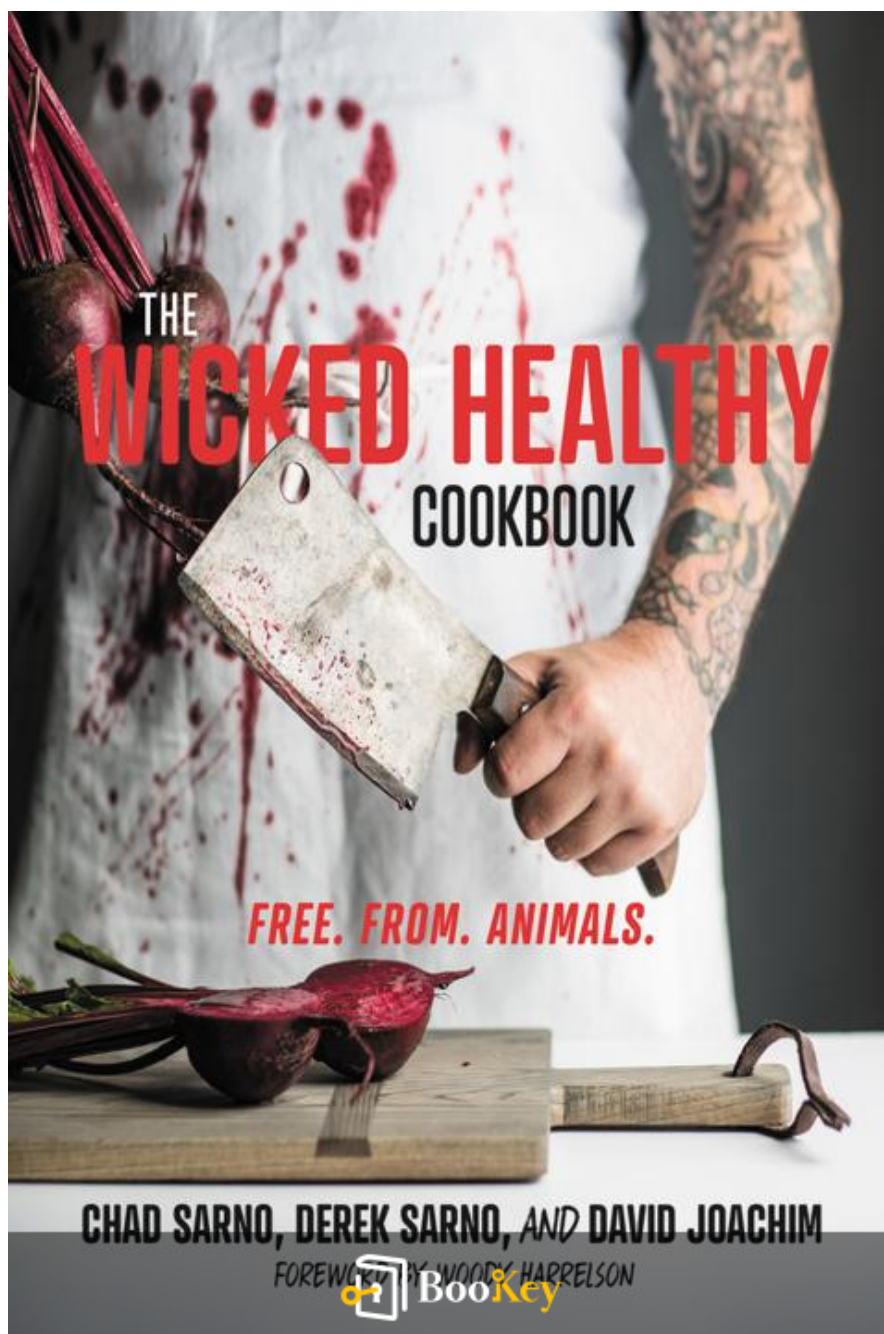


The Wicked Healthy Cookbook PDF (Limited Copy)

Chad Sarno



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The Wicked Healthy Cookbook Summary

Savor Delicious Plant-Based Meals for a Healthier Life

Written by New York Central Park Page Turners Books Club

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About the book

****Summary of "The Wicked Healthy Cookbook" by Chad and Derek Sarno****

In "The Wicked Healthy Cookbook," Chad and Derek Sarno take readers on an enticing journey through the realm of plant-based cuisine, advocating for a simple yet transformative principle: eat more plants. As celebrated chefs and pioneers in the vegan cooking world, they provide a comprehensive collection of 129 recipes that cater to both everyday meals and special occasions, all illustrated with breathtaking photography that highlights the vibrancy of plant-based foods.

The cookbook invites readers to discover a wide array of innovative dishes, such as Sloppy BBQ Jackfruit Sliders and decadent New England Style "Lobstah" Pie, that showcase the versatility and richness of plant-based ingredients. By doing so, the Sarno brothers challenge the common perception of vegan cooking, elevating it beyond conventional boundaries and appealing to a broader audience.

A key aspect of the Sarno's culinary philosophy is the balance between health and indulgence. They promote an approach of 80% healthy eating and 20% wicked treats, allowing for a vibrant and delicious lifestyle without sacrificing enjoyment. This philosophy is supported by their emphasis on

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oil-free cooking and practical kitchen organization tips, which empower readers to create meals that are not only delicious but also nourishing.

Through this cookbook, the Sarno brothers encourage readers to embrace plant-based eating as a means of enhancing their health and well-being, while still indulging in the occasional wicked delight. In essence, "The Wicked Healthy Cookbook" serves as a celebration of both the joy of cooking and the power of plants, inviting everyone to explore, experiment, and relish in the delicious possibilities of a plant-based diet.

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About the author

In the chapters featuring Chad Sarno, readers are introduced to the transformational journey of plant-based cuisine. Sarno, an accomplished chef and educator, brings over twenty years of culinary expertise to his advocacy for healthy eating. His innovative approach emphasizes not just the cuisine itself but a lifestyle that prioritizes sustainability and well-being.

As the co-founder of Wicked Healthy—a brand dedicated to promoting plant-forward eating—Sarno seeks to inspire individuals to rethink their relationship with food. He presents accessible recipes that do not compromise on flavor or satisfaction, illustrating that healthy eating can be both creative and enjoyable. Sarno's culinary philosophy redefines traditional dishes, incorporating vibrant, wholesome ingredients that appeal to a broad audience.

Throughout these chapters, Sarno's influence expands beyond the kitchen, as he collaborates with organizations to champion sustainable food practices. His belief that conscious choices can lead to improved health and environmental benefits resonates throughout the narrative, encouraging readers to embrace a more thoughtful approach to their diets.

In essence, these chapters capture Sarno's mission: to empower individuals through delicious food choices that nurture both their well-being and the

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planet, demonstrating that healthy living can indeed be fulfilling and delightful.

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Chapter 1 Summary: TIME TO GET WICKED HEALTHY

TIME TO GET WICKED HEALTHY

Introduction to Nutrition

In a world where nutrition can often seem like a maze of contradictory advice, experts converge on a simple yet profound conclusion: prioritize plant foods while minimizing processed options. In many industrialized nations, the prevalent diet is rife with unnutritious choices, leading to an epidemic of health issues. Therefore, it becomes essential to focus on whole foods such as fruits, vegetables, nuts, seeds, beans, lentils, and whole grains, which not only nourish but also help stave off diseases and enhance overall well-being.

The Wicked Healthy Philosophy

The Wicked Healthy philosophy is built around the idea that plant-based eating can be nutritious without sacrificing flavor. The authors aim to inspire a cultural shift towards plant-based diets through vibrant and satisfying culinary practices. They advocate for a well-stocked pantry and intelligent cooking strategies, such as batch cooking, that empower individuals to enjoy

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wholesome meals without the hassle.

Balancing Healthy and Indulgent Eating

To promote sustainable dietary changes, the authors endorse an 80% healthy and 20% indulgent eating framework. This approach allows individuals to relish their favorite foods while primarily focusing on plant-based options. By integrating indulgent favorites in moderation, people can embrace healthier eating habits without feeling deprived, thus paving the way for long-lasting lifestyle changes.

Personal Stories and Inspirations

Throughout the book, chefs Derek and Chad share their unique culinary journeys, reflecting on how their familial roots and individual experiences have shaped their passion for plant-based cooking. Their narratives not only underscore their commitment to the Wicked Healthy movement but also emphasize the personal connection to food that many readers can relate to.

The Importance of Flavor

The seasoned chefs aim to dispel the myth that healthy eating is synonymous with blandness. They showcase that plant-based meals can be both scrumptious and satisfying. Leveraging their culinary skills, they craft a

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diverse array of recipes designed to meet various dietary preferences, ensuring that flavor remains at the forefront of plant-based cuisine.

Conclusion: Embrace the Journey

In concluding their message, the authors urge readers to take control of their health by finding joy in the cooking process and embracing the richness of plant-based foods. Their approach seeks to demystify healthy eating, making it accessible and enjoyable for everyone, regardless of their culinary experience. By fostering a love for wholesome, flavorful food, the Wicked Healthy philosophy encourages a rewarding journey toward better health and well-being.

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Chapter 2 Summary: WHAT TO KEEP ON HAND

What to Keep on Hand: Summary

To elevate your culinary skills, establishing an organized kitchen equipped with the right tools and ingredients is crucial. This chapter provides a comprehensive guide to essential items for your kitchen, categorized into equipment, ingredients, and specialty items.

Equipment

Prep Tools

A well-prepared kitchen begins with the right preparation tools. Equip yourself with:

- **Cutting Boards:** Have both large and small boards for different tasks.
- **Knives:** A chef's knife, a serrated knife for bread, and a paring knife for intricate tasks are must-haves.
- **Honing Steel:** Essential for keeping your knives sharp.
- **Mixing Bowls:** Various sizes provide flexibility for different recipes.

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- **Blenders and Processors:** A high-speed blender and food processor are invaluable for pureeing, chopping, and blending.
- Additional tools like a spice grinder, mandoline, microplane grater/zester, tongs, and various strainers support food preparation.

Cooking Tools

The right cooking equipment can enhance your meal-making efficiency:

- **Sauté Pans:** Heavy-bottomed pans distribute heat evenly.
- **Specialty Cookware:** Cast-iron grill pans, woks, and steam baskets expand your cooking capabilities.
- **Stockpots and Slow Cookers:** Ideal for soups, stews, and slow-cooked meals.
- **Ovens and Baking Equipment:** Dutch ovens, baking dishes, and sheets are essential for a variety of recipes.

Storage Solutions

Maintaining an organized pantry requires efficient storage:

- Use clear jars with lids for visibility and freshness.
- Zipper-lock bags, plastic wrap, and aluminum foil are crucial for food preservation.

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Specialty Items

For more adventurous cooking:

- Tools like a tortilla press, manual pasta roller, ice cream maker, and silicone molds can elevate your culinary creations.

Ingredients

Beans and Grains

A variety of dried and canned beans, lentils, and grains (such as quinoa and barley) are foundational for many dishes.

Condiments and Pantry Staples

Stock up on essential condiments:

- Hot sauces, savory sauces, pickles, mustards, and jams add flavor to meals.
- Pantry vegetables like canned artichokes and tomatoes are vital for quick cooking.

Flavor Enhancers

Dried fruits and mushrooms contribute depth of flavor, while nuts, seeds, and butters provide necessary nutrients and taste variety.

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Oils, Vinegars, and Seasonings

Everyday cooking oils, specialty oils, various vinegars, and an array of salts, spices, and herbs set the perfect seasoning foundation.

Fruits and Vegetables

Fresh produce should be prioritized based on local and seasonal availability to ensure quality and taste.

Non-Dairy Alternatives and Frozen Items

Include plant-based butters, cheeses, and yogurts for those seeking non-dairy options. Additionally, stock a selection of frozen fruits, vegetables, and convenience foods for quick meal solutions.

This summary encapsulates the essentials for a well-stocked kitchen, focusing on preparation, cooking, storage, and ingredient categories, setting the stage for delicious and effective meal preparation.

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Chapter 3 Summary: THE CONSCIOUS COOK'S MIND-SET

The Conscious Cook's Mind-Set

At the heart of cooking lies a philosophy grounded in love and compassion, resonating with the Buddhist practice of tonglen, which emphasizes the exchange of compassion for the suffering of others. This mindful approach to cooking highlights the act of preparing food as a nurturing gesture, accompanied by an understanding of the responsibility that comes with nourishing others. By being present and intentional in the kitchen, cooks can infuse their meals with positive energy.

Food as Medicine

The connection between food and health is substantial, as dietary choices significantly affect the body. A diet rich in whole, minimally processed plant foods provides a clear path to improving overall health and preventing chronic conditions, such as heart disease and diabetes. This perspective reinforces the idea that food is not just sustenance but a powerful tool for wellness.

Taking Control of Your Health

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Engaging in cooking empowers individuals to customize their diets in alignment with their personal health needs and preferences. By taking charge of their meals and avoiding processed foods, people can enhance their well-being and embrace healthier choices. This active participation in meal preparation fosters a deeper connection to one's health and dietary habits.

Get Organized in the Kitchen

An organized kitchen is essential for a pleasurable cooking experience. Establishing three key areas—prep, cooking, and cleaning—creates a structured environment. Keeping the pantry stocked with whole foods, along with practicing batch cooking, not only saves time but also helps minimize waste, making the cooking process more efficient.

Meal Planning and Preparation Strategies

Effective meal planning is crucial for a smooth cooking experience. Anticipating meals in advance and understanding the timing required for different dishes can streamline the process. Utilizing batch cooking techniques and practicing mise en place—preparing and organizing ingredients before cooking—can significantly enhance efficiency in the kitchen.

Basic Cooking Skills

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Developing a repertoire of basic cooking skills is fundamental for any chef. Mastering techniques such as knife skills and timing can elevate the cooking experience. Sharpening knives and maintaining cleanliness during preparation not only improve safety but also create a more enjoyable atmosphere in the kitchen.

Patience and Practice

Like any skill, cooking requires patience and consistent practice. It should be embraced as a joyful endeavor, allowing individuals to find satisfaction in the act of nourishing themselves and others. With time and experience, cooking can evolve into a fulfilling personal ritual.

Pro Tip for Efficiency

To maintain an organized kitchen and ease the cleanup process, soak dirty dishes immediately after use. This simple practice can significantly streamline post-cooking tasks and contribute to a more orderly cooking space.

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Chapter 4: HEALTHY FOOD DOESN'T HAVE TO TASTE LIKE SHIT

Summary of Chapter 4: Healthy Food Doesn't Have to Taste Like Shit

Introduction

A common misconception is that healthy eating lacks flavor. However, this chapter emphasizes that there are numerous delicious plant-based options—like chocolate, avocados, and an array of fruits and grains—that can elevate a nutritious diet.

Choosing the Best Ingredients

The foundation of flavorful healthy eating starts with selecting quality ingredients. Opt for local, seasonal, and organic produce to ensure freshness and visual appeal. Additionally, it's crucial to limit processed additives; foods should naturally possess good taste without relying on excessive sugar, salt, or fat.

Balancing Flavors

Understanding the five basic tastes—sweet, sour, salty, bitter, and

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umami—is essential for building rich flavors. This chapter highlights the importance of using aromatics such as onions, garlic, and fresh herbs to boost the flavor profiles of dishes.

Layering Flavor

Flavor can be enhanced through various cooking techniques. Methods such as browning, roasting, and toasting draw out the natural essences of ingredients. The chapter also encourages experimenting with different textures—such as creamy, crunchy, and chewy—to create a more fulfilling eating experience.

Creating Appealing Visuals

Presentation plays a significant role in how food is perceived. Utilizing plating techniques that emphasize contrasting colors and shapes can make dishes visually enticing. Additionally, simple garnishes should complement the main ingredients without overwhelming them.

Traveling Tips for Healthy Eating

For those on the go, staying hydrated is essential; always carry a water bottle and opt for healthy beverages. Packing nutritious snacks can prevent unhealthy eating during travel. Moreover, researching local food options at

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travel destinations can lead to discovering healthier dining choices.

Using Recipes Effectively

To ensure successful cooking, it is important to read recipes thoroughly.

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Chapter 5 Summary: FIRST BITES

Summary of Recipes from "First Bites"

Ninja Nuts

These adaptable snacks can enhance both savory and sweet dishes. The foundation is made from 1½ cups of whole skin-on almonds enhanced with sea salt and a sweet/spicy Mango Sriracha Caramel. To explore savory flavors, consider adding granulated garlic or Pok Pok Som.

Black Garlic and Chive Panisse with Citrus Aioli

This dish serves 4 to 6 and features a hearty chickpea-based fry flavored with black garlic. To prepare, combine chickpea flour, vegetable stock, and soy milk, cooking until thick, then cooling and cutting into fries for shallow frying. Accompany with a zesty citrus aioli made from plant-based mayo, minced grapefruit, and lemon zest.

Nori Sunflower Snacks

Yielding about 40 to 50 raw snacks, this recipe utilizes raw sunflower seeds and nori sheets, offering versatile flavoring options ranging from Asian to

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Mexican inspirations.

Grilled Sweet Potato, Sriracha Caramel, and Kale Toasts

Serving 2, these toasts utilize grilled sweet potatoes and kale layered on crusty bread, finished with cream cheese and a drizzle of Sriracha caramel.

Avocado Toasts with Radishes and Meyer Lemon

Ideal for breakfast, this simple yet delightful dish serves 2, showcasing whole-grain bread topped with ripe avocado, radishes, and a touch of spirulina for added depth.

Minted Pea Ricotta, Grilled Zucchini, and Charred Lemon Toasts

Another springtime favorite for 2, this dish is comprised of grilled zucchini ribbons layered over mint-flavored pea ricotta on toasted bread.

Grilled Baby Artichoke Crostini with Cashew Crème Fraîche

Serving 6 to 8, this crunchy appetizer pairs fresh baby artichokes with cashew crème fraîche on toasted baguette slices, enhanced by fresh herbs.

Fiery Black Bean Spread

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This dip, yielding about 2 cups, packs a punch with black beans, onions, and sriracha, making it an exciting addition to parties or taco bars.

Minted Pea Ricotta

Versatile and flavorsome, this spread yields over 2 cups and combines peas with roasted garlic and ricotta, ideal as a dip or filling.

Roasted Carrot-Lentil Dip

A perfect companion for fresh veggies, this dip prepares about 3 cups from carrots, red lentils, and spices to create a healthy snack.

Toasted-Onion Sour Cream

Yielding over 2 cups, this dip is made from plant-based yogurt and onion flakes, serving as an excellent topping for baked potatoes.

Wicked-Good Caponata

This Sicilian eggplant relish yields 3 to 4 cups, combining eggplant, diced tomatoes, capers, and spices for a flavorful spread over crostini.

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Tomato Confit

Making approximately 4 cups, this versatile dish includes plum tomatoes roasted with olive oil and herbs, perfect for serving with bread or as a pasta sauce.

Ma's Baked Spring Rolls

These crispy spring rolls serve 6 to 8 and can be made in advance, featuring a mix of dried mushrooms, noodles, and vegetables.

King Satay with Spicy Peanut-Ginger Sauce

An inviting starter for 4 or appetizer for 8, this dish features skewered king oyster mushrooms accompanied by a creamy, flavorful peanut-ginger sauce enriched with tamari.

Smoky Poutine

This hearty comfort food serves 4, combining russet potatoes with mushroom gravy and plant-based cream cheese for a satisfying indulgence.

Cashew Au Poivre Torte with Basil Parsley Pesto

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Serves 4 to 6, this layered treat features a nut-based cashew cheese and is best enjoyed with crackers or as part of a cheese platter.

Chickpea Blintzes with Cashew Sour Cream, Apples, and Dill

These gluten-free crepes serve 10 to 12, utilizing chickpea flour and sweet apples, garnished with dill.

Smoked Tofu Dumplings with Spinach, Dates, and Black Vinaigrette

Serving 6 to 8, these unique dumplings introduce savory and sweet flavors through smoked tofu, fresh spinach, and dates.

Corn Dumplings in Coconut Corn Broth

Perfect for summer, this refreshing dish serves 6 to 8, filled with sweet corn and served in a fragrant coconut broth.

Lion's Mane Steaks

This versatile mushroom dish serves 4 and can be adapted in various styles, highlighting the meaty texture of lion's mane mushrooms seasoned to perfection.

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This collection of recipes offers a vibrant array of plant-based dishes, perfect for different occasions and showcasing a variety of flavors and textures, all while embracing a creative culinary approach.

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Chapter 6 Summary: **HANDHELDS**

In the chapter titled "Handhelds," the focus is on creating delightful, handheld meals that combine the art of baking sourdough with inventive plant-based recipes.

Sourdough Starter serves as the foundation for this culinary journey.

Adapted from baker Sean Coyne, the recipe highlights the use of organic, unbleached whole-grain rye and all-purpose flours, combined with warm water to cultivate wild yeast. Over a six-day period, the process involves creating a liquid starter that is nurtured through daily refreshment, ultimately transforming into a stiff starter ready to elevate the flavor and texture of the pizza dough.

Following the starter's development, **Sourdough Pizza Dough** is prepared, yielding enough for four 12-inch pizzas. This dough is mixed on Day 6, using unbleached all-purpose flour, cool water, stiff sourdough starter, and fine sea salt. The preparation process incorporates essential techniques such as relaxing, folding, and rolling the dough to create a beautiful structure.

The **Pizza Assembly and Baking Instructions** outline a step-by-step approach to crafting perfect pizzas. Key steps include mixing the ingredients, shaping the dough into thick-edged rounds, and baking at a high temperature to achieve a crisp crust. Variations such as **Margherita Pizza**, w

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ith its fresh basil and plant-based mozzarella, **Breakfast Pizza**, featuring Peruvian potatoes and truffle cream, and **Green Forest Pizza**, loaded with vegetables, showcase the versatility of this dough.

In a transition to tortillas, the chapter introduces **Fresh Corn Tortillas**, an easy recipe made with masa harina and warm water that serves as a perfect base for various fillings. One such filling is featured in **Hot Chocolate Lentil Tacos**, which blend black lentils with a spicy chocolate sauce topped with grilled asparagus for a rich and flavorful dish.

The chapter also spotlights creative **Plant-Based Sandwiches**, including the **Samurai Burger**, which layers flavors of wasabi, sesame, cucumber, and kimchi mayo for a unique taste experience. The **Sloppy BBQ Jackfruit Sliders** deliver messy yet satisfying BBQ goodness paired with refreshing slaw, while the classic **Reuben** features savory seitan, caramelized onions, and sauerkraut on rye with Russian dressing.

In conclusion, this chapter encourages readers to explore the art of baking and cooking with simple, fresh ingredients to create remarkable, handheld meals. Whether it's a pizza, taco, or sandwich, the emphasis is on flavor, creativity, and a joyous cooking experience.

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Chapter 7 Summary: BOWLS

Chapter Summary: Bowls

This chapter celebrates the art of serving meals in bowls, depicting how guests can enjoy a personalized dining experience through versatile and customizable options. Central to this theme is the **Buddha Bowl**, a noodle dish that invites creativity with endless ingredient choices.

Noodles serve as the foundation, offering various options such as dried vermicelli, rice, buckwheat, lo mein, or even fresh zucchini noodles for those seeking a raw alternative. Each type is prepared al dente and chilled for an ideal texture.

Accompanying the noodles is the **Vegetable Crunch**, a vibrant assortment of fresh vegetables like butter lettuce, carrots, bell peppers, and more, which can be cleaned, sliced, steamed, grilled, or simply chilled. This wide variety allows diners to add refreshing textures and flavors to their bowls.

Enhancing these creations are **Garnishes and Sauces**. Diners can elevate their bowls with toppings like sesame seeds, crispy fried garlic, or zesty homemade Sriracha, adding an extra layer of flavor that complements the dish.

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The chapter features **Banana Blossoms with Coconut and Chile**, showcasing a Filipino-inspired dish that involves cooking tender banana blossoms in rich coconut milk, while served with noodles and fresh herbs, reflecting Chef Chad's culinary travels in the Philippines.

Bibimbap with Bamboo Rice represents a traditional Korean dish that means "mixed rice," combining an array of savory vegetables and bamboo rice, typically accompanied by proteins such as tofu for a hearty meal.

Several side dishes included are **Sesame Bean Sprouts**—a straightforward dish tossed in sesame oil and salt, and **Slow-Cooked Corona Beans with Rosemary and Garlic**, a comforting blend of beans flavored with aromatic rosemary and garlic.

The chapter also discusses practical yet flavorful meals such as **Stir-Fried Farro Fawcett**, a quick stir-fry with farro and seasonal vegetables, and **Forest Miso Soup**, a silky broth enhanced by puréed cauliflower and topped with seared shimeji mushrooms.

For those craving something particularly rich, **Wicked-Good Tom Kha Soup** offers a luxurious coconut base infused with ginger and spices, while vegetarian options like **Potato and Cauliflower Bisque** provide a creamy, nourishing alternative using puréed cashews.

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Adventurous tastes are catered for with dishes like **Spicy Coconut-Corn Crack**, a thick dish blending corn and spices, and **Split Pea and Chard Soup**, which is hearty and gluten-free, brimming with fresh chard.

The chapter introduces **Lobstah Mushroom Chowdah**, a creamy soup mimicking traditional chowders using seafood-like lobster mushrooms, as well as a comforting Italian bowl, **Roasted Cauliflower Fagioli**, which replaces pasta with roasted cauliflower for a filling meal.

For casual gatherings, **Four-Bean and Sweet Potato Slow-Cooker Chili** stands out as a simple, shareable dish that packs flavor and heartiness, prepared effortlessly in a slow cooker.

Lastly, the **Oatmeal Bar** encourages creativity at breakfast, allowing guests to personalize hot oatmeal with various toppings, from vanilla spice blends to s'mores-inspired options.

Desserts complement the oatmeal experience, featuring treats like fig brûlée with almond milk and inventive fruit-infused combinations, further emphasizing the theme of adaptability and enjoyment in bowl servings.

Overall, this chapter illustrates the joy of communal dining and personal expression through food, encouraging everyone to embrace creativity in their

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culinary choices.

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Chapter 8: STRAIGHT-UP VEGETABLES

Chapter 8 Summary: Wicked Healthy Cookbook - Straight-Up Vegetables

In the "Straight-Up Vegetables" chapter, the focus is on inventive, health-conscious recipes that transform everyday vegetables into delightful dishes. Each recipe showcases creativity and seasonal ingredients, encouraging readers to embrace plant-based cooking.

- 1. Cauliflower Ribs:** This unique appetizer transforms cauliflower florets into BBQ-style ribs, glazed with a sweet and spicy Korean barbecue sauce. Grilled to perfection and garnished with sesame seeds and fresh herbs, these ribs invite diners to indulge with their hands.
- 2. Painted Dijon Potatoes:** Elevating red-skinned potatoes, this dish involves coating them with a zesty Dijon mustard layer before roasting, complemented by garlic, rosemary, salt, and pepper for a flavorful twist.
- 3. Kale Queso:** Serving as a warm dip or side, this dish combines steamed kale and red bell pepper with a creamy, spiced cheese sauce that can also be baked for a crispy finish, offering a hearty flavor experience.
- 4. Broccoli with Fermented Black Bean Sauce:** A vibrant stir-fry that

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incorporates broccoli and an umami-rich sauce made from fermented black beans, ginger, garlic, and chiles. This dish allows for other vegetables to be integrated based on availability.

5. Grilled Purple Cabbage with Mint and Peanut Sauce: The grilling process reduces the bitterness of cabbage, which is then drizzled with a creamy peanut sauce enhanced with lime, ginger, and coconut water, providing a fresh seasonal touch.

6. Whole Roasted Zucchini with Nana's Red Sauce: Preparing zucchini whole preserves its moisture, resulting in a succulent dish served with a robust red sauce, ideal for showcasing flavors.

7. Baby Bok Choy with Roasted Kohlrabi Vinaigrette: This dish features grilled bok choy paired with a vinaigrette made from roasted kohlrabi, delivering a delightful sweet-earthy balance.

8. Brussels Nachos: A hearty twist on traditional nachos, this recipe replaces chips with roasted Brussels sprouts, layered with cheese sauce and spicy sausage for a satisfying shareable meal.

9. Sriracha-Kung Pao Brussels Sprouts and Tofu A vegetarian reinterpretation of Kung Pao chicken, combining crispy Brussels sprouts with tofu in a flavorful, spicy sauce that celebrates vegetarian ingredients.

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10. **Sweet Potato Gratin with Crispy Onions and Rosemary:** This indulgent gratin features thinly sliced sweet potatoes, layered and topped with crispy onions and aromatic rosemary, suitable for family gatherings.

11. **Smoky Cheesy Roasted Cauliflower Head:** A stunning centerpiece dish, this whole cauliflower is roasted to deep brown perfection, served with a rich cheese sauce—ideal for festive occasions.

12. **Grilled Eggplant Tenderloins with Beet Blood and Ninja Nuts**
Grilled eggplant is paired with a unique sweet and salty beet sauce, garnished with nuts and fresh herbs for a sophisticated flavor profile.

13. **Summer Vegetable Carpaccio:** A bright, refreshing dish highlighting raw summer vegetables, lightly dressed with olive oil and herbs, celebrating the season's bounty.

14. **Roasted Beet Salad with Citrus and Tarragon Cashew Cream** This rich salad combines earthy roasted beets, peppery watercress, and a creamy tarragon-infused cashew dressing, delivering a nuanced dish of sweet and savory flavors.

15. **Asian Broc-o-Flower Slaw:** A crunchy, vibrant slaw made from fresh broccoli, cauliflower, and cabbage dressed in a tangy Asian-inspired sauce,

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perfect as a refreshing side.

16. Niçoise Salad with Plant-Based Eggs and Olive Dirt: A gourmet take on the classic Niçoise salad, featuring Peruvian potatoes, green beans, plant-based eggs, and a creative ‘olive dirt’ seasoning for a modern twist.

Overall, this chapter emphasizes the versatility of vegetables, inviting readers to discover new culinary possibilities while maintaining a focus on health and flavor.

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Chapter 9 Summary: COMFORT FOOD

Chapter 9: Comfort Food

In this chapter, we explore a delightful selection of comforting pasta dishes and hearty sides, perfect for family meals or gatherings. The recipes celebrate flavors that evoke nostalgia while embracing plant-based ingredients.

1. Spaghetti with Nana's Red Sauce

Chad Sarno shares a cherished childhood recipe that exemplifies the ease of weeknight meals. The dish features dried spaghetti, which should be cooked to perfection, ideally using high-quality pasta made with bronze dies for better sauce adherence. The preparation is straightforward: heat Nana's flavorful red sauce, boil the spaghetti, and mix the two, garnishing with fresh basil and plant-based Parmesan.

2. Cacio e Pepe with Lemon Chive Butter and Pink Peppercorns

This innovative take on the classic Roman dish incorporates plant-based butter infused with lemon and pink peppercorns, creating a fresh twist. The dish is made by cooking spaghetti al dente, sautéing shallots, and combining

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them with pasta, chives, and seasoning for a creamy finish. It's then served with delightful garnishes for enhanced flavor.

3. Orecchiette with Grilled Squash, Preserved Lemon, and Herbs

A vibrant summery pasta salad, this recipe showcases orecchiette pasta paired with grilled summer squash, fresh herbs, and a tangy lemon dressing. By grilling the squash and combining it with the cooked pasta and a zesty oil-lemon mixture, this dish is light yet satisfying, adorned with nuts for crunch.

4. Strozzapreti with Cauliflower Mornay, Mushrooms, and Kale

This comforting dish brings together strozzapreti pasta with a creamy Mornay sauce, combined with sautéed mushrooms and kale. The preparation involves preparing the ingredients, sautéing aromatics, and tossing everything with the al dente pasta for a warm, comforting meal.

5. Pasta Dough

Tal Ronnen presents a fresh pasta dough recipe, using firm silken tofu as a plant-based alternative. Combining this with “00” pasta flour and semolina, the dough is mixed, rested, and rolled out for various pasta creations, making it a versatile staple in plant-based cooking.

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6. Porcini Ravioli with Garlic Butter and Sorrel

These delicious ravioli feature a savory mushroom filling and are drenched in a fragrant garlic butter sauce. The process involves cooking the filling, rolling out the prepared pasta dough, and skillfully creating ravioli that promises a rich and satisfying flavor experience.

7. Spring Agnolotti with Favas, Mint, and Sherry Cream

This seasonal dish highlights fava beans paired with fresh mint and sherry cream, delivering a delightful burst of spring flavors. The recipe includes steps for blanching the beans, preparing the filling, and rolling the pasta, showcasing the lightness and freshness of the ingredients.

8. Pumpkin Risotto with Chestnuts and Horseradish

A labor of love, this creamy risotto brings together the comforting flavors of pumpkin with roasted chestnuts and a hint of horseradish. The dish is crafted by slowly cooking arborio rice with pumpkin puree and broth, ensuring a rich, creamy texture that perfectly captures the essence of fall.

9. Mac & Cheese Bar

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A creatively fun option for gatherings, this customizable mac and cheese bar allows guests to choose from various cheese sauces and gemelli pasta. Topped with an array of ingredients from mushrooms to Field Roast sausage, it invites everyone to craft their perfect plate.

10. Stuffed Avocado Bar

Healthy and delicious, this baked avocado dish showcases cheesy goodness paired with delightful toppings. Each avocado half is filled with cheese sauce and baked until warm, inviting guests to mix and match toppings for a unique experience.

11. Barbecued Maitake Steaks

This hearty, plant-based option is perfect for meat lovers. The recipe focuses on preparing maitake mushrooms with a seasoning blend, pressing them before low and slow barbecuing for a savory, rich flavor.

12. Barbecue Seasonings and Sauces

Offering the essence of barbecue flavors, this section includes recipes for various seasonings and sauces, such as Texas, Bulgogi, and Char Siu. Each recipe provides specific ingredients and ratios, allowing for versatile flavoring of numerous dishes.

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This chapter captures the warmth and nostalgia that comes from sharing comforting meals. Through these heartwarming recipes, readers are invited to engage in plant-based cooking, creating memorable dishes that foster connection with family and friends.

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Chapter 10 Summary: NATURE'S CANDY

In this chapter, we delve into a collection of enticing dessert recipes that showcase the art of blending flavors, textures, and innovative techniques, perfect for any celebration or as a delightful treat.

Nature's Candy: Grilled Peaches with Vanilla Spiced Gelato and Mango Sriracha Caramel

This dessert highlights the sweetness of grilled peaches complemented by a rich, vanilla spiced gelato and a bold mango Sriracha caramel. It serves eight and has gained acclaim, notably from Martha Stewart in 2013.

Ingredients include ripe peaches, white balsamic vinegar, agave syrup, walnut oil, fresh star anise, vanilla spiced gelato, and mango Sriracha caramel. The method begins by preheating the grill and creating a marinade to brush onto the peach halves before grilling them to a perfect caramelization. The dish is finished with a scoop of gelato and a drizzle of the spicy mango caramel.

Vanilla Spiced Gelato is a delightful component made from raw cashews, coconut milk, and a medley of spices including ginger and nutmeg, blending into a smooth texture after being frozen.

Drunken Berries with Amaretto Gelato

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This dessert features juicy, macerated berries paired with a smooth amaretto gelato, creating a delightful balance of flavors.

Amaretto Gelato combines raw cashews, coconut milk, soy milk, and the distinct flavor of amaretto liqueur. The preparation mirrors the vanilla gelato with soaked cashews blended to smooth creaminess before freezing.

Drunken Berries are created by macerating fresh berries in Chambord liqueur, sweetened with maple syrup and flavored with lemon juice, making them an ideal pairing with the creamy gelato, served in quenelles.

Brûléed Pineapple with Spiced Panko, Berries, and Meringue

This visually stunning dessert showcases caramelized pineapple, spiced panko, and a unique vegan meringue that uses aquafaba, or chickpea liquid, as its base.

Spiced Panko introduces a delightful crunch, flavored with olive oil and a hint of cayenne. The **pineapple brûlée** involves sautéing ripe pineapple slices in a mixture of plant-based butter and sugar, resulting in a beautifully caramelized finish.

The **plant-based meringue**, elevated with freeze-dried fruit for flavor, adds a light, airy contrast to the rich pineapple.

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Chocoholic Fudge Brownies with Sea Salt and Dried Strawberries

These brownies stand out for their rich, fudgy texture, intensified with dark chocolate and a touch of sea salt, finished with dried strawberries for added flavor and a bit of chew.

Ingredients—including flax meal, cocoa powder, and a mix of almond butter and melted butter—create a dense, satisfying treat. The preparation follows a straightforward process of mixing and baking, showcasing a classic yet elevated dessert.

Meyer Lemon Cheesecake with Grilled Peaches and Lavender Syrup

This refreshing raw cheesecake features a rich cashew-based filling, topped with beautifully grilled peaches and drizzled with aromatic lavender syrup.

The **lucuma crust**, made from lucuma powder, almond flour, and agave, provides a nutty foundation. After preparing the crust, the creamy filling is blended and chilled, followed by grilling peach slices for a smoky sweetness topping.

Kabocha Tart with Salted Almond Crumble and Espresso Syrup

This unique dessert takes a deconstructed pumpkin pie approach, anchored in the sweet, earthy flavors of kabocha squash.

The **filling** is crafted from roasted squash blended with coconut milk and

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spices, while the **almond crumble** adds a crunchy texture with its balance of sugar and flake salt. A rich **espresso syrup** composed of brewed espresso and maple syrup enhances the flavor profile when drizzled over the assembled tart.

Together, these recipes not only exemplify culinary creativity through the use of fresh ingredients and imaginative pairings but also celebrate the joy of sharing delicious desserts with loved ones.

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Chapter 11 Summary: WICKED HEALTHY JUICES AND COCKTAILS

Wicked Healthy Juices and Cocktails

In this guide, readers will discover a variety of refreshing and nutritious beverages that highlight the importance of fresh ingredients and creativity in the kitchen. The text focuses on creating revitalizing juices, coolers, and cocktails that can cater to both casual gatherings and festive occasions.

Wicked Healthy Juices

Fresh juice can be easily prepared at home with a juicer or, for those without one, a blender—though using a blender may yield a thicker consistency due to heat. The chapter offers several invigorating juice recipes designed to boost health and flavor:

- 1. Cucumber, Celery, Green Apple, and Kale Juice** This rejuvenating mix combines the hydrating properties of cucumber and celery with the nutritional goodness of kale, spinach, and the tartness of a Granny Smith apple and fresh lemon juice.
- 2. Spicy Pineapple, Spinach, Kale, and Lime Juice:** A tropical delight, this juice blends the sweetness of pineapple with the kick of jalapeño and

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the freshness of additional greens, making it both spicy and nutritious.

3. **Iron Man Juice:** Packed with iron-rich ingredients, this vibrant juice features red beets and spinach, complemented by the sweetness of oranges and the zing of fresh ginger and red bell pepper.

Wicked Healthy Coolers

Coolers are refreshingly versatile drinks that can be enhanced for parties with the addition of spirits like vodka. They begin with muddling fruits, herbs, and citrus before mixing with juices and chilled filtered water.

Recommended recipes include:

1. **Ginger Shiso Lemonade:** This unique drink features the aromatic herb shiso paired with zesty ginger and lemon, sweetened to taste and served cold.

2. **Strawberry Basil Cooler:** A delightful mix of strawberries and aromatic basil, this cooler is perfect for summertime, brightened with lemon juice and sparkling soda water.

3. **Watermelon, Cucumber, Lime, and Mint Cooler:** Combining refreshing cucumber and mint with sweet watermelon and zesty lime, this cooler is ideal for hot days.

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Infusion Cocktails

Darren Sarno introduces readers to the art of spirit infusions using Mason jars. By combining just a few ingredients and allowing them to marinate, one can create signature cocktails with distinct flavors. A selection of infusion-based cocktails includes:

1. **Citrus and Spice Cocktail:** Featuring infused tequila and a mix of grapefruit juice, ginger syrup, and soda water, this cocktail offers a zesty refreshment.
2. **Sarno Sazerac:** A twist on the classic Sazerac, this drink employs infused rye whiskey combined with sugar, aromatic bitters, and garnished with lemon zest.
3. **Summer Sipper:** A refreshing cocktail made with infused gin, cucumber juice, and a sour mix, perfect for summer gatherings.

The chapter concludes with a couple of standout cocktails:

- **Love Note Cocktail:** A romantic blend of lavender vodka, grapefruit juice, and Prosecco, combining floral notes with fruity zest.
- **Strawberry Rhubarb Cobbler Cocktail:** This unique drink features infused bourbon alongside a strawberry-rhubarb shrub and a hint of sriracha

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caramel for a fiery finish.

- **Stubborn Ass Cocktail:** An inventive mix of infused basil vodka, lemongrass syrup, and ginger beer, offering a refreshing herbal twist.

Together, these recipes and tips encourage readers to experiment with fresh ingredients and enjoy both healthful juices and delightful cocktails that enhance any occasion.

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Chapter 12: SAUCES AND BASICS

Summary of Sauces and Basics

The section begins with a collection of versatile plant-based sauces and dressings that enhance a variety of dishes while adhering to dietary preferences like gluten-free and dairy-free options.

Wicked Healthy Cheese Sauce serves as a flagship offering, utilizing raw cashews and butternut squash to create a creamy texture. Key ingredients include garlic, rice vinegar, soy milk, nutritional yeast, and miso. This sauce is customizable, allowing variations in thickness and flavor, making it suitable for pastas, vegetables, and more.

Following the cheese sauce, the recipe for **Mac & Cheese** is introduced. By combining 2 quarts of the cheese sauce with 1 pound of cooked macaroni, this dish serves as a comforting staple for 6-8 people. An option for a baked variant is available, suggesting a topping of olive oil and vegetables, baked at 350°F for 30 minutes.

Next is the **Cauliflower Mornay Sauce**, which makes 2 quarts by blending cauliflower and cashews, adding creaminess perfect for both pasta dishes and vegetable toppings. **Mushroom Gravy**, another creamy sauce

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that serves up to 2 quarts, combines mushrooms, onions, garlic, and cashews to complement savory dishes like mashed potatoes.

Transitioning to dressings, **Plant-Based Mayo** is easy to prepare, using chickpea liquid, lemon juice, mustard, and oil, with an option to spice it up with sriracha.

Traditional flavors are captured in **Nana Sarno's Red Sauce**, made through a slow simmer of onions, garlic, bell peppers, oregano, and tomatoes, with optional sugar to balance acidity. **Smoky BBQ Sauce** follows, offering a rich, versatile flavor base for a variety of dishes using tomato paste.

Ninja Tamari Glaze is highlighted as a delicious coating for vegetables and proteins, customizable to personal taste with herbs and spices. For extra flair, **Compound Butters** can be flavored with various seasonings, making them ideal for finishing dishes.

On the sweeter side, **Mango Sriracha Caramel** combines fruit juice with spicy caramel for a dessert drizzle, while the **Mustard Seed Vinaigrette** provides a no-oil dressing approach perfect for salads. **Meme's Dressing** keeps it simple yet tasty with garlic, lemon, and plant-based mayo.

Continuing with creamy options, the **Carrot Coconut Dressing** utilizes

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carrot juice and coconut milk, complementing salads beautifully. **Creamy Jalapeño Salsa**, with blistered jalapeños and garlic, lends spice to tacos and bowls, while **Heirloom Tomato Salsa** showcases colorful heirloom tomatoes and cilantro for freshness.

Summer flavors shine in **Poached Corn Salsa**, incorporating sweet corn and cucumber, while the **Homemade Badass Sriracha** delivers a fresh take on heat using chiles without relying on ketchup. Spiciness escalates with the **Carrot Habanero Citrus Hot Sauce**, enriched with roasted habaneros and tangerine juice.

For quick and tangy sides, the **Quick Pickled Vegetables** offer a bright bite, whereas **Preserved Meyer Lemons** involve a specialized curing process in salt, resulting in a unique addition for various dishes.

Sweet-and-spicy lovers will enjoy the **Tomato Habanero Jam**, made with vine-ripened tomatoes, ideal for use as a condiment. Moving into liquids, the **Coconut Corn Broth** combines local corn, coconut milk, and spices, creating a comforting soup base, while **Vegetable Stock** serves as a foundational ingredient for soups made with an assortment of fresh vegetables and customizable spices for varied flavor profiles.

Overall, this summary encapsulates an array of delicious, plant-based sauces and dressings that cater to diverse culinary needs, underscoring their

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adaptability and flavor potential in a variety of dishes.

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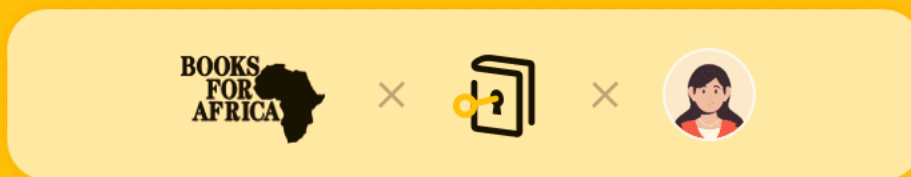




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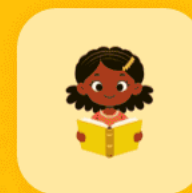
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