

ONE BITE

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Vegan Magazine

Sept / Oct 2019

TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WITH A COPY of VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



VEGAN COMFORT COOKING:

75 PLANT-BASED RECIPES TO SATISFY
CRAVINGS AND WARM YOUR SOUL

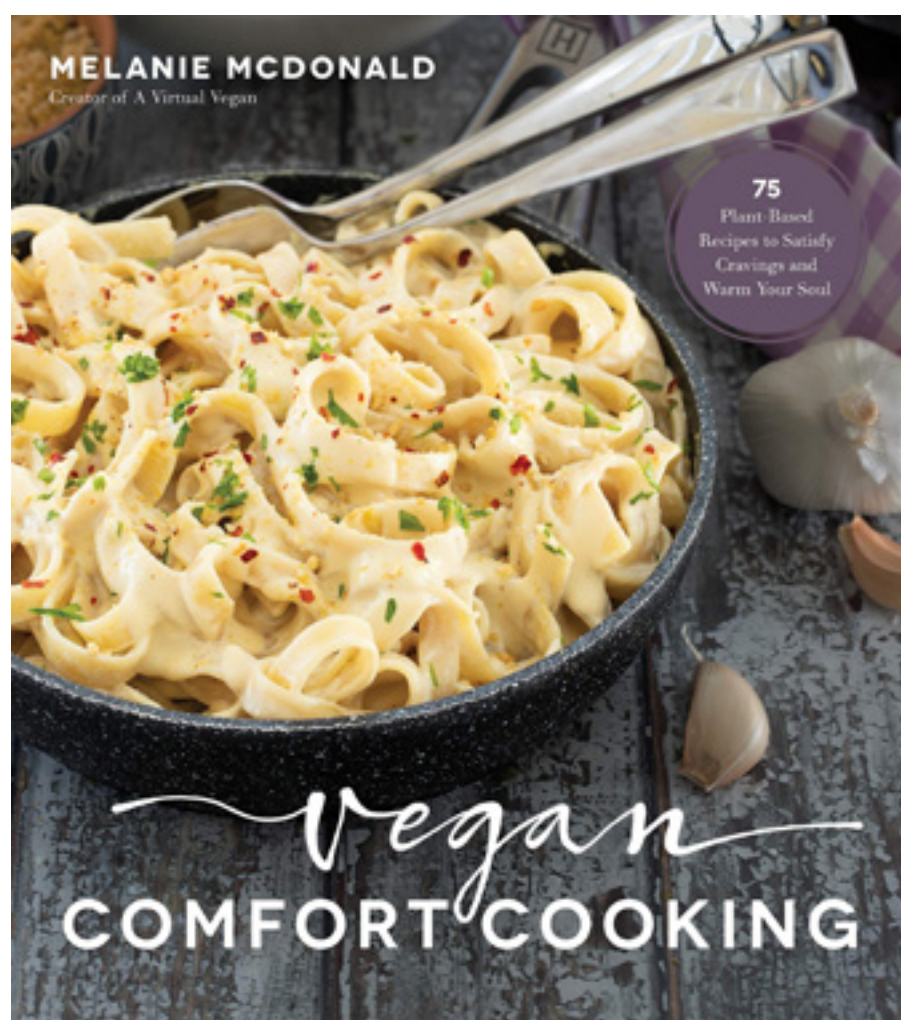
*Hearty Plant-Based Indulgences
for Every Day of the Week*

When Melanie McDonald first became vegan, she was disappointed in the lack of vibrant, flavorful vegan recipes available—so she created her own. Now, she shares all her favorite homey recipes, ensuring that everyone can enjoy tasty plant-based dishes.

Pump up your mornings with Black Forest Breakfast Crepes or Rustic Skillet Potato and Greens Hash. Gather around the dinner table with family and friends to enjoy favorites like Soul-Warming Stew and Dumplings, Sticky Sweet-and-Sour Tofu and Rich and Saucy Bolognese. And satisfy all those between-meal cravings with sweets and snacks like Bangin' BBQ Cauliflower Wings and Sky-High Apple Pie.

No matter the meal or occasion, Melanie's recipes prove that the vegan versions of familiar favorites leave you feeling nourished and satisfied.

Want to win a copy? Thanks to the lovely people at Page Street Publishing, we've got one copy of Vegan Comfort Cooking to giveaway. To be in with a chance to win it, just send an email with your full name and address to emma@onebitevegan.com with the subject line: *Vegan Comfort Cooking*. Please note, this competition is only open to readers in the US. Competition closes on October 31st 2019. Any entries after this date will not be counted.



Drop Worthy Cinnamon Donuts

YIELD:
6 donuts

By Melanie McDonald

There is nothing quite like fresh, warm donuts, and with this recipe, you get perfectly soft and fluffy donuts with no deep-frying. They are baked in the oven, but by the time they have been dipped in melted vegan butter, and rolled in their warming, comforting cinnamon-y sugary coating, they taste as if they had been fried. If you cook oil-free, I give instructions for how to make them without the butter; and if you don't own a donut pan, don't worry. You can bake them as muffins or as donut holes in a mini muffin pan instead.

INGREDIENTS

- Vegan butter or coconut oil, for pan
- 1 cup + 3 tbsp (150 g) all-purpose flour
- ½ cup (100 g) cane or granulated white sugar
- 1¼ tsp (5 g) baking powder
- ⅛ tsp baking soda
- ¼ tsp salt
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 2 tsp (10 ml) vanilla extract
- 1 tbsp (15 ml) apple cider vinegar (see note on page 38)
- ½ cup + 3 tbsp (165 ml) canned light coconut milk

COATING

- ½ cup (110 g) vegan butter (optional)
- ½ cup (100 g) cane or granulated white sugar
- 2 tbsp (15 g) ground cinnamon

TIP

The donuts (without the coating) can be frozen for up to 2 months. Thaw overnight in the refrigerator and warm for a few seconds in a microwave or for 5 minutes in a 375°F (190°C) oven; then coat as directed.

DIRECTIONS

1. Preheat the oven to 350°F (176°C) and grease 6 wells of a donut pan with a little vegan butter or coconut oil.
2. Sift the flour into a bowl. Add the sugar, baking powder, baking soda, salt, cinnamon and nutmeg; then whisk together to combine.
3. In another bowl, combine the vanilla, vinegar and coconut milk. Stir them together, and pour into the flour mixture. Gently stir until all of the flour is absorbed and you can no longer see any dry flour. Do not overmix or beat the batter. It will be a thick batter.
4. Spoon carefully and evenly into the prepared donut pan and level/tidy up the batter with the back of a teaspoon.
5. Bake for 12 to 15 minutes, or until the donuts are coming away from the edge of the pan and a toothpick inserted into a donut comes out clean. Remove from the oven, allow to cool in the pan for a few minutes and then gently turn them out onto a cooling rack.
6. If you do not have a donut pan, divide the batter among 6 greased wells of a muffin pan and bake at 350°F (176°C) for 20 to 23 minutes, or until a toothpick inserted into the middle of a muffin comes out clean. For donut holes, divide the batter among the wells of a mini muffin pan and bake at 350°F (176°C) for 8 to 10 minutes.
7. Coat the donuts. While the donuts are still a little warm, gently melt the vegan butter in a microwave or in a pan over a very low heat on the stovetop. In a bowl big enough to fit the donuts into for dipping, combine the sugar and cinnamon. Using the butter ensures a good amount of sugar sticks to the donuts and helps give a “fried” flavor. However, if you want to keep the recipe oil-free, you can omit the butter, dipping the donuts into the cinnamon-sugar mixture while they are hot, and it will stick to them quite well.
8. Take each donut and dip it into the butter on each side and all around the edges then immediately place in the cinnamon-sugar mixture and coat on all sides. Be really generous with the sugar coating.
9. They are best eaten freshly made but will keep for 2 to 3 days in a sealed container.

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Quick and Crispy Zucchini Fritters with Avocado Crema

YIELD:
8 fritters

By Melanie McDonald

These fritters are super simple and easy to make. They're crispy on the outside and moist but not soggy on the inside. They make great party food, appetizers or snacks and are also perfect for a more substantial dinner with salad, or in a bun in place of a burger. No matter how you stack them, though, one thing is certain: When it comes to crispy fritters straight from the pan, just one is not enough!

INGREDIENTS

FRITTERS

- 3 medium zucchini
- 1 medium onion
- 1½ tsp (8 g) salt
- ½ tsp ground cumin
- 1 tsp dried oregano
- 1 tsp dried thyme
- 3 cloves garlic, finely chopped
- 2 tbsp (14 g) ground flaxseeds
- Zest of 1 small lemon (reserve the rest of the lemon for the crema)
- 1½ cups (138 g) garbanzo bean flour
- 1½ tsp (6 g) baking powder
- ½ tsp red pepper flakes (optional)
- Olive or vegetable oil, for pan

AVOCADO CREMA

- 1 medium avocado
- 3 tbsp (45 ml) fresh lemon juice
- 1 clove garlic
- 1 tsp sriracha or other hot sauce
- 2 tsp (10 ml) white wine vinegar
- 5 tbsp (75 ml) water
- 2 tbsp (30 ml) olive oil (optional)
- Salt

TIP

Enjoy leftover crema as a dip with chips, with tacos, burritos, veggie burgers and sandwiches or thin it out with a little more water or a drop of white wine vinegar to make a great salad dressing!

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DIRECTIONS

1. To prepare the fritters, grate the zucchini and onion. If you have a food processor, use the grating attachment to do this, which makes it really quick and easy. Transfer to a bowl, sprinkle with the salt, stir really well and leave for at least 30 minutes; longer is okay.
2. Transfer the mixture to a large sieve or colander and use clean hands to press out the water; alternatively, wrap in a clean dish towel and wring out the water. It is important to get as much water out as possible.
3. Return the mixture to the bowl. Add the cumin, oregano, thyme, garlic, flaxseeds, lemon zest, garbanzo flour, baking powder and red pepper flakes (if using). Stir together really well so everything is distributed well and you cannot see any dry flour. It will be a very stiff batter. Leave it to rest for 10 minutes. During this time, it will loosen up a little.
4. Heat a griddle or large skillet over medium heat. Grease with a little oil if it's not nonstick. Once it's hot, give the batter a quick stir, and then add it to the pan, using around 1/3 cup (80 ml) per fritter and leaving about 2 inches (5 cm) around each one. Use a spoon to flatten the fritters to about ½ inch (1.3 cm) thick and allow to cook for about 7 minutes each side, or until golden brown. Serve them immediately or keep warm in the oven on its lowest setting while you finish cooking the rest.
5. You can also bake the fritters in a preheated 400°F (200°C) oven. Line a baking sheet with parchment paper and drop the mixture onto it in roughly 1/3-cup (80-ml) amounts; then flatten them to about ½ inch (1.3 cm) thick. Bake for 10 to 15 minutes, flip them and then bake for an additional 10 minutes.
6. To prepare the avocado crema, cut the avocado in half. Remove the pit and scoop out the flesh into a blender or food processor. Add all the other crema ingredients except the salt and blend until completely smooth. Season with salt to taste. You can adjust the thickness by adding a little more or less water. The olive oil is an optional addition. It makes the crema glossier, but you can easily omit it and add 1 to 2 tablespoons (15 to 30 ml) of extra water instead.
7. Serve the hot fritters with a generous dollop of avocado crema.
8. Leftover fritters keep well for up to 5 days in the fridge. They also freeze really well. They can be reheated in a skillet over medium heat or in the oven. They are also surprisingly good cold! The crema will keep in a sealed container in the fridge for 2 to 3 days.