

## **Episode 2: Sexy Sides**

### **Creamy Dreamy Parsnip-Cauli Puree**

We love this puree topped with our mushroom ragout. We also love it with Beef Burgundy, Stuffed Peppers or a side of roasted broccolini. Sometimes we even devour it solo, as a dose of comfort food. If you aren't a fan of parsnips, substitute Yukon golds for a creamy cauli-potato mash.

1½ Tbsp coconut oil  
1/2 medium onion, diced, cone #3  
fine sea salt  
freshly ground pepper  
4 C grated parsnips (about 3/4 LBS) cone #3  
4 C grated cauliflower cone #3  
3 C water  
1 veggie bouillon cube (1 tsp), (we love Rapunzel)  
1/4 C coconut milk  
2 Tbsp vegan butter, such as Miyokos cultured cashew "butter"  
pinch of grated nutmeg and white pepper

#### **Directions:**

Preheat large skillet to medium heat. Add oil followed by the onions and season with salt and pepper. Cook onions until translucent and lightly brown, about 10 minutes. Add the parsnips, cauli, water, and veggie cube. (If veggie cubes are low-sodium, add additional salt.)

Bring to a boil and then reduce to a simmer. Cover. Cook until parsnips and cauliflower are tender, 8-10 minutes. Strain the parsnip-cauli mixture and set the broth aside. Add the parsnip and cauli mixture to a high-speed blender. Add the butter, coconut milk and 1/4 C of the reserved broth. Season with freshly grated nutmeg and S & P to taste. Blend until smooth. Add a little more broth, if needed, to create desired texture. Makes 3 1/2-4 C. Serves 4

Note: The remaining broth is delicious to drink warmed.

Note: White pepper is a yummy compliment to black pepper and nutmeg. If you aren't familiar with it, we highly recommend stocking your pantry with it.

## Mushroom Ragout with Marsala and Thyme

Mushroom Ragout (Ragu) is a splendid side dish and the good news is that mushrooms are noted for their medicinal qualities. Science is uncovering the healing powers of shrooms, so get in the rhythm of stocking your refig. This dish is delish on its own but it rocks on a serving of mashed potatoes, a slice of sour dough toast, or a bowl of pasta.

2 Tbsp extra-virgin olive oil  
1 C thinly sliced onion (1 small onion, quartered, Cone #2)  
1 Tbsp minced garlic (1 small whole bulb Cone #1)  
Salt and freshly ground black pepper  
1 lb mixed mushrooms (cremini, oyster, shiitake), roughly chopped  
1/2 C Marsala, or Madera  
1 C chicken broth, plus more if needed  
1 Tbsp chopped fresh thyme  
1 Tbsp vegan butter of choice, (we like Miyoko's)  
1/2 C grated Vegan Parmesan, or Parmesan Reggiano

Heat a large skillet over medium high heat. Add the oil followed by the onions and garlic. Season with salt and pepper. Cook until onions are light brown in color, about 7-10 minutes. Add the mushrooms and season with salt and pepper. Note that some mushrooms release more moisture than others. If pan seems dry after the salt is added to the mushrooms, add a little more oil or some broth. Increase heat to medium high and saute until mushrooms are tender and all the liquid has evaporated, about 5 minutes. Add the Marsala. Allow wine to evaporate, about 3 minutes. Add chicken broth and thyme and simmer for about 10 min until the sauce has reduced. Swirl in the butter. Remove the pan from the heat and add Parmesan. Mix thoroughly and serve on top of the parsnip puree, or on a piece of sourdough toast.

Yield: Makes 1¾ C

Serves 2-3

## Maple-Glazed Spiced Carrots

If your memories of eating cooked carrots as a child conjure up images of bland, overcooked nubs, these orange beauties will most definitely change your outlook. This versatile side dish is long on mellow sweetness and full of gentle spice with a punch of tart.

3 medium carrots (@ 2 C ) cut diagonally into 1/4-inch-thick slices (see Note)

1/4 C water

2 TBSP ghee, or butter (we like Miyoko's vegan butter)

2 tsp maple syrup

3/4 tsp fresh lemon juice or lime, plus more as needed (see note)

1/4 tsp curry powder

sea salt to taste

Pinch of ground cinnamon

Pinch of cayenne pepper

Garnish: cilantro sprigs

Combine the carrots, water, butter, maple syrup, the 3/4 tsp lemon juice, curry powder, hefty pinch of sea salt, the cinnamon, and cayenne pepper in a medium 3 qt saucepan over high heat. Bring to a boil, reduce the heat to medium-high, and cook, stirring frequently, for 5 minutes. Reduce the heat to low and cook until the liquid has reduced to a glaze and the carrots are tender, about 5-7 minutes. Just before serving, adjust the seasonings by adding more lemon juice/or lime (see note) and sea salt if necessary.

Yield: Serves 2 (@ 2 C Carrots)

Note: No need to peel the carrots!

Note: If ya have a lime on hand, finish with a quick squeeze of lime for a little pop of added flava or use lime instead of lemon.