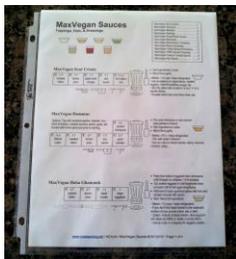
  
Scissors  
**Utensils**

  
1/2 C    C    tsp    T  
**Measurers**

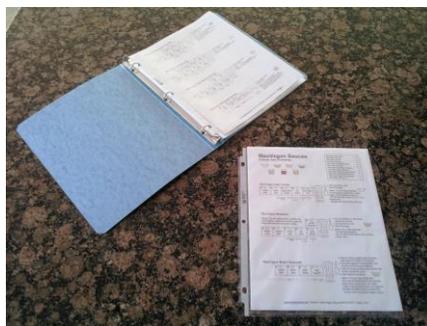
  
**Container**  
  
**Catch Plate**

- \* Shopping/prep tips
- \* Mori-Nu silken tofu is sold in 12.3 oz (~1 1/2 C) aseptic (sterile), non-refrigerated boxes.
- \* Roasted tahini has more flavor than raw.
- Add ingredients in order.    • **Recipe**
- Blend thoroughly.            • **Steps**
- Makes ~1 1/2 cups. Keep refrigerated.
- Use as topping on vegan tacos, roasted veggies, mashed potatoes, soups, etc.
- **Storage/usage tips**

## Recipe Binder

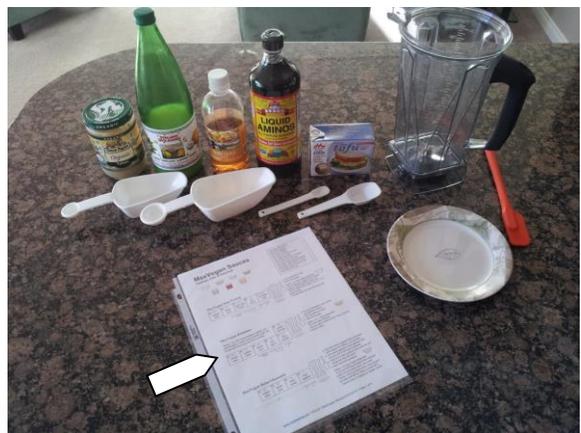


Print and place recipes 2 pages back-to-back in 3-hole plastic sleeves to protect them from ingredient spills.



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

Remove sheet when following recipe.



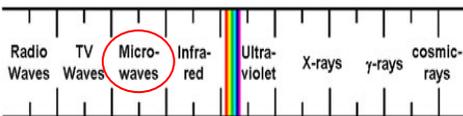
Attach a clip or marker to the desired recipe so you don't lose track of the one you're making.

## 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.

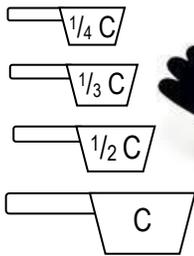
**Cast iron** rusts, transfers excess iron into food, and must be 'seasoned' with oil.

**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

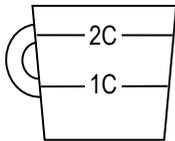
**t / tsp** = teaspoon (~5ml)  
**T** = Tablespoon (3t / ~15ml)  
**oz** = ounce (2T / ~30ml)  
**C** = cup (16T / 8 oz / ~240ml)



1/8t   
 1/4t   
 1/2t   
 t   
 1/2 T   
 T

## 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.

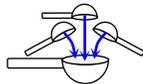


Glass



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

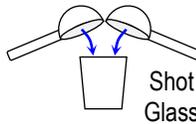
**3t = 1T**



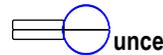
Imagine 3 t's forming a T.



**2T = 1 oz**

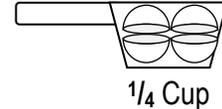


Shot Glass



Imagine 2 T's forming an O.

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

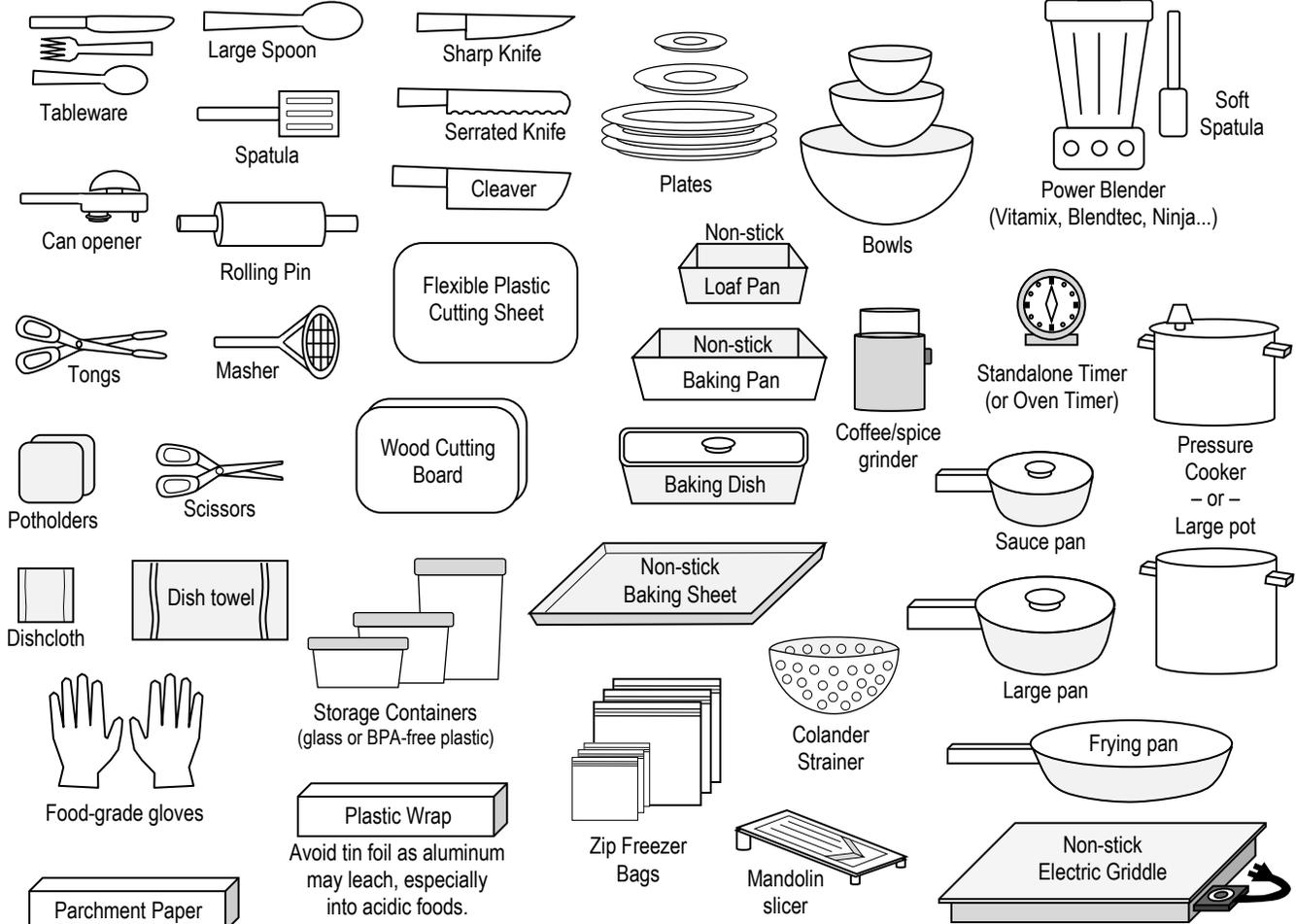


1/4 Cup

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

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

# Cookware & Utensils



Additional Options: Waffle iron, tortilla press, pasta maker.

# Ingredients

Organic, Non-GMO, Whole Grain

Most items used in MaxVegan recipes are long-lasting staples that will work in many recipes. All are free of animal products and strive to maximize nutrition and minimize salts, oils, and sugars.

## Spices – Frequently Used

**GO-BO:** Garlic Powder, Onion Powder, Basil Flakes, Oregano Flakes.



Keep in GOBO order as the first spices for easy access.

### Spice Drawer

If available, place spices in a drawer beneath or near your food prep area.



### New Spice Jar

Use a fork tine to lift and remove shaker cover and seal.

## Equivalents

1 small onion = 1 tsp onion powder  
1 clove garlic = 1/8 tsp garlic powder

## Spices – Less Used

- Allspice Powder
- Black Pepper
- Cayenne Powder
- Chili Powder
- Crushed Red Pepper Flakes
- Dill Weed
- Fennel Powder\*
- Fennel Seeds
- Ginger Powder
- Kelp Flakes (for iodine)
- Mustard Powder
- Onion Flakes
- Parsley Flakes
- Thyme Flakes
- Turmeric Powder

\* If fennel powder is not available, make it from fennel seeds in a coffee/spice grinder.

## Spice Shaker

Ounce for ounce, spices pack more phytochemicals & antioxidants than nearly any other food. Spices last one to three years, and while older ones won't make you sick, they won't add much flavor or nutrients. To keep them from growing old on the shelf, add 1 or 2 tablespoons of each less-used spice to a larger container and shake well to blend. Then sprinkle a *tiny* amount (it will probably be bitter) on your daily salad to provide an antioxidant boost. Include kelp for a small daily dose of iodine.



## Salt

A few MaxVegan recipes use minimal amounts of salt, for example, in bread dough to moderate the rising process or in beans or pasta water to impart some flavor. Modern processed foods are loaded with salt, primarily as a preservative but also for flavoring. Excess salt can contribute to high blood pressure and arterial damage. The optimum ratio of milligrams (mg) of sodium to calories is 1:1. Sodium is also used in the form of soy sauce for adding flavor. Have a shaker of salt on hand for those who feel the need to sprinkle it on MV foods. Since the salt directly hits their taste buds, they will need to use less of it than if it were embedded in the food.

### • Iodized Sea Salt

Iodine is necessary for health and not sufficiently found in plant-based foods other than some seaweeds like kelp (which contains much more than needed). So it is added to salt for nutritional purposes. Sea salt is slightly coarser than table salt, so a teaspoon would hold fewer granules and contain a bit less sodium. Although nearly all food-grade salts are 99% or more sodium-chloride, sea salt has some additional trace minerals.

## Oil

MaxVegan recipes use *no oil* other than what naturally exists in whole foods like nuts, seeds, and avocados. The optimal amount of processed oil in the diet is zero. Oils are concentrated fat with scant nutritional value, about 100 calories per tablespoon that can damage arterial linings. In contrast to animal oils, vegetable oils contain no cholesterol and have less saturated fat, but they are usually higher in Omega-6 (inflammatory) than Omega-3 (anti-inflammatory) fatty acid and should also be avoided or minimized.

## Sugar

Sugar causes spikes in insulin level and a subsequent rise and drop in blood sugar that can lead to fat storage. There are better options for sweetening food.

- **Erythritol** (online Non-GMO source: [www.nowfoods.com](http://www.nowfoods.com)).

A naturally-occurring sugar alcohol usually derived from corn but found in various plants. Erythritol is the only sugar “substitute” with nutritional value and no known side effects. It has nearly zero calories, a low glycemic index, and doesn’t contribute to insulin spikes or tooth decay. Erythritol is about 70% as sweet as sugar, so add half again as much if using in recipe, e.g., if a recipe calls for 1 tsp of sugar, substitute 1.5 tsp of erythritol. Erythritol has a “cool” aftertaste, so you may prefer to mix ½ sugar + ½ erythritol to retain sweetness but reduce sugar intake.

- **Date Sugar**

Consists of dried, ground-up dates, so it’s a whole food with loaded with nutritional value as well as sweetness. However, it doesn’t dissolve well in cold liquids so is best reserved for heated or baked items.

- **Maple Syrup**

Made from tree sap, maple syrup has some nutritional value.

- **Blackstrap Molasses**

This is...

- **Unrefined Sugar** (aka raw, Turbinado)

All sugars are “refined” in the sense that they are derived from plant fluids (sugar cane, sugar beets) that are distilled and crystallized into sugar granules. So-called “unrefined” varieties have a slightly blond or brownish appearance from retained molasses (the syrupy part of the plant fluid) with slightly more nutrients than refined white sugar. Unrefined sugars are also not filtered through cow-bone char, which makes them totally vegan. But they can still spike insulin so are not the best option.

## Yeast

- **Bread Yeast**

- Rapid-Rise Yeast is equivalent to Bread Machine or Instant Yeast and is added directly to the DRY ingredients.

- Active Dry Yeast must be dissolved in warm water and sugar and “proofed” beforehand to ensure it is “active” (foams and doubles in volume) before adding to dry ingredients.

- **Nutritional Yeast**

Cheese-like flakes fortified with vitamin B12. Available in jars or bulk bins at natural food stores or online.

Besides recipes, sprinkle daily on salads, dry-popped popcorn, soups, pasta for flavor and B12.

## Flour

Flour, like sugar, can lead to insulin spikes, but the impact is less when eaten with whole foods. Whole grains (bran, endosperm, germ) are best, but others work better for mock meat recipes.

- Whole Wheat—grind your own as needed if you have the VitaMix dry blade container.
- Vital Wheat Gluten
- Tapioca
- Corn Starch

## Oatmeal

Regular, old-fashioned, rolled oats.

## Ground Flax Seeds

These are the best plant-based source of Omega-3 fatty acids, which have many health benefits, primarily reducing inflammation in the body. But the whole seeds are indigestible and must be ground to release their nutrients. Buy in bulk if available and grind in coffee/spice grinder. Also available pre-ground. Keep refrigerated.

Sprinkle daily on cereals, salads, soups, etc. Try for at least 1T per day. If you are athletic or experience painful joints or muscles, you boost intake up to 4T per day.

The following replaces 1 egg in baked-goods: 1T ground flax seed + 3T water

## Beans

- white, black, red, pinto, chickpea....

Canned beans are relatively expensive, so buy dry in bulk from natural food stores if available then boil and freeze for later use.

## Nuts

Keep in zip-lock bag in freezer until needed.

- Raw Cashews
- Peanuts-blend in VitaMix to make peanut butter
- Walnuts
- Almonds

## Nut Butters

Nut butters consist of ground and blended peanut, almond, cashews, or some other nut. Commercial brands may add salt for flavor or emulsifiers to keep the natural oils from separating out. For the healthiest, cheapest, no-added salt, etc. nut butters, grind roasted nuts in a VitaMix or equivalent high-power blender.

## Lemon Juice

Shake before using.

## Soy Sauce

When called for, MaxVegan recipes have been designed to use minimal amounts of *standard* soy sauce. If you prefer a *light* soy sauce with lower sodium, you'd have to add more to achieve the recipe level of saltiness. Of course, you may prefer less saltiness.

- Standard Soy Sauce: 960 mg sodium per Tbsp.
- Light Soy Sauce: 500-700 mg sodium per Tbsp.
- Braggs Liquid Aminos: 160 mg sodium per ½ tsp (which equals 960 mg / Tbsp).  
Advantages: Consists of only soybeans + water. No added salt. Non-GMO. Gluten-free, Kosher. (Some soy sauces add salt, wheat, & preservatives.)

Use Soy Sauces sparingly

\* 1 Tbsp serving size: 960 mg (Light versions: 700 mg)

- \* Braggs Liquid Aminos appear to be low salt but use a non-standard ½ tsp serving size showing only 160 mg sodium. There are 6 half teaspoons in a Tbsp, so 6 x 160 = 960 mg!



## Vinegars

- Apple Cider Vinegar
- White Vinegar

## Tahini

Tahini consists of ground sesame seeds. Roasted tahini has more flavor than plain or raw. Buy brands with no added oil. Or better, buy sesame seeds in bulk, roast in the oven (keep a close eye on them as they can burn quickly), let then cool and then make your own tahini in a blender.

## Sweet Pickle Relish

## Liquid Smoke

## Vegan Milks

Soy, Almond, Hemp, Oat, Coconut....

Non-Sweetened

These contain no sugar but may be flavored with vanilla.

Sweetened

These can be high in sugar, (e.g. 7 grams = 2 tsp = 28 calories per cup), so consider thinning them by mixing up to half and half or more with cold, filtered water in a pitcher.

## Tomato Paste (6 oz cans)

Tomato paste (mashed tomatoes), contains the recommended ratio of 1 mg sodium to 1 calorie.

Sodium : Calorie Ratio

- Tomato paste 1:1
- Ketchup 8:1 (use MaxVegan recipe)
- Tomato sauce 10:1 (use MaxVegan recipe)

## Fruits

- Dried: raisins, dates
- Frozen: Bananas, blueberries, strawberries...

## Frozen Veggies

- Corn
- Peas
- Spinach

## Tofu

- Silken: for sauces, dips, desserts. Aseptically packed. No need to refrigerate until opened.
- Regular: for roasts or scrambles. Keep refrigerated.

## Baking Soda vs Powder

- Baking Soda = sodium bicarbonate  
When heated in an acidic environment, forms CO<sub>2</sub> gas bubbles (which make dough rise) and sodium carbonate (causes unpleasant alkaline flavor). Aftertaste is neutralized by acid in food or by adding vinegar, citric, or other acid. Soda also imparts a tangy taste and browned color.
- Baking Powder = baking soda + acid + drying agent.  
Acts like soda but aftertaste is automatically neutralized by the acid component (cream of tartar) and contains a drying agent (starch). Be sure to buy "aluminum free" brand, as aluminum has been linked to Alzheimer's Disease.

¼ tsp Baking Soda = ~1 tsp Baking Powder.

## Potency Test

- Stir ¼ tsp soda + ¼ tsp vinegar into ½ cup very hot water.  
or
    - Stir ¼ tsp powder into ½ cup very hot water.
- If water bubbles, soda/powder is good. If not, discard.

<http://chemistry.about.com/cs/foodchemistry/f/blbaking.htm>

## Baking Soda

Baking soda is pure [sodium bicarbonate](#). When baking soda is combined with moisture and an acidic ingredient (e.g., yogurt, chocolate, buttermilk, honey), the resulting chemical reaction produces bubbles of [carbon dioxide](#) that expand under oven temperatures, causing baked goods to rise. The reaction begins immediately upon mixing the ingredients, so you need to bake recipes which call for baking soda immediately, or else they will fall flat!

## Baking Powder

Baking powder contains sodium bicarbonate, but it includes the acidifying agent already ([cream of tartar](#)), and also a drying agent (usually starch). Baking powder is available as single-acting baking powder and as double-acting baking powder. Single-acting powders are activated by moisture, so you must bake recipes which include this product immediately after mixing. Double-acting powders react in two phases and can stand for a while before baking. With double-acting powder, some gas is released at room temperature when the powder is added to dough, but the majority of the gas is released after the temperature of the dough increases in the oven.