

Vegan Cooking Class Recipes Session 72 (*March, 2020*)

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Creamy Tomato Vegetable Barley Soup

(Soak 1 cup barley overnight)

2 stalks celery, diced

1 small yellow onion, diced

2 medium carrots, sliced

2 cloves garlic, minced

1 c. pearled and hulled barley, soaked in water overnight, rinsed, drained (yields 2 cups soaked)

28 oz. can of diced or crushed tomatoes

6 c. vegetable broth

1 tsp. salt (depending on whether broth and tomatoes were salted, you may not need as much)

1 Tbsp. Herbs de Provence

1 c. plant milk

1. In a large soup pot, sauté the celery, onion, garlic, together over medium heat for 5 minutes, adding some broth to keep it from sticking.
2. Stir in remaining ingredients, except the plant milk. Bring soup to a boil and then lower to a simmer, covered for 20-25 minutes. Stir the soup occasionally (the barley may stick).
3. Once the barley is cooked, stir in plant milk. Serve.

Makes 8-10 servings

By Chef Linda in Esther's Kitchen

100% Whole-Wheat Sourdough Bread

11 oz. (about 1 c. + 2 Tbsp.) sourdough starter

11 oz. (about 2½ c.) whole wheat flour (from hard white wheat works great)

½ Tbsp. sea salt

¾ c. water

What is sourdough? A bread that does not require the use of commercial yeast in its production, since it is most often made with a “sourdough starter” culture inhabited with wild yeasts found in the grain and in the air. It also involves a much longer period of time between mixing and baking. This is probably its most positive advantage healthwise, over regular bread, because it is this “soaking” time which neutralizes the phytic acid found in grain, and is often what causes the difficulty which some people have when they eat bread.

It is most often made with white refined flour, but can also be made with whole grain. Since our class is all about eating whole foods and avoiding overly processed foods, we will be sharing a whole grain version here.

What is starter? A symbiotic combination of yeast and bacteria in a mixture of flour and water. Amylase (an enzyme in the yeast) converts starches into sugars. One of those sugars, maltose, cannot be utilized by the yeast. But the bacteria metabolize it and produce byproducts which in turn are metabolized by the yeast. As the carbohydrates in the dough are metabolized, carbon dioxide is released, which is what makes the bubbles and raises the dough. Lactic and acetic acids are also produced, and are what gives the bread its sourness. This acidity kills off any harmful bacteria present as well as mold. This is why sourdough bread can be kept so much longer than regular bread.

Are all starters the same? Sixty kinds of lactobacillus and at least six kinds of yeast are commonly found in sourdoughs. Each starter can have a different combination of these, depending on what flour is used, and what is in the water and the air and also the hands of the baker! They produce different variations in flavor and behavior. Right now I have 3 kinds of starter.

- My 7-year grows to double in only 2½ hours, and is the mildest tasting.
- Bodega Bay takes longer and is more sour.
- My own, grown in my home (Adams), is in between sourness and mildness of the other two and seems to have an additional fruity flavor (it’s my favorite).

How to get it: Here today! Or online: Amazon and Ebay or bakers with web pages and YouTube channels often offer to mail their starters to whoever wants them. Or ask at a bakery. My friend gave me some from a Bodega Bay bakery she likes (I call that starter Bodega Bay).

You can also make your own from basically mixing a small amount of flour and water together and leaving it out in a jar covered with just a cloth and rubber band for several days, changing out half of it every day. You have to discard half the dough every day, so keep this starter small. Eventually it will become active and bubbly. Mine took 2 days. But often it can take a week or more before it starts to bubble. When it bubbles to double its size within 4 to 6 hours after feeding, it is ready to use for baking bread. You then increase the amount of starter to what you will need in a recipe, plus extra to build up for next time. Give it a name! Take care of it.

How to take care of it: Feed it flour and water every day if out on counter. Many suggest a 1:1:1 ratio – one part starter, one part flour, and one part water (by weight, some say). In general, if you don't have a scale, use about twice as much flour as water (for example: if you are feeding ½ c. of starter, add ¼ c. water and ½ c. flour). But don't stress about it. Even the experts vary in their opinions about keeping it runny or thick. You will find the method that works best for you. Just be sure to discard half of it before you feed each time, if you want it to stay the same size and not use up your flour supply too quickly.

Also, if your starter is of the thicker variety, it will climb up the jar, so be sure and have enough space for that. You can put a rubber band around the jar at the level of the dough just after mixing. Then you can see when it has doubled in size. When it has doubled, the starter is considered “fed” and it is ready for use or to be refrigerated.

Feed every 3 or 4 days if in the fridge. If you forget and neglect it, scrape off the ugly top part and feed the remainder. After several days of being “hungry” it is common for there to be a dark liquid (they call it “hooch”) on top of the starter. Just pour that off. The starter is okay, but may take some time and extra feedings before it is ready to raise bread again. It depends on how long it was neglected. If you don't want to worry about feeding your starter and you don't plan to make sourdough bread every week, you might want to consider the next options below.

How to store starter without feeding it for weeks, or months, or years: The easiest method that I use most is to just put about ¼ c. of starter into a freezer Ziploc bag and keep it frozen. This will “wake up” more quickly than the dried flakes (keep reading to see how to do that).

Another way that doesn't require refrigeration (although the cooler the better) is to dehydrate your starter. This is also how starters can be sent in the mail to a friend or tucked away as a backup in a bread book in case someone finds your little pet in the fridge and throws him away! You can spread your starter out on a piece of parchment paper VERY THINLY and let it dry at room temperature. It will get quite crispy like crackers when it is completely dry. I then break it up into flakes and store it in a Ziploc bag in the freezer. That's how I found my 7-year starter – 7 years later! Probably not recommended, but it is my most active starter right now! Be sure to feed your starter and wait for it to double before freezing or drying so it won't “sleep” hungry. Also be sure to label and date the bag. When you are ready to bake again, put the flakes in a little water and flour and wait for it to wake up and start working again. It may take a few extra days, so schedule that into your baking plans. At least you didn't have to feed it for weeks and weeks.

In this handout I am sharing 3 different recipes and methods of baking. There are many, many more! Just understand that there is no one right way to do it. So don't be afraid to try this.

How I make the bread: For one loaf that bakes in a 3 qt. Dutch oven. From starter kept in the fridge.

Day 1 - Get your starter ready

Take out starter and feed and make sure there is 11 oz. plus extra to keep for later

Leave it at room temperature until it doubles in bulk. Then put it back in the refrigerator. Ready.

Day 2 - Mixing and Rising

In the morning measure into a bowl:

11 oz. (about 1 c. + 2 Tbsp.) starter

11 oz. (about 2½ c.) flour (I use whole wheat flour ground from hard white wheat)

¾ c. cool water (no chlorine)

½ Tbsp. salt (no iodine)

Mix well. Cover and let rest for ½ hour.

Do stretch and fold. Use only water on hands to prevent sticking. Cover and rest another ½ hour.

Repeat another 3 or 4 times. See this video for mixing and stretch and fold of the dough. Also to form a loaf with risen dough. <https://youtu.be/RSbNbz7UIIo>

The half hour timing can be more or less, but the total time for this should be about 2½ hours from mixing

Cover the dough and let rise for 4 – 6 hours until it has doubled.

Prepare a pot or container the same size as your Dutch oven with some parchment paper. This will be your container to keep it in the refrigerator until you are ready to bake. It needs to be a separate container because tomorrow you will be heating the empty Dutch oven in the oven to really hot before baking.

Carefully tip out the dough onto table. Wet hands and shape the dough into ball or loaf. Try to keep it as fluffy as possible – do not deflate. Just gently shape it. Then carefully settle it into the parchment paper in the pot or whatever. Cover with plastic so it won't dry out, and refrigerate.

Day 3 - Time to bake!

I like to bake in the morning in the winter as it also will heat the house. If it is hot weather, you may wish to wait until evening, when you can open all the windows and not overheat the house. With this method you can choose. Just keep the dough in the fridge until its time.

Heat up your oven to 500°F if possible, although 450°F works too. Be sure to put your Dutch oven or pizza stone in while the oven is cool so that they can warm up at the same time as the oven. Make sure your Dutch oven has a knob that is metal and won't melt. You will need to take it off if it is not metal. When the oven is up to temperature, take your dough out of the fridge and set it near where you are going to put your HOT Dutch oven. **PUT ON OVEN MITTS.** Take the HOT Dutch oven out of the oven and set it on something that will not burn or melt. Remove the lid with your mittened hand and set also on a safe place. Now carefully pull the dough out of the container, using the parchment paper as a sling, and carefully place it, parchment paper included, into the Dutch oven. See this video for using parchment paper in storage bowl and transfer to Dutch oven for baking: https://youtu.be/62afdY_Vu74 Fold the top corners of paper over the dough slightly so that they will be inside when the lid is on. Put lid back on and return to oven **WITH OVEN MITTS.**

Bake for about ½ hour. Reduce the heat to 400° after the first 15 minutes.

After ½ hour, **WITH OVEN MITTS**, remove the Dutch oven and take out the bread onto a rack. If you want it to brown more, you can put it back into the oven by itself (no pot) for another 10 or 15 minutes. The crust will be harder the longer it bakes.

For crispy crusts: After 30 minutes of baking, just remove the lid **WITH OVEN MITT** and continue baking another 10 or 15 minutes (watch it).

Let it cool completely before slicing.

4-Ingredient No-Knead Bread

Not sour. You can use all whole wheat flour instead of all-purpose.

There's nothing better than fresh baked bread, especially when it requires just 4-ingredients, no kneading and no starter. Learn how to make this easy artisan bread at home in no time!

3 c. all-purpose flour + more for dusting

2¼ tsp. (1 packet or 7g) active dry yeast

1¾ tsp. salt

1½ c. room-temperature water

Dutch oven

1. In a large bowl combine the flour, yeast and salt until uniform. Form a well in the middle and add in the water. Stir until well incorporated and a shaggy dough forms. Cover the bowl with plastic wrap or a clean damp kitchen towel and allow it to rest for 12-18 hours at room temperature. You'll know it's ready when it has expanded and has bubbles all over the surface.
2. Generously flour a work surface and pour the dough out onto it. Grab another clean bowl and line it with parchment paper. Set it aside. Sprinkle the top of the dough with flour and fold it into itself 2-3 times using a bench scraper or clean hands. Place the dough into the lined bowl and cover it with a damp towel. Allow it to rise in a warm area for about 2 hours.
3. 30 minutes before the 2 hour mark, preheat your oven to 450°F and place a 6-quart Dutch oven (or heavy covered pot) inside. Allow it to warm up in the oven for at least 30 minutes.
4. Once the dough has risen, remove the Dutch oven from the oven. Carefully pick up the dough with the parchment paper and place it all (including the parchment paper) into the Dutch oven. Cover it and place it into the oven to bake for 30 minutes.
5. Remove the lid from the Dutch oven and allow it to bake for 8-15 minutes more, or until golden brown.
6. Remove the Dutch oven from the oven and CAREFULLY pick up the bread with the parchment paper and transfer it onto a wire rack. Allow it to cool completely. Slice and enjoy!

By Chris Petrellese

<https://sweetsimplevegan.com/2020/02/4-ingredient-no-knead-bread>

No-Knead Sourdough Oat Bread

1½ c. water

1¼ c. active/fed sourdough starter

1½ Tbsp. raw sugar

¾ c. coarsely ground old fashioned oats

2¼ c. white whole wheat flour

¼ cup vital wheat gluten

1½ teaspoon salt

Additional coarsely ground oats for dusting loaf

- 1 In a large mixing bowl:** Stir water, starter, sugar, oats, whole wheat flour, and vital wheat gluten together until well combined. You will have a rough, sticky dough. Add salt to the dough. Stir well. Cover and allow it to rise for 1 hour. Remove lid and gently pick up one side of the dough, fold it in half. Repeat with all four sides of dough. Cover and allow to rise for another hour. Repeat 2 more times for a total of 4 folding times.
- 2 Refrigerating ferment:** Allow the dough to ferment for a total of 5½ hours at room temperature from the time you mix it until you put the dough in the fridge. Cover and place in the refrigerator for 12 hours or longer. Remove dough from the refrigerator. Shape following the directions below.
- 3 Room temperature ferment:** Allow the dough to ferment at room temperature for a total of 7 hours from the time you mix it until you shape it to be baked.
- 4 Shaping:** Preheat oven to 425° degrees. I place my clay baker in the oven. The lid and the base on the oven rack to preheat. Press the dough out in a large rectangle. Fold dough in 3rds, pinching the edges together to seal the edges. Turn dough and fold in 3rds, pinching to seal edges. Lay the loaf on parchment paper. Dust with coarsely ground oats. Slash the loaf with a sharp knife. When the oven is preheated, place loaf and parchment paper in a clay baker. Cover baker with lid. Set the timer for 35 minutes. When the baking time is complete, reduce oven temperature to 400° degrees. Remove the lid. Bake for an additional 12 minutes. Remove clay baker from oven. Remove loaf to a wire rack to cool. Yields 12-14 slices.

Adapted from recipe by Glenda Groff at: <https://aroundthefamilytableblog.com/2019/12/21/no-knead-honey-oat-sourdough-bread-thm-e-dairy-free>. The only things I changed from the original were to use sugar instead of honey, omit the oil, and add ½ tsp. more salt. A wonderful recipe!

You can see videos of Glenda folding the dough and shaping it by going to her original post by searching “Glenda No-knead Honey Oat Sourdough Bread” on Google.

Simple Oil-Free Butter

Cream from 1 can coconut milk (refrigerate can overnight, do not shake, when cream is solid, pour off water to use cream)

1 c. water

¼ c. yellow cornmeal

1 tsp. salt

Mix ingredients in pan and bring to a boil, simmering for 5 minutes.

Blend about 1 minute until smooth like butter.

Place in covered container and chill until firm.

Smooth off top if desired.

By Sybil Knight

Lunch Box Chocolate Chip Cookies

½ c. natural sugar (cane, coconut, date, or maple)

⅓ c. unsweetened applesauce

⅓ c. almond butter

1 Tbsp. flaxseed meal

2 tsp. pure vanilla extract

1⅓ c. oat flour

⅓ c. sorghum flour OR whole wheat pastry flour

½ tsp. baking soda

½ tsp. sea salt

½ c. grain-sweetened chocolate pieces

1. Preheat oven to 350°F. Line 2 large cookie sheets with parchment paper or silicone baking mats.
2. In a large bowl, combine the first 5 ingredients (through vanilla). Stir in oat and sorghum flours, baking soda and salt. Stir in chocolate pieces.
3. Drop dough by tablespoons 2 inches apart onto the prepared cookie sheets; flatten lightly.
4. Bake cookies 8 to 10 minutes. (The longer you bake them, the crispier they will be.) Cool on cookie sheets 5 minutes. Remove; cool on wire racks

By Isa Chandra Moskowitz

7-Year

Adams

Bodega Bay

Instant

Oat