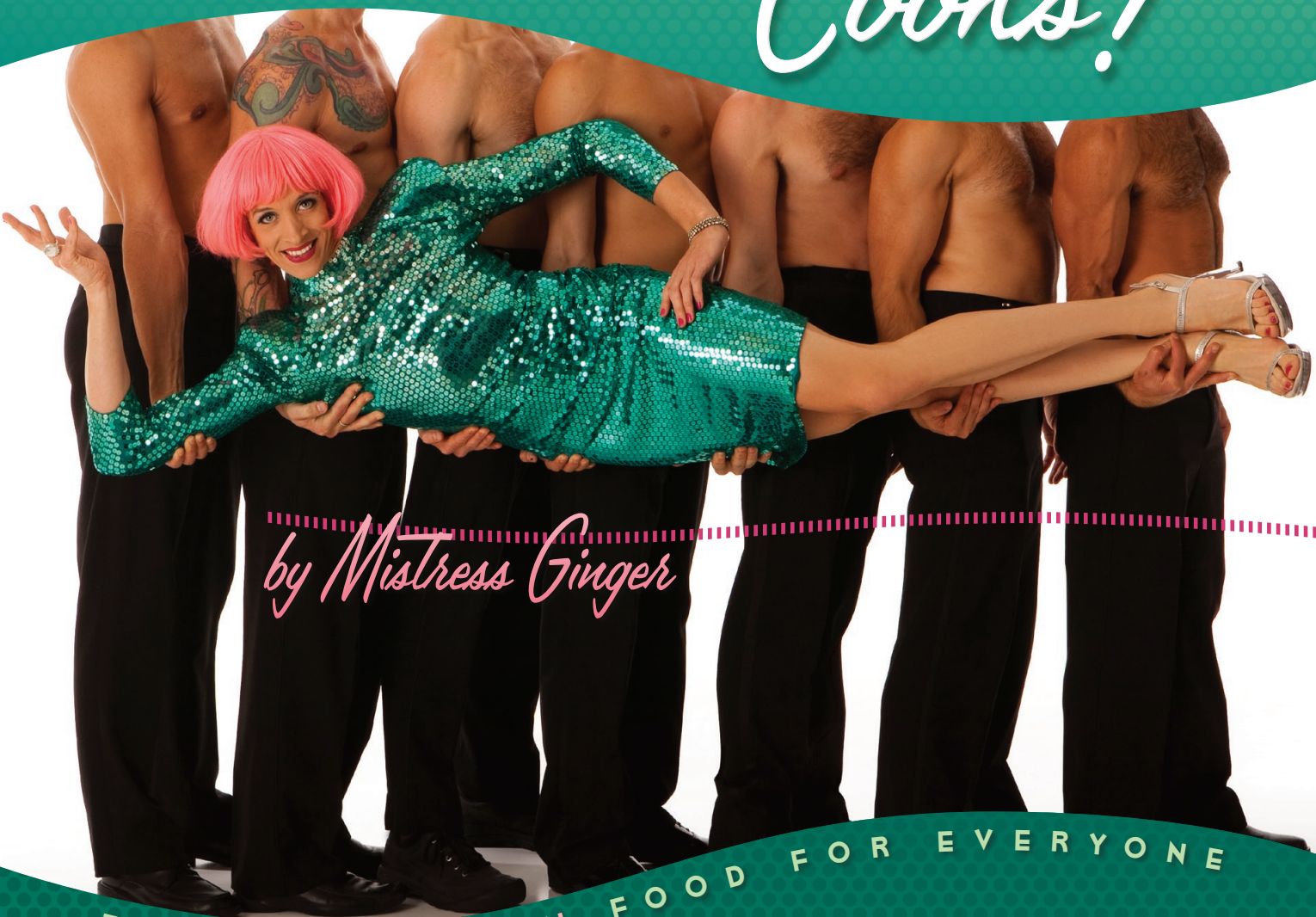


# MISTRESS GINGER

*Cooks!*



*by Mistress Ginger*

EVERYDAY VEGAN FOOD FOR EVERYONE

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# A Message from Your Mistress

**H**ello, darling peeps. It's me, Mistress Ginger. I'm thrilled that you are reading this book, touching the pages that I've so lovingly woven together with my own bare hands.

Be warned, this is not your typical culinary compilation. How could it be with me at the helm? I declare, I am not a chef! I'm just a traveling showgirl. But I do know my way around a kitchen. In fact, I've been using a vegan diet to fuel my singing and dancing for more than a dozen years, and I'm *still alive!* And not only am I alive, but I'm also thriving! I've got that vegan glow, as they say.

Who's "they," you ask? My lovers, of course! I can't tell you how many lovers discover that I'm vegan and immediately launch into some compulsory confession of their nutritional woes. They tell me how they are really carnivores, how they couldn't live without cheese, how they last ate a vegetable in 1994 and had such a massive gastrointestinal disturbance that they have gagged at the sight of anything green ever since. At the same time, they are drawn to my radiant vitality and want some of that for themselves. Invariably, they ask me to take them grocery shopping, explaining that they haven't a clue what to buy and wouldn't know what to do with a red bell pepper once they got it home. (This is all on the first date, mind you.)

In honor of these dear souls, I have penned these pages. Now, when these boys start their rambling, I just hand them this book. Herein, they find explicit instructions on how to proceed in the realm of vegan cookery. This book answers all their burning questions:

- What's this thing called vegan?
- What staples should I have in my pantry?
- What about all those freaky vegan specialty foods?
- What are some vegan recipes that I can make for myself any old day?
- Can I take you out on Friday night?



I imagine that many of you have similar questions (especially as to Friday night). Or perhaps you just think of this book as one of those hoity-toity art books that you can proudly display on your coffee table. I understand; the stunning photographs of yours truly sprinkled throughout are sure to create quite a stir at your next princess party. But guess what! This is an actual cookbook, and an actual *vegan* cookbook at that. Gracious, what have you gotten yourself into? Well, I'll tell you what you've gotten yourself into. *Mistress Ginger Cooks*, that's what! Now come along and cook with me!

*Mistress Ginger Cooks* is chock-full of practical advice for anyone who eats, which, I imagine, includes you. Now open your mind and your mouth to the plant-based paradise that awaits you. You're sure to find something that pleases your palate. What's more, you're likely to discover a thing or two about how you, even with all your day-to-day hustling and bustling, can incorporate more vegan food into your diet. Word to your mother!

In this book, I focus on simple, everyday dishes that the novice cook can make without much ado, and I've also included just a few elaborate recipes that you can toil over when you have a little extra time for something extra special, like when you need to wow a new lover. Pretty soon, he'll be asking *you* to take him grocery shopping. (And that's exactly why I recommend keeping a few extra copies of this book at your bedside.)

But take note! Eating well is not only a matter of preparing delicious, nutritious food. It also means eating a variety of well-balanced meals in portions and proportions that are right for you. Healthy meal planning for the busy vegan is one of my specialties. In this book I've not only supplied you with easy recipes that make for happy taste buds, but I've also included tips on meal planning, with practical suggestions for creating balanced meals each and every day of your snazzle-frazzle life.

I've written this book for everyone. Whether you're a longtime vegan who wears a crown of kale as a badge of honor or a self-described carnivore who doesn't know a radish from a rutabaga, may *Mistress Ginger Cooks* bring you titillation and inspiration, leading you to acquire that vegan glow for yourself. And if all else fails, you've got a smashing new conversation piece for your next princess party.

Kale is the new ice cream. Really, it's gotten such good press in the last few years that you'd think it was junk food. Brimming with vitamins and low in calories, kale is hard to beat in the realm of nutrient-dense foods. Here is an easy, not sleazy, preparation for the superstar leafy green.

## *emerald city* KALE

**YIELDS 4 SERVINGS**

1 tablespoon **toasted sesame oil**  
5 cups **kale, rinsed and chopped into bite-sized pieces**  
1 tablespoon **reduced-sodium soy sauce or Coconut Aminos**  
2 teaspoons **raw or roasted sesame seeds**  
1 teaspoon **brown rice vinegar**

How do I get to Emerald City Kale? Follow the yellow brick road? I don't think so, girlfriend. I don't do cobblestones in these six-inch heels.

I have a better idea. Heat the oil in a large skillet over medium-high heat. Add the kale (a little wet from having been rinsed). Cook, stirring frequently, until the kale is tender but still bright green, 5 to 10 minutes. Stir in the soy sauce and cook until most of the liquid evaporates, 2 to 3 minutes longer. Remove from the heat, stir in the sesame seeds and vinegar, and you've arrived.

Per serving: 81 calories, 3 g protein, 5 g fat (1 g sat), 9 g carbohydrates, 229 mg sodium, 123 mg calcium, 2 g fiber



Let me guess. This recipe caught your eye because you're a wild child at heart, on the lookout for a cheap thrill. Well, look no further, for I am the beacon to all things cheap and all things thrilling, starting with this soup. I've chosen ingredients that are remarkably inexpensive. In fact, I concocted this soup when my cupboards were bare and all that I had were a few bulk staples. From one wild child to another, trust me, your taste buds will go berserk for this creamy blend of wild rice and yellow split peas, which are given a gigantic boost of flavor with a generous helping of jalapeño chiles and a pleasing blend of herbs and spices.

## *wild child* CHOWDER

YIELDS 6 SERVINGS

2½ cups water  
2 cups finely chopped onions  
¼ cup minced jalapeño chiles  
1½ tablespoons minced garlic  
4 cups salt-free vegetable broth  
1¼ cups fresh or frozen corn kernels  
1¼ cups peeled and diced potatoes  
¾ cup wild rice blend (see Tricks of the Trade)  
¾ cup dried yellow split peas, rinsed and drained  
2 teaspoons dried oregano  
1 teaspoon ground cumin  
Salt  
Freshly ground black pepper  
¼ cup hempseeds, for garnish

Heed the call of the wild. Heat ½ cup of the water in a large soup pot over medium-high heat. Add the onions and cook, stirring occasionally, until beginning to soften, about 3 minutes. Add the chiles and garlic and cook, stirring occasionally, until soft, about 2 minutes.

Add the broth, the remaining 2 cups of the water, and the corn, potatoes, wild rice blend, and split peas. Stir to combine. Increase the heat to high and bring to a boil. Decrease the heat to medium, stir in the oregano and cumin, cover, and cook until the split peas are very tender, about 40 minutes. While the chowder cooks, see if you can sow some wild oats.

Season with salt and pepper to taste. Simmer until ready to serve. Garnish each serving with a sprinkling of the hempseeds, and let the wild child out to play.

Per serving: 288 calories, 12 g protein, 4 g fat (1 g sat), 57 g carbohydrates, 42 mg sodium, 60 mg calcium, 10 g fiber

**TRICKS OF THE TRADE:** In case you didn't know, a wild rice blend is a packaged blend of grains, often including wild rice, brown rice, and sweet brown rice—a sort of triple threat, just like me. (Not only am I a beacon for cheap thrills, but I'm also a messenger of peace and a total badass on the badminton court.)

Are you ready to rumble? If so, then make these ginger-infused sloppy Joes for your next Super Bowl party. Invite all the hot jocks on your block and have them bring the chips, the dips, and the testosterone. I have my outfit all picked out (see photo, page 131). Now I just have to learn a thing or two about baseball. I want to be able to talk about the big game with the guys as I'm feeding their beefcake appetites from my very own kitchen. (I'm going to look so cute wearing just a belted jersey and a pair of red pumps!) I have a feeling this Asian-inspired hungry-man chow is going to hit a home run, and with luck, by the end of the night, so will I.

## SLOPPY *gingers*

YIELDS 10 SANDWICHES

1 tablespoon **toasted sesame oil**  
1 cup **chopped red onions**  
½ cup **sliced scallions**  
2 tablespoons **diced celery**  
1 tablespoon **minced garlic**  
1 tablespoon **peeled and minced fresh ginger**  
1 pound **tempeh, crumbled**  
2 tablespoons **reduced-sodium soy sauce or Coconut Aminos**  
1 (15-ounce) can **salt-free diced tomatoes, drained**  
½ cup **ketchup**  
1 tablespoon **freshly squeezed lime juice**  
**Salt**  
Freshly ground **black pepper**  
10 **sandwich buns, or 20 slices sandwich bread**

Let's play ball. Heat the oil in a large skillet over medium-high heat. Add the onions, scallions, celery, garlic, and ginger. Cook, stirring frequently, until softened, about 5 minutes.

Add the tempeh and soy sauce and cook, stirring occasionally, until the tempeh is lightly browned, 3 to 5 minutes. (While we wait for that to cook, I'm going to give us a topic for discussion: Jockstraps. Who was the brilliant homo who invented these and where can I pay homage to him?)

Add the tomatoes, ketchup, and lime juice. Stir until well combined and decrease the heat to medium. Cook, stirring occasionally, until warmed through, about 5 minutes. Season with salt and pepper to taste.

Fill each sandwich bun with about ½ cup of the tempeh mixture.

Once all of your jockular guests have plated up and planted themselves on the sofa in front of the TV, wedge yourself in between them. Get cozy. Now that's my idea of a huddle. The big game suddenly got a lot more interesting. Score for Ginger!

Per sandwich: 298 calories, 16 g protein, 8 g fat (2 g sat), 41 g carbohydrates, 691 mg sodium, 107 mg calcium, 3 g fiber





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## *a message from your mistress*

Hello, darling peeps. It's me, MISTRESS GINGER, vegan showgirl supreme. I've been cooking up a special treat for you: this cookbook! I've been getting busy in the kitchen (with help from my entourage of stud muffins, of course), fashioning vegan recipes with all of you in mind. Whether you're a culinary virgin or a savvy chef, a self-described carnivore or a tried-and-true vegan, a burly trucker or a pink-haired diva, you'll find something to titillate your taste buds and spin your windmills. Let me entertain you with sordid stories from my checkered past and then show you how to infuse your snazzle-frazzle life with some whole-foods, plant-based cuisine.

Come, cook with me!

## **BREAKFAST**

**Call-Me-Anytime Scramble, French-Kissed Toast**

## **LUNCH**

**Miso Sexy Soup, What-a-Tease Sandwich, Chichi Panini**

## **DINNER**

**Flaming Stir-Fry with Hot Mess Dressing, Bodacious Tortelloni**

## **DESSERT**

**Pound-Me Cake with Tenderly Whipped Topping**

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