

**VEGAN DISHES
FOR SEMI-VEGAN HOUSEHOLDS**



Kitchen divided

**Ellen
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**Foreword by Neal Barnard, MD,
Physicians Committee for Responsible Medicine**



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PREFACE

The journey to eating vegan typically starts with a single thought, often about how to improve one's health or lose weight. Eventually, that single thought may become a catalyst leading to many other revelations, or what some describe as a life-altering epiphany. Once people start connecting the dots between what they eat and countless other concerns, such as animal exploitation, environmental degradation, and human health, there's no turning back. For vegans, a powerful incentive to share their realizations with others is common and understandable. But when that mission clashes with the views, preferences, and lifestyle of a partner or family members, conflict is almost inevitable.

My aim with this book is to give you tools that will help you traverse a kitchen divided and maintain peace in your home and relationships. Even if you and your partner or family members never end up on the same page of the menu, so to speak, this book will give you plenty of ideas to streamline your food preparation and meals and simplify your life so you can juggle the demands of cooking for diverse needs. Most importantly, you'll find recipes that will help you get meals on the table in short order, without having to be a short-order cook.

In some households, microwaves have been a solution for divided kitchens. Each person can simply toss a meal in the microwave, nuke it, and be done. But it's expensive to eat processed and packaged foods. Whenever resources are used to get food into a box, bag, can, or jar, the nutritional value of that food goes down and its cost goes up. While microwaved meals are indeed convenient, there are far better alternatives. With the recipes in this book, you'll be able to quickly turn out satisfying home-cooked meals that will appeal to vegans and nonvegans alike, using equipment no fancier than what your grandmother may have used.



Additionally, I want you to have fun in the kitchen. Fun, you ask? Seriously? How could making two or more meals at the same time be fun? Brace yourself to be pleasantly surprised. In this book you'll hear from people who are "living in the trenches" daily and who have developed a wealth of tips for cooking and coping with a divided kitchen. I'll also provide plenty of practical suggestions for how you can avoid the start of World War III and not just survive but thrive in a challenging living situation.

Consider this book a life preserver in the sea of a meat-eating majority. Plus, while you're swimming upstream, you may just end up catching the attention of someone nearby who decides, "I'll have what she's having."

chapter one

THE PRACTICAL SIDE OF A KITCHEN DIVIDED

One of the most effective ways of bringing many meat eaters around to an appreciation of vegan cuisine is to cook delicious vegan meals for them. This approach is often far more effective than any amount of preaching, and in these pages you'll find plenty of recipes that can help you implement this strategy. Still, at some point you'll need to sit down and hash out a joint approach to cooking and eating in your home. To that end, this chapter provides pointers on different systems you might implement and how to arrive at a solution that works for everyone.

CHOOSE AN APPROACH

There are many paths to achieving a peaceful and productive kitchen in a mixed-eating household. Here are the most workable approaches, along with guidelines on how to implement each. Choose the plan (or blend of plans) that best meets your needs and the needs of others in your household.

Peaceful Coexistence

- Each person does his or her own shopping, prep, cooking, and cleanup.
- Vegan and animal-based foods are stored on separate shelves in the pantry and refrigerator.

BENEFITS: This approach minimizes hassles and avoids arguments.

DRAWBACKS: Meal preparation and shopping aren't shared, and opportunities to connect and bond are lost. The vegan partner must make concessions in terms of seeing and smelling animal products.

Partial Coexistence

- One person buys all the food.
- Each person does his or her own cooking and cleanup.
- Vegan and animal-based foods are stored on separate shelves in the pantry and refrigerator.

BENEFITS: Shopping is simplified. If the nonvegan partner does the shopping, it can be an opportunity to learn more about plant-based foods.

DRAWBACKS: If the vegan partner does the shopping, values are compromised when purchasing animal products. The vegan partner must make concessions in terms of seeing and smelling animal products.

Conventional Roles

- One person does all the shopping, prep, cooking, and cleanup.

BENEFITS: This strategy minimizes hassles and avoids arguments.

DRAWBACKS: This approach can generate ongoing resentment. If the vegan partner does the shopping and cooking, values are compromised when purchasing and preparing animal products. The vegan partner must make concessions in terms of seeing and smelling animal products.

TIPS FROM THE TRENCHES

“My partner works in a steak house and isn’t vegetarian, but he’s extremely supportive. We make vegan meals that are easy to add meat to. Finding recipes that are flexible this way has been a huge help. Occasionally, we make separate dishes. No matter what, we always make sure it’s a win-win!”

Division of Labor

- Everyone in the household is responsible for specific assigned tasks: shopping, prep, cooking, or cleanup. Responsibilities for each task are clearly defined.
- Constraints are delineated. For example, everyone adheres to rules about where meat and other animal products are stored in the refrigerator and which tools and equipment are acceptable to use for nonvegan prep and cooking.

BENEFITS: Efforts are equally distributed, everyone participates, and everyone has specific duties. Boundaries are set, and each person feels respected.

DRAWBACKS: Depending on how tasks are assigned, the vegan partner's values may be compromised when purchasing or preparing animal products or cleaning up after they're cooked. The vegan partner must make concessions in terms of seeing and smelling animal products.

Compromise

- Only vegan food is prepared and served in the house.
- The nonvegan partner can't bring animal-based food into the house but can eat it when dining out.

BENEFITS: This approach eliminates conflicts and provides opportunities for the nonvegan partner to try new foods and expand his or her culinary horizons.

DRAWBACKS: The nonvegan partner must make concessions at home and may feel resentful.

TIPS FROM THE TRENCHES

“Respect is the key. That’s what makes any ‘mixed marriage’ work.”

Middle Ground

- Primarily vegan food is prepared and served in the house, but the nonvegan partner may add animal products to plant-based dishes.
- The vegan partner does the shopping, prep, cooking, and cleanup for plant-based meals.
- The nonvegan partner does the shopping, prep, cooking, and cleanup for any animal products he or she chooses to add to the plant-based meals.
- Boundaries are set and strictly adhered to regarding where animal-based foods are stored in the refrigerator and which tools and equipment are acceptable to use for nonvegan food prep and cooking.

BENEFITS: This approach eliminates conflicts, engenders respect, and promotes tolerance. It also provides opportunities for the nonvegan partner to try new foods and expand his or her culinary horizons.

DRAWBACKS: The vegan partner must make concessions in terms of seeing and smelling animal products.

I highly recommend that you use porcini mushrooms in this recipe. They are less expensive than most other varieties of dried mushrooms but have a rich flavor and create a lush gravy.

NO-BEEF bourguignon

See photo facing page 85.

MAKES 4 SERVINGS

1½ ounces dried **mushrooms**, preferably porcini (see tip)

1 **yellow onion**, chopped

2 cloves **garlic**, finely chopped

1½ cups **water**

6 **new red potatoes**, scrubbed and quartered

¾ cup **Burgundy wine** or **red grape juice**

2 tablespoons no-salt-added **tomato paste**

1 teaspoon dried **thyme**

1 **bay leaf**

8 ounces frozen **pearl onions**

8 ounces fresh **green beans**, trimmed and halved crosswise, or frozen cut green beans

8 ounces vegan **beef tips**, thawed if frozen

6 strips vegan **bacon**, diced

TIP: You can substitute fresh mushrooms for the dried mushrooms. Use 8 ounces of fresh mushrooms, sliced, and add them along with the yellow onion. (Fresh mushrooms shouldn't be soaked.)

Put the mushrooms in a bowl and add boiling water to cover generously. Put a plate or smaller bowl on top of the mushrooms to keep them submerged. Let sit until tender; the time will vary depending on the mushrooms, but about 20 minutes should suffice for most varieties. Drain well. You might want to save the flavorful mushroom soaking water to use in place of the water in this recipe; if you do, strain it through a coffee filter to remove any grit. If the mushrooms are whole, slice them.

Mist a large nonstick skillet with cooking spray, then add the mushrooms, yellow onion, and garlic. Cook over medium heat, stirring occasionally, until the onion is translucent, about 10 minutes.

Stir in the water (or the strained mushroom soaking liquid plus water as needed to equal 1½ cups) and the potatoes, wine, tomato paste, thyme, and bay leaf. Bring to a boil over high heat. Decrease the heat to low, cover, and cook, stirring occasionally, until the potatoes are almost tender, 15 to 20 minutes. Stir in the pearl onions and green beans and cook, stirring occasionally, until tender, about 10 minutes.

While the green beans are cooking, mist a medium skillet with cooking spray, then add the vegan beef tips and vegan bacon. Cook over medium heat, stirring frequently, until lightly browned, 5 to 10 minutes. Add to the potato mixture and stir until evenly distributed.

Per serving: 361 calories, 18 g protein, 4 g fat (0.3 g sat), 42 g carbs, 454 mg sodium, 69 mg calcium, 9 g fiber



Kitchen divided

VEGAN DISHES FOR SEMI-VEGAN HOUSEHOLDS

What do you do if you're vegan, but your spouse—or your child or parent—is not?

In this diplomatic and eminently practical guide to achieving household harmony, Ellen Jaffe Jones (author of the bestselling *Eat Vegan on \$4 a Day*) addresses the heated issues that can arise when vegans and meat eaters share the same kitchen.

- Find support and restore peace in your home with coping suggestions gleaned from Ellen's network of cooking students, social media groups, and other vegans.
- Streamline meal preparation and simplify your life so you can juggle the demands of cooking for diverse needs—even if you and your family members never end up on the same page of the menu.

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ELLEN JAFFE JONES is a certified personal trainer, running coach, consultant, author, and speaker, and she has been a vegan for more than thirty years. She is a two-time Emmy-winning TV reporter in Miami and St. Louis and winner of the National Press Club Award for Consumer Journalism. For more information, including tips on thriving in a world that isn't always vegan-friendly, visit Ellen's website at vegcoach.com.



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"Ellen beautifully tackles this important subject and gives vegans in divided kitchens a healthy and helpful boost. The practical strategies will help create harmony in mixed households, and the recipes lead the way to tasty reconciliations!"

COLLEEN PATRICK-GOUDREAU
best-selling author and creator of
The 30-Day Vegan Challenge

"If Ellen Jaffe Jones weren't a gifted athlete, author, and culinary wonder, she could be a marriage counselor. This book is chock-full of practical, real-world advice for every vegetarian who loves an omnivore (or a whole family of them)! And these recipes are sure to lure any meat-and-potatoes fan out of the drive-thru and home for dinner."

VICTORIA MORAN
author of *Main Street Vegan*

"Ellen's recipes will bridge the gap in your divided kitchen. Fun and easy-to-prepare, they promise to bring vegans and nonvegans together for meals that celebrate wonderful food and optimal health."

VIRGINIA MESSINA, MPH, RD
co-author of *Vegan for Life*

"Navigate the health journey you've always wanted for your family with *Kitchen Divided*. Ellen ignites your passion to win the vegan transition."

STEPHANIE REDCROSS
managing director, VeganMainstream.com

"*Kitchen Divided* has everything a lone vegan needs: practical strategies for living in harmony with omnivores, recipes to accommodate every one's dietary choices, plus environmental and health facts that may help nudge nonvegan friends and family towards an animal-free diet."

WILL TUTTLE, PH.D.
best-selling author of *The World Peace Diet*

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