



# Grills gone Vegan

**Tamasin Noyes**



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# INTRODUCTION

**W**hether you are cooking for just a few people or for many, no style of cooking lends itself to easy, casual, and interactive entertaining the way grilling does. Vegan grilling is becoming more mainstream as cooks realize the potential it offers for getting big flavors from food. Plus, people tend to gather around fires and food, so putting the two together creates social magic. Cooking over a flame has been in our genes for centuries, but the recent shift toward a more healthful style of eating calls for new recipes and techniques.

Cooking indoors using a grill pan on the stove or an electric grill (which may serve double duty as a griddle, panini press, or waffle iron) offers incredible versatility when it comes to getting those great grill flavors year-round. As a result, we are no longer limited by the season or weather, or bound to outdoor grilling on charcoal or gas grills. While these types of grills have their place and are traditional, not everyone has access to an outdoor grill or the desire to use one. An indoor grill, on the other hand, offers kitchen convenience, along with options for using it in new and interesting ways. As a result, grilling—and vegan grilling in particular—has evolved into far more than kabobs on skewers.

One of the greatest advantages of grill-style cooking is the flexibility it brings. Is the kitchen too hot to even consider turning on the stove? Head to the patio or deck. Is it pouring rain outside? Shift the plan from an outdoor grill to a grill pan. Is there a power outage? Fire up that gas or charcoal grill. Once you've read chapter 1, which is full of grilling techniques and tips, improvising for any occasion will be easy.

Chapter 2, Scrumptious Starters and Small Plates, is sure to please the palate. There's something for everyone in this chapter, and many of these recipes can also be served as side dishes.

Chapter 3, Sensational Soups and Sandwiches, offers recipes that span the planet—some with exotic flavors, and others that are American classics. Red Bell Pepper Gazpacho (page 48) pairs beautifully with BBQ Portobello Grillers (page 72). Chimichurri Wraps (page 52) and The Veg Wedge (page 56) are as different (and tasty!) as can be. Feature a few of your favorite sandwiches for a casual party and watch the food disappear. Keep in mind that the marinades used for some of the sandwiches work well in other applications, so be creative with them.

In the heat of the day, you'll be thrilled to have the option of cooking the main dishes in chapter 4 outdoors. Or adapt these recipes for indoor cooking to warm your kitchen in the winter. Hearty Tempeh-Chickpea Stew with Harissa Biscuits (page 116) and Porcini and Sausage Paella (page 118) are sure to impress guests—or your family. How about a calzone on the grill? You bet! The Broccoli and Cheeze Calzones (page 112) will rival the fare at your favorite pizzeria.

For that space on the plate next to the main dish, see chapter 5, Super Side Dishes. Extra-easy Garlicky Cauliflower (page 131), Smoky Packet Potatoes (page 135), and Lemony Greek Barley Salad (page 128) are crowd-pleasers. Don't miss the Asian Sesame Noodles (page 138), a less oily version of the take-out classic.

Turning to chapter 6, indulge in tantalizing grilled desserts, whether you are cooking inside or out. Almost-Instant Apple Pies with Dark Caramel Sauce (page 149) come together in just minutes. Skillet-Grilled Mango-Blueberry Cobbler (page 147), with its tropical twist on a traditional recipe, is both comforting and contemporary. For an elegant finish, try the Peach Melba (page 144).

Chapter 7, Remarkable Rubs, Marinades, and Sauces, includes a variety of seasonings and condiments that can be mixed and matched with your choice of proteins or vegetables. These handy recipes, such as All-Purpose Dry Rub (page 158) and Red-Hot Chimichurri Sauce (page 168), can be used in many ways. Smoke Booster (page 161) is a versatile concoction that brings a flavorful lower note to many of these recipes. Keep some on hand for instant flavor.

Every recipe in this book offers indoor cooking options, so you can put together a satisfying and delectable grill meal in any weather or season, and with any type of grilling equipment. To help you get started, see the suggested menus in Grilling for Any Occasion (page 17).

Whether you're aiming for a casual family meal or an impressive feast for guests, this guide to vegan grilling will help you make the most of every occasion. With these recipes on the outdoor grill, your backyard may become the neighborhood gathering place. In winter the party may just move indoors as you continue your grilling endeavors in the kitchen. If there is anything in life more satisfying than nurturing others through cooking, I haven't found it. In that spirit, allow me to share *Grills Gone Vegan* with you. Happy grilling!

# Grilling for Any Occasion

With the following suggested menus, you can make any occasion an opportunity for grilling. Of course, you can also simply mix and match recipes that seem appealing, but to help you get started, here are a few of my favorite combinations.

## Grazing Menu

Lettuce Wraps (page 44)  
Polenta Stacks (page 40)  
Grilled Jicama Rounds with Black Beans (page 28)  
Tomato-Arugula Flatbread (page 35)

## Mother's Day Brunch

Maple-Glazed Grapefruit (page 140)  
Fresh Herb Frittata (page 102)  
Oh-So-Easy Hash Browns (page 136)

## Father's Day Dinner

Seitan-Potato Sticks (page 99)  
Garlicky Cauliflower (page 131)  
Rocky Road Flatbread (page 152)

## Summer Cookout

Black Bean Burgers (page 66) with Spiced Ketchup (page 164)  
Lemony Greek Barley Salad (page 128)  
Skillet-Grilled Cherry Crisp (page 148)

## Fourth of July Feast

Skillet-Grilled Breadsticks (page 38)  
Coffee-Crusted Ribz (page 96)  
Roasted Corn on the Cob with Flavored Butters (page 130)  
Grilled Radicchio Salad (page 124)  
Spicy Red Potato and Bell Pepper Salad (page 127)  
Fruit Salsa with Sweet Cinnamon Chips (page 142)

These luscious bites have a Mediterranean taste, thanks to the vibrant dressing. Nutritional yeast contributes a richness that balances well with the flavor from the grill.

## GRILLED BABY ARTICHOKE

See photo facing page 44.

*Yield: 6 servings*

### Mediterranean Dressing

- 1 shallot, minced
- Juice from ½ lemon
- 1 tablespoon minced capers
- 1 tablespoon balsamic vinegar
- 1 teaspoon nutritional yeast flakes

### Artichokes

- 2 tablespoons distilled white vinegar
- 15 baby artichokes (see Cook Smart)
- 1 tablespoon olive oil
- ¼ teaspoon salt
- Pinch ground pepper

To make the dressing, put all the ingredients in a small bowl and whisk to combine.

To prepare the artichokes, fill a medium bowl two-thirds full with cold water. Stir in the vinegar.

Working with the artichokes one at a time, remove the outer leaves until you reach the inner yellowish leaves. Trim ½ inch off the top and cut off almost the entire stem, leaving just enough stem so the choke stays intact. Cut the artichoke in half lengthwise and scoop out the hairy core. Put each artichoke in the vinegar water immediately after preparing it to prevent browning.

Fill a medium saucepan two-thirds full with salted water and bring to a boil over high heat. Drain the artichokes and put them in the saucepan. Decrease the heat to medium-low and simmer uncovered until nearly tender, about 7 minutes. Drain well and transfer to a medium bowl. Drizzle with the oil and sprinkle with the salt and pepper. Toss gently until the artichokes are evenly coated.

Preheat a grill, grill pan, or electric grill to medium-high heat.

Working in batches if necessary, put the artichokes on the grill cut-side down and cook until marked, about 6 minutes. (If using an electric grill, keep it open and cook a few minutes longer if necessary.)



Transfer the artichokes to a bowl as they are cooked. While the artichokes are hot, pour the dressing over them, whisking it first if it has separated, and toss gently to coat. Serve hot or at room temperature.

*Per serving: 94 calories, 6 g protein, 2 g fat (0.3 g sat), 17 g carbs, 314 mg sodium, 6 mg calcium, 8 g fiber*

### **Cook Smart**

- It's possible to use canned artichoke hearts in this recipe, which decreases prep time. If you choose to do so, be sure to rinse and drain them well and then pat them with a clean kitchen towel until very dry.
- To make this elegant dish in advance, prepare everything up to the grilling step. Stored in separate covered containers in the refrigerator, the dressing and simmered artichokes will each keep for 2 days.
- If you have leftovers, chop the grilled artichokes and add them to pasta dishes, salads, sandwiches, or pizzas.



**Grilled Baby Artichokes, p. 22**



Tangy sauerkraut seasoned with caraway seeds partners perfectly with smoky grilled tofu and a thick slice of apple to make a very satisfying breakfast sandwich. Although this recipe was designed to start your day, it also makes a terrific lunch or dinner.

## REUBEN-INSPIRED BREAKFAST SANDWICHES

*Yield: 4 sandwiches • Advance prep: Press the tofu and then marinate it for at least 8 hours.*

*Make Russian Dressing with a Kick (page 177).*

### **Tofu Corned Beef**

1/3 cup pickle juice

2 tablespoons canola oil

2 tablespoons reduced-sodium tamari

2 teaspoons ground coriander

2 teaspoons ground cumin

2 teaspoons smoked paprika

1 teaspoon ground cardamom

2 pounds extra-firm tofu, pressed (see page 14) and cut in half laterally to make 4 slabs

To make the tofu corned beef, put the pickle juice, oil, tamari, coriander, cumin, paprika, and cardamom in a 13 x 9-inch nonreactive baking pan. Add the tofu and turn to coat. Cover and refrigerate for 8 hours or up to 3 days, turning the tofu occasionally.

Heat a grill, grill pan, or electric grill to medium heat.

Lightly mist the grill with cooking spray. Put the tofu on the grill, reserving the marinade. Cook until marked, about 4 minutes, occasionally basting with the marinade. Turn a quarter turn to get hatch marks and grill in the same fashion until marked, about 2 minutes. Turn the tofu over and cook the other side in the same fashion. (If using an electric grill, keep it open and cook a few minutes longer if necessary.)

When the tofu is cool enough to handle, use a biscuit cutter the same size as the English muffins to cut rounds from the tofu slabs. Reserve the tofu scraps for use in another dish.

To prepare the accompaniments, tear off one 18-inch piece of foil. Put the sauerkraut in the center of the foil and sprinkle the caraway seeds and pepper over it. If cooking on a grill pan or electric grill, drizzle the optional liquid smoke over the sauerkraut for a more flavorful sandwich. Wrap the foil around the sauerkraut and put the packet on the grill. Cook for 5 minutes, then turn over and cook for 5 minutes longer. Move the packet to a cooler part of the grill.

Put the apple rounds on the grill and cook until marked, 3 to 4 minutes. Turn a quarter turn to get hatch marks and cook until marked, about 2 minutes. Turn the rounds over and cook the other

### Accompaniments

- 3 cups sauerkraut, drained
- 1 teaspoon caraway seeds
- Pinch ground pepper
- ½ teaspoon liquid smoke (optional)
- 1 apple, cored and cut into 4 rounds about ½ inch thick
- 4 English muffins, split
- ½ cup Russian Dressing with a Kick (page 177)

side in the same fashion. (If using an electric grill, keep it open for both the apples and the English muffins, and cook a few minutes longer if necessary.)

Put the English muffins on the grill cut-side down. Pressing with a turner occasionally, cook until marked, about 2 minutes.

**To assemble the sandwiches**, spread the dressing on the cut sides of the English muffins. Put the tofu rounds on the bottom halves of the English muffins. Cover with the apple slices, sauerkraut, and the top halves of the English muffins.

*Per sandwich: 628 calories, 42 g protein, 32 g fat (6 g sat), 46 g carbs, 1,213 mg sodium, 356 mg calcium, 6 g fiber*

**L**ight up the grill and ignite your creativity! Grilling is fast, fun, easy, and flexible, and it imbues food with deep, tantalizing flavors unlike any other cooking method. Author Tamasin Noyes offers tips for grilling like a pro along with more than 125 unparalleled vegan recipes, which cover everything from sumptuous starters to irresistible main dishes to finger-lickin'-good sandwiches to decadent desserts. Whether you grill to keep from heating up the kitchen, as a fabulous way to feed a crowd, or because you can't get enough of those complex, smoky flavors, you'll find something for every palate. And get ready to turn your outdoor—or indoor—grilling experience into a smokin' hot event with Tamasin's spectacular spice rubs and mouth-watering marinades.

"If full, deep, innovative flavors fire up your taste buds, light up the grill! Rarely am I inspired to try so many recipes, but with Tamasin Noyes' new book I could grill outdoors all summer long."

—Miyoko Schinner, author of *Artisan Vegan Cheese*

"If your repertoire of grill foods is sadly limited to store-bought vegan burgers and plain veggies, it's Tami to the rescue! Thanks to her boundless expertise, there's simply no meal that can't be grilled."

—Celine Steen, co-author of *Vegan Sandwiches Save the Day*



"This book is the ultimate guide to vegan grilling, filled with creative, colorful, and cruelty-free recipes that will make dining al fresco a real treat. Outdoor cooking never tasted so good—and compassionate!"

—Joni Marie Newman, author of *Vegan Food Gifts*

"*Grills Gone Vegan* blazes a trail for a new tradition of ethical (and outrageously delicious) eating. So grab your Hawaiian shirt and get ready to singe your eyebrows off just like dear old dad used to do, 'cause this grill is about to get wild!"

—Chris Hannah, co-founder of the band Propaghandi

*Grills Gone Vegan* sparks the flame with all you need to get the party started:

- Advice on purchasing the right type of grill for you: gas, charcoal, a grill pan, or an electric grill
- Instructions for grilling each recipe outdoors or indoors for all-weather, all-season, all-year enjoyment
- Expert advice on the best grilling utensils, equipment, and techniques
- Plan-ahead strategies and menus for weeknight grilled dinners in a flash

Blogger and veteran cookbook author Tamasin Noyes, a fan of bold flavors and hearty, satisfying food, fires up her grill in the American Midwest. Keep up with her latest adventures in veganism at [veganappetite.com](http://veganappetite.com).

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