

# THE MODERN VEGETARIAN KITCHEN

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curry powder). I think salt is the most important seasoning, and I use sea salt for its excellent taste and mineral value. I choose a garnish that complements the flavor and texture of the soup. Depending on the soup, and my mood, I might use chopped parsley, a chiffonade of basil, a tangy pesto, a dollop of creamy yogurt, a homemade spice oil, or some chopped, toasted nuts or seeds.

The method I use to make stews is slightly different from the one I use for soups, since most stews are not based on a stock or broth. This is because the main ingredients in stews tend to be heartier and more flavorful, so all you really have to do is throw them together and let them simmer. In fact, the most basic stews simply require cutting up vegetables; adding any beans, pulses or grains, water, and seasonings; and letting the whole thing simmer until dinnertime. More complex stews are based on a sautéed base of vegetables onto which the other ingredients and liquid are added. Compared to soups, stews are generally thicker (using less added liquid to start), cook for a longer time, and usually star as the main course in a meal. I find that stews are best suited for autumn and winter meals, when your body craves foods that are warming and filling.

# Stocks and Broths

## All-Season Vegetable Stock

This basic stock can be used year-round for practically any soup or stew.

- 1 large onion, cut into 1/2-inch pieces**
- 2 carrots, cut into 1/2-inch pieces**
- 1 celery rib, cut into 1/2-inch pieces**
- 1 parsnip, cut into 1/2-inch pieces**
- 8 ounces white mushrooms, cut into 1/2-inch pieces**
- 1 whole garlic bulb, unpeeled and cut in half**
- 6 cups water**
- 2 bay leaves**
- 2 sprigs fresh thyme or 1 teaspoon dried thyme**

1. In a 3-quart soup kettle, combine the onion, carrots, celery, parsnip, mushrooms, and garlic. Add the water and bring to a boil. Skim the foam. Add the bay leaves and thyme.
2. Reduce the heat and simmer, uncovered, for 1 hour.
3. Strain.

YIELD: ABOUT 1 QUART

### LEFTOVER BROTH OR STOCK

**When you prepare any broth or stock, you can always make more than you need and either serve the broth on its own or reserve it for later use. Vegetable broths and stocks are best used within 2 days. They don't freeze very well because they lack gelatin, found in stock made with animal bones, and aren't really worth freezing anyway, because they're relatively quick to make.**

# Butternut Squash Soup

This is the quintessential autumn soup, with its pale orange color reflecting the season's falling leaves. In it, winter squash is seasoned with an array of spices that make it taste like a savory, liquid pumpkin pie.

- 2 tablespoons light sesame oil, olive oil,  
or unsalted butter**
- 1 large onion, chopped**
- Coarse sea salt**
- 1 tablespoon peeled and  
minced gingerroot**
- 3 garlic cloves, peeled and left whole**
- 1 small handful celery leaves**
- 3 to 4 fresh sage leaves**
- 1 (2-inch) cinnamon stick**
- 3 whole cloves**
- 1/2 cup apple cider or  
apple juice**
- 4 cups All-Season Vegetable Stock  
(page 29), Pumpkin, Fennel, and Leek Broth  
(page 36), or water**
- 3 pounds butternut squash, peeled, seeded,  
and chopped**
- Freshly milled black pepper**
- 1 tablespoon unsalted butter (optional)**
- Freshly ground cinnamon for garnish**
- Minced parsley for garnish**

1. In a heavy 3- to 4-quart soup kettle over medium-high heat, warm the oil. Add the onion and a pinch of salt. With a wooden spoon, turn the onion over in the oil a few times. Reduce the heat to low, add the gingerroot and garlic, cover the kettle, and cook gently for 15 minutes.

2. Make a bouquet garni by tying together with kitchen twine or wrapping in cheesecloth the celery leaves, sage, cinnamon stick, and cloves.

3. Add the bouquet garni to the kettle. Then add the apple cider, stock, and the squash. Raise the heat and bring the soup to a boil. Reduce the heat to as low as possible and simmer, covered, for 30 to 40 minutes, until the squash crushes easily against the side of the kettle when pressed with a wooden spoon.

4. Remove the bouquet garni and pass the soup through the fine holes of a hand-cranked food mill or purée with a handheld immersion blender. Season with pepper to taste. Swirl in the butter if using.

5. Serve the soup garnished with a dash of cinnamon and a sprinkle of parsley.

YIELD: 4 TO 6 SERVINGS

# Teriyaki-Style Burdock and Carrots

I developed this recipe while I was at Angelica Kitchen, and it became an instant classic. The characteristic sweet, salty, and sour flavors of teriyaki are all here, in a dish that is equally delicious served hot or cold.

- 1 tablespoon fresh gingerroot, peeled and finely chopped
- 2/3 cup brown rice syrup (available from health food stores)
- 1/3 cup naturally brewed soy sauce
- 1/3 cup mirin
- 1/3 cup apple cider or apple juice
- 2 tablespoons toasted sesame oil
- 1 pound burdock, cut into matchsticks
- 1/2 pound carrots, cut into matchsticks
- 2 tablespoons lightly toasted, hulled sesame seeds
- 2 scallions, green and white parts chopped, for garnish (optional)
- Watercress for garnish (optional)
- Lemon wedges for garnish (optional)

1. In a wide heavy saucepan over medium-high heat, combine the ginger, rice syrup, soy sauce, mirin, apple cider, and oil and bring to a boil. Add the burdock, reduce the heat to low, and simmer, covered, for 10 minutes. Add the carrots and continue cooking for 20 minutes until the vegetables are tender. Remove the pan from the heat and stir in the sesame seeds.

2. Serve hot, garnished with scallions, or chill and serve as a salad over watercress with lemon wedges on the side.

YIELD: 4 SERVINGS

## HOW TO WASH BURDOCK

Burdock has a very thin and tender black skin that is not at all bitter or tough. I like to cook burdock in its skin because it provides a good color contrast and is rich in minerals. To prepare burdock, scrub the root with a stiff, natural bristle vegetable brush in a basin of cold water. If you don't have a brush, use a clean kitchen towel to rub off the dirt.

## Slicing Root Vegetables Such as Carrots, Burdock, and Parsnips



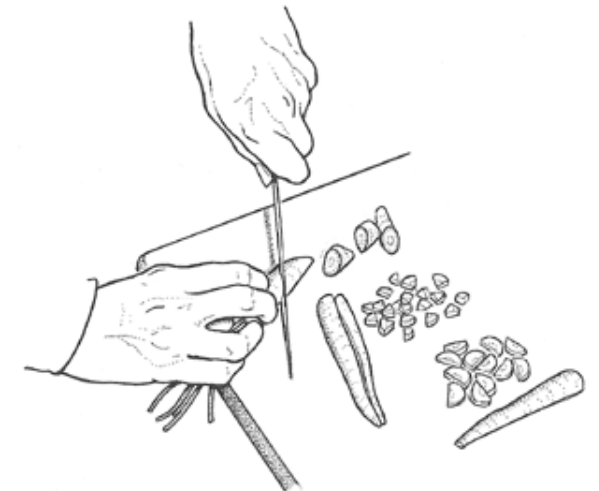
Slice the root crosswise.



Stack the slices and cut into matchsticks.



Slice the root in half lengthwise for half-moon and quarter-moon slices.



Slice the root into chunks.

# Cruciferous Vegetables and Greens

## Sautéed Broccoli with Garlic

This is the traditional Italian treatment of cruciferous vegetables—perfect in every way. Try it with cauliflower, turnips, kale, and cabbage.

### Coarse sea salt

**1 large head broccoli (about 1½ pounds), stem peeled and sliced ½-inch thick, florets separated**

**2 tablespoons extra-virgin olive oil**

**4 plump garlic cloves, peeled and sliced**

**Pinch hot red pepper flakes (optional)**

**1 to 2 tablespoons water**

**1 lemon, cut into wedges**

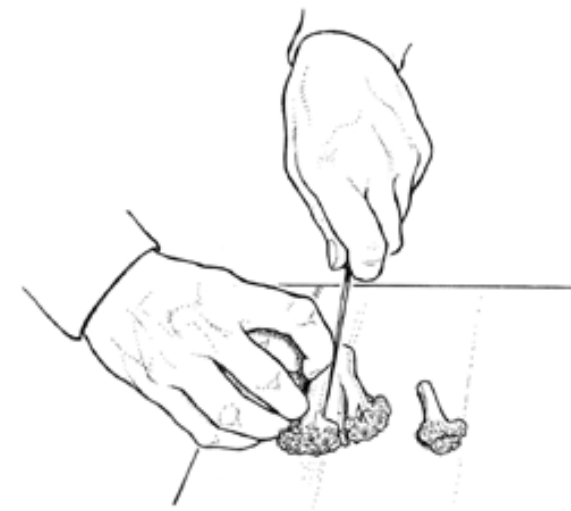
1. In a large pot over high heat, bring 3 quarts water to a boil. Add 2 teaspoons salt.
2. Add the broccoli to the water and cook, uncovered, for 2 to 3 minutes until crisp-tender. Drain and immediately plunge the broccoli into a bowl of ice water to arrest the cooking. Drain and set aside.
3. In a wide heavy saucepan over medium heat, warm the oil. Add the garlic and sauté for 1 minute, or until pale gold. Do not let the garlic brown. Stir in the red pepper flakes, cooked broccoli, and a tablespoon or two of water. Season with salt to taste, cover, and cook for 3 to 4 minutes.
4. Serve with lemon wedges on the side.

YIELD: 4 SERVINGS

### Preparing Broccoli



**Slice the stalks from the crown. Peel and slice the stalks.**



**Cut through the base of the crown to form florets.**