

Aquafaba Ranch and Radishes

I know it sounds trashy, but I've loved ranch dressing ever since I was a little boy, even though the cream did a number on my tummy. This version, made from the drained liquid from canned chickpeas is lighter, zippier and a lot healthier than traditional ranch. Great for your vegan buddies.

Serves about 6.

1/4 cup aquafaba (the liquid from canned chick peas)



1 tablespoon apple cider vinegar

1 garlic clove, chopped fine

1/2 teaspoon granulated sugar

1/2 teaspoon ground brown mustard seed

3/4 teaspoon fine sea salt

3/4 cup vegetable oil

1 tablespoon chopped fresh chives

Finely grated zest and juice of 1/2 lemon

1 teaspoon onion powder

1/2 teaspoon dried oregano

1/4 teaspoon ground black pepper

1 big bunch radishes (with tops), cut in half if large, for dipping

Blitz aquafaba, apple cider vinegar, garlic, sugar, mustard seed, and salt using a stick blender or

upright blender on low speed. Drizzle in oil while blending until thick. Stir in chives, lemon zest and juice, onion powder, oregano, and pepper.

Throw the radishes and their tops on a serving plate and drizzle with dip.

Broccoli Stem Chili Stir Fry

When you peel broccoli stems of their tough rubbery skin the inner flesh comes out. Peeled broccoli stem has always reminded me of water chestnuts, crunchy with a hint of sweetness. This stir fry is a total weeknight dish that can be whipped out in 15 to 20 minutes tops.

Serves 4

1 large head broccoli

2 tablespoons vegetable oil

1 thumb-size piece of ginger, chopped fine [INSERT HANDWRITTEN TEXT: no need to peel]

4 garlic cloves, smashed and chopped fine

1/2 to 1 Fresno or Serrano chili, chopped fine [INSERT HANDWRITTEN TEXT: the heat is up to you]

8 ounces smoked tofu or extra-firm tofu, cut into 1-inch pieces

2 tablespoons honey

1 tablespoon soy sauce

Coarse sea salt

1/4 cup toasted walnut pieces, chopped rough

2 cups basil leaves

1 teaspoon toasted sesame oil

1 tablespoon sesame seeds [INSERT HANDWRITTEN TEXT: white or black, your choice]

Prep the broccoli first. Peel the stems and slice into 1/2-inch thick rounds. It's easiest to do this starting near the florets and working toward the base. The slices will look like canned water chestnuts. Rough chop the top florets into bite size pieces. Make separate piles of stems and florets.

Heat the oil in a large skillet over medium heat. Add ginger, garlic and chili and cook for about 30 seconds until everything smells amazing! Throw in the broccoli stems and 1/2 cup water. Simmer for a few minutes until most of the water has evaporated. Add in the broccoli tops and tofu. Cook for another few minutes, stirring once in a while.

Turn down the heat to low and stir in the honey, soy sauce and salt. Cook until tofu is golden and a little glazed. Fold in walnuts and basil. Drizzle with sesame oil and top with sesame seeds before serving.