

# common ground

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healthy living » mindful menu



## Tempeh and Eggplant Pot Pies

You can use any combination of vegetables for the filling, and the dough is perfect for biscuits or the topping for fruit-based cobblers.

MAKES 4 TO 6 SERVINGS

### FILLING

- 2 cups eggplant, diced (about 1 small globe eggplant or 2 Asian eggplants)
- 1 8-ounce package tempeh, cut into ½-inch cubes
- 1 small yellow onion, chopped
- 1 stalk celery, chopped
- 1 teaspoon fennel seeds
- 1 to 2 Tablespoons capers, rinsed
- 2 Tablespoons balsamic vinegar
- 1 15-ounce can tomato sauce
- ½ teaspoon red pepper flakes (or hot sauce)

### CRUST

- 1½ cup all-purpose flour
- 1 Tablespoon non-aluminum baking powder
- ½ teaspoon salt
- ½ cup nondairy milk (soy, rice, almond, hazelnut, hemp, oat)
- ½ cup canola oil or melted non-hydrogenated, nondairy butter (such as Earth Balance®)

Preheat the oven to 425°F. Coat four to six ramekins with a little oil and set them aside. You can also use a 9-inch square pan or a rectangular pan.

To make the filling, steam the eggplant and tempeh together for about 10 to 15 minutes, until the eggplant is soft and translucent. While this is steaming, add some water to a large sauté pan and cook the onions and celery until soft. Add the fennel seeds, capers and vinegar and sauté for one minute. Add the tomato sauce, red pepper flakes, and cooked tempeh and eggplant. Simmer for 10 minutes, stirring occasionally.

Meanwhile, prepare the dough. Place the flour, baking powder and salt in a mixing bowl and stir them together. Pour the oil and nondairy milk into the flour mixture at the same time and mix just until the dry ingredients are evenly moistened. The dough will be lumpy and sticky, not smooth like cake batter.

Remove the sauté pan from the heat and season the filling with salt and pepper, to taste.

Divide the filling evenly between the prepared ramekins. Drop the dough by small spoonfuls on top of each ramekin. Then carefully spread the dough out with the back of the spoon so that it evenly covers the top of the filling. Bake the pot pies until the crust is golden, about 15 minutes. Serve hot. »

## Carbon-Offset Eating

Not just for vegans ... healthy, conscious eating for the whole planet

Colleen Patrick-Goudreau is an Oakland-based chef, cooking class instructor and cookbook author who has a penchant for entertaining and raising consciousness about the food we consume. She is the founder of Compassionate Cooks and is the author of the award-winning cookbook *The Joy of Vegan Baking* and the just-released *The Vegan Table: 200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion* (Fairwinds Press).

When she's not teaching her Compassionate Cooks cooking classes in Oakland, you'll find Colleen in her kitchen creating recipes for the next cookbook. Her latest release, *The Vegan Table*, is a celebration of plant-based cuisine, offering recipes and menus for every occasion and season, including romantic meals, traditional tea parties, formal dinners, casual gatherings, children's parties and holiday feasts.

A 2006 United Nations report found that the meat industry produces more greenhouse gases than all the SUVs, cars, trucks, planes and ships in the world combined. *The Vegan Table's* recipes support a diet that includes compassion for animals as well as the planet. Packed with invaluable tips, expert advice, fascinating lore, delicious recipes and gorgeous, full-color photographs, *The Vegan Table* is the ultimate guide whether you are hosting an intimate gathering of close friends or a large party with an open guest list. You'll find seasonal ingredients at your local farmers market for the over 200 easy and delicious recipes.

Organized by themed menus named after an inspirational movie, song or book, the eclectic mix of recipes features cuisines from around the world, including Mediterranean, Middle Eastern, Mexican, Asian, Indian and African. Follow the menus provided or create your own using the array of appetizers, soups, stews, salads, main dishes and desserts.

You can learn more about Colleen and follow her popular podcast, "Food for Thought," at [compassionatecooks.com](http://compassionatecooks.com).