

VEGAN CHALLENGE

Here's where I challenge you to challenge me (see how that works?) to make your favorite recipe vegan. Give me a food that I will try to make it work.

YES! This is the Vegan Challenge. I am volun- 2. It still stands. And for those of you who have come to look forward to volume 4! Someday I promise

what the hell are these authors? books and movies? My favorite figure only you + your mad independent research skills can deliver. That is awesome!

PAUL BARBEAU
VALENCIA
Marilyn Wann
ROAD
SUBMISSION HOLD

Hey! Remember that the struggle for animal rights isn't the only one out there. Or even one that can be easily separated from others. Our fight against oppression has to encompass all forms of life. Including ourselves and our friends. Teach yourself about capitalism, sexism, homophobia and privilege. Read good books and good conversations and keep spreading the word!

please don't copy for your own profit

summer 2006 Oakland, Ca

barefoot and in the Kitchen



Vegan recipes for you!

Volume three ♡

from me
(ashley)

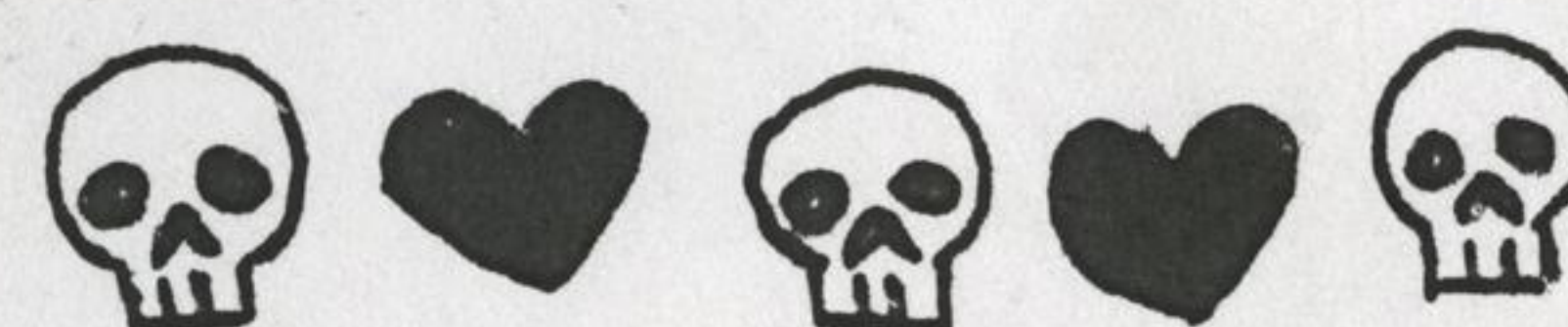


CONTACT!

email me: _____

socialobscurity@
yahoo.com

for anything related to
this zine. or unrelated.
whatever.



For questions about the distro,
or if you want to submit
something, write to ashley
& mikey at:

Suckapunch.distro@gmail
.com



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one out there- or even one that can be easily separated from others.
Our fight against oppression has to encompass all forms of life,
including ourselves and our friends. Teach yourself about
capitalism, racism, sexism, homophobia and privilege through
good books and good conversations, and keep spreading the word!

VEGAN CHALLENGE

Here's where I make an ass of myself trying to appease all you vegans who think you're somehow being deprived of all the good food in the world, and where I convert all your friends with that "I'd go vegan except..." crappy defeatist attitude.

No more excuses and no more dissatisfaction!

Here's where I challenge *you* to challenge *me* (see how that works?) to make your favorite recipe vegan.

Give me a food and I'll give it a try. We'll see how it works out.

YES! This is the vegan challenge from volume 2. It still stands. And for those of you who have contacted me about it, look forward to volume 4! Someday. I promise.

THE RECOMMENDED LIST

What the hell are these names? Singers? authors? booksbandsmovies? My favorite historical figures? Only you + your mad independent research skills can decipher this volume's list of shit that is awesome!

• PAUL BARIBEAU

• VALENCIA

• JOE HILL

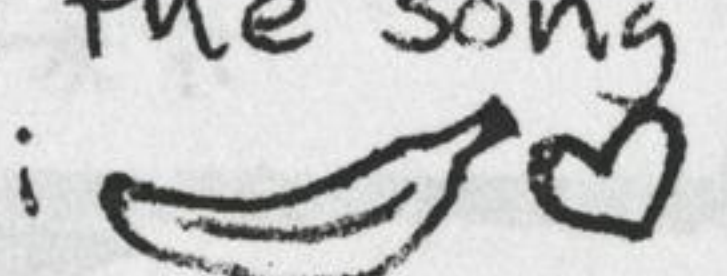
• THE TAKE

• MARILYN WANN

• CRISTY ROAD

• SUBMISSION HOLD

• ICON A.D.

*also, I recommend the song 'bananaphone',
by RaFi 

Innards

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So it's been awhile, but I finally got off my ass to prepare y'all another installment of Barefoot and in the Kitchen. And I am pretty excited. I never planned to do a third volume, but then, I never planned to do a second volume either, and what can I say- the inspiration and ideas and support just keep coming.

I've had a lot of changes going on in my life since I put out the last issue, including some hard stuff and some great stuff, and I like to think that one thing that's remained stable is the happiness I get from cooking and the sense of community I feel every time I receive an email from a stranger or some stamps in the mail. I'm living in a new city now, with a new roommate (no more meat in the fridge!) and a considerably less awesome kitchen (electric stove? yep. burnt food? yeah...), but either way, there's no stopping the cooking, cos you know we've all gotta eat. I have an awesome farmer's market right near my apartment, the fresh veggies from which spawned the 'hippie shit' recipe, and I've been lucky enough to try out a bunch of new restaurants in the Bay Area, which you can find out about in the restaurant guide in the back.

In addition, I keep finding more and more ways to get this thing out to all of you, which is pretty much amazing

- **GRANDMA'S THAI**
13230 Burbank Blvd.
Van Nuys (818) 785-9036
- **REAL FOOD DAILY**
514 Santa Monica Blvd.
Santa Monica (310) 451-7544
- **VEGGIE DELIGHT**
17823 Chatsworth St.
Granada Hills (818) 360-3997
- **MAGGIE MUDD**
903 Cortland Avenue
San Francisco (415) 641-5291
- **LA VIE**
429 Front Street
Santa Cruz (831) 429-0866
- **VEGGIE + TEA HOUSE**
641 Arrow Hwy.
San Dimas (909) 592-6323
- **SOJOURNER CAFE**
134 E. Canon Perdido St.
Santa Barbara (805) 965-7922
- **BLACK CHINA BAKERY ****
1211 Soquel Avenue
Santa Cruz (831) 460-1600
- **VEGAN GLORY**
8393 Beverly Blvd.
Los Angeles (323) 653-4900
- **HUMPHREY YOGURT**
4574 Van Nuys Blvd.
Sherman Oaks (818) 906-7000

- **DHARMA'S**
4250 Capitola Road
Capitola (831) 462-1717
 - **FOLLOW YOUR HEART**
21825 Sherman Way
Canoga Park (818) 340-3240
 - **SIPZ FUSION CAFE**
5501 Clairemont Mesa Blvd.
San Diego (619) 279-3747
 - **SIPZ (again)**
11385 Poway Rd. Suite 100
Poway (619) 486-7479
 - **ARIZMENDI BAKERY**
1331 9th Avenue
San Francisco (415) 566-3117
 - **ARIZMENDI OAKLAND**
3265 Lakeshore Ave.
Oakland (510) 268-8849
 - **VEGAN EXPRESS ***
3217 Cahuenga Blvd.
Los Angeles (323) 851-8837
- *there has been some confusion surrounding some of the ingredients used by Vegan Express. Please see www.livingvegan.com/articles.html before deciding to eat there.
- **note new addresses!

CALIFORNIA RESTAURANT GUIDE ^{part} III

- **TOFOO COM CHAY**
388 E. Santa Clara St.
San Jose (408) 286-6335
- **SATURN CAFE**
145 Laurel Street
Santa Cruz (831) 429-8505
- **LANESPLITTER**
2033 San Pablo Ave.
Berkeley (510) 845-1652
- **LANESPLITTER (another!)**
4799 Telegraph Ave.
Oakland (510) 653-5350
- **GOLDEN LOTUS**
1301 Franklin St.
Oakland (510) 893-0383
- **GOLDEN ERA**
572 O'Farrell Street
San Francisco (415) 673-3136
- **PIZZA PLAZA**
6211 Shattuck Avenue
Oakland (510) 420-1433
- **WILDFLOWER CAFE**
1604 G. Street
Arcata (707) 822-0360
- **VEGAN PLATE**
11943 Ventura Blvd.
Studio City (818) 506-9015
- **MALABAR CAFE**
1116 Soquel Avenue
Santa Cruz (831) 423-7906
- **GOOD KARMA ****
37 South First St.
San Jose (408) 294-2694
- **JUMPING MONKEY CAFE**
418 Front Street
Santa Cruz (831) 466-9770
- **NABALOM BAKERY**
2708 Russel Street
Berkeley (510) 845-2253
- **GREAT WALL**
6247 College Ave.
Oakland (510) 658-8454
- **ENGFER PIZZA WORKS**
537 Seabright Ave.
Santa Cruz (831) 429-1856
- **GARDEN WOK**
6117 Reseda Blvd.
Tarzana (818) 881-8886
- **HERBIVORE**
983 Valencia
San Francisco (415) 826-5657
- **HERBIVORE (again)**
531 Divisadero
San Francisco (415) 885-7133

love? Uhm, yeah. As usual, my preferred method of distribution is in person or through my own email (in back!), just because I love interacting with the people who read my zine and opening up a dialogue. Since I don't know everyone in the world, though, and it's hard to make all those contacts through random smatterings of online advertisements, I have been really fortunate to work with several great distros, including Whammy Industries (www.whammyindustries.com), Sweet Candy Distro (www.eyecandyzine.com), and AK Press (www.akpress.org). I also hear there are some great people who do tabling and include Barefoot, which is totally awesome. Remember, you all are free to copy this and distribute it to friends, just not for profit.

I guess with all this talk of distros and zines and tabling I should take a second to mention my own distro, which as of this writing is just getting started. My friend Mikey and I have created Suckapunch! as a means for the distribution of our own work, and we hope to also start carrying stuff by our friends and all kinds of like-minded people. If you're interested in this project, drop us a line at the email address in the back!

Thanks for picking up volume three, and if you want a copy of either of the others, or to distribute them, or just to talk or whatever... email me. I will love it.



THE DI

Featur

Bringing dinner back to the table.

GRINGA TORTILLA SOUP

- 1 large can tomato paste
- approx. 8 cups vegetable broth
- 2 cups uncooked long grain rice
- 2 zucchini, chopped
- 1 ½ cups carrots, chopped small
- 1 large onion, coarsely chopped
- salt, pepper, onion powder, garlic powder, chili powder, paprika, cumin and celery salt! A bunch, to taste. Taste it as you go and figure out how you like it... add about ½ tsp. at a time
- tortilla chips

Combine and start boiling the broth and tomato paste. Add the rice and cook on medium heat for about ½ hour before adding other ingredients.

Start adding your spices. It will probably be more than you think you need, but take it slow and taste as you go. You will probably want to use the most of salt, garlic powder, paprika and cumin.

Add the chopped veggies and cook for about another ½ hour until the are all soft and the rice is done. Crumble in tortilla chips and serve with a cilantro garnish, if you're into that.

* Ridiculously useful tip: You don't have to buy tortilla chips- you could also make your own strips for the soup by thinly slicing a couple of corn tortillas and roasting on a lightly oiled cookie sheet until they are crisp.

DIRTY RICE TO FEED THE MASSES

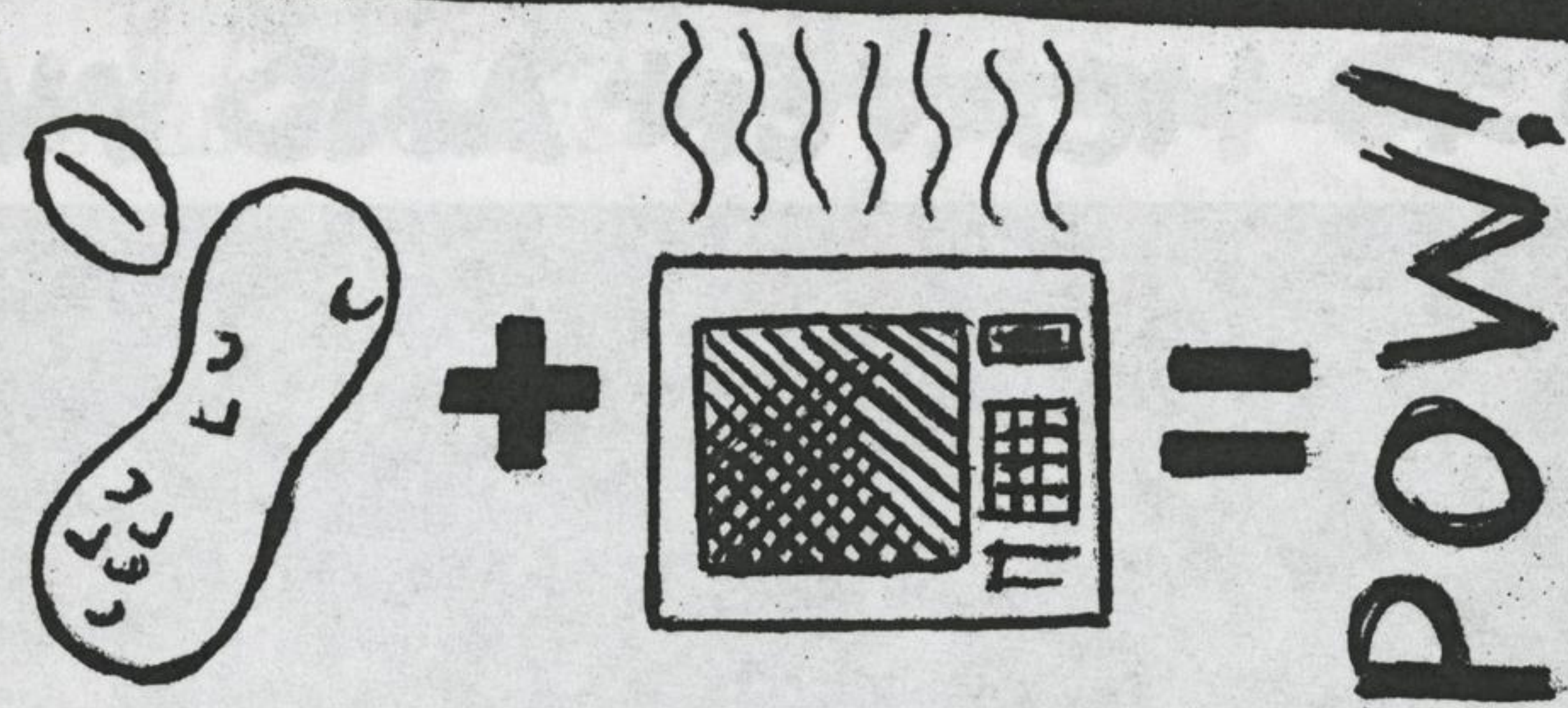
- 4 cups rice, cooked in...
- 5 cups veggie broth
- 1 large onion, chopped
- garlic (like 5 cloves), chopped
- 2 bell peppers, cut into slices
- 1 can black beans
- 1 can kidney beans
- ¾ cup TVP (textured vegetable protein), soaked to soften
- 2/3 can of tomato sauce
- ½ tsp. thyme (or more)
- ½ tsp. garlic powder
- a splash of soy sauce
- a pinch of nutritional yeast
- olive oil, for stir frying
- salt and pepper to taste



Start by chopping all your vegetables and starting your rice and veggie broth in a rice cooker (or pot, or whatever). Heat up a little bit of oil in a large pan like a wok, and stir fry together the onion, garlic and bell peppers until they are cooked to your liking. Add in the TVP, along with all the beans and the tomato sauce. Mix in your spices (and soy sauce, etc.) and keep stirring until it is all mixed and hot.

Once the rice and the 'dirty' stir fry slop sauce are both done, mix them together and feed tons of people. Or a couple really hungry ones.

T.R.E.W.



PEANUT BRITTLE

- 1 1/3 Cup 'party' peanuts
- 1 Cup Sugar
- 1/2 Cup Karo Light syrup (corn syrup)
- 1 Tbsp. Margarine
- 1 Tsp. Vanilla
- 1 1/4 tsp. baking soda

Place the peanuts, sugar and karo syrup in a microwave-safe bowl (aka no metal, and nothing that might melt), and microwave for 6 minutes. This seems like a creepy long time to put something in the microwave, but don't worry about it. Take it out and stir in margarine and vanilla. Mix thoroughly and return to the microwave for another 3 minutes. Take it out and immediately add the baking soda, mixing very well. It will kind of foam up and look crazy for a second there, but that's good- this is what makes it not a solid brick.

Slather onto a greased baking sheet (with a utensil that won't melt!) as thin as possible and let cool for at least two hours. Stored in an air-tight container, this will last for 2 months.

APPLE CRISP

Filling:

- a shitload of apples (like 10)
- 1 1/2 cups water
- 4 Tbsp. brown sugar
- 1 Tbsp. cinnamon

Topping:

- 3 cups of oats
- 1 1/2 cup flour
- 2 cups sugar
- 1 cup margarine, softened (but not melted!)
- pinch of salt
- extra cinnamon and brown sugar

Peel and cut apples into fairly thin slices (vertically, like one of those apple slicer things does it).

Put apple slices into a large casserole dish and mix the water, brown sugar, and cinnamon to pour over them. Pour it, and set the apples aside while you make the topping.

For the topping, stir the oats, sugar and flour into the softened margarine and use your hands to mix until crumbly. Add a pinch of salt and some cinnamon. Crumble over the apples and top with a thin layer of cinnamon and brown sugar.

Bake for approx. 40 minutes at 350, until the apples are soft and the topping is crispy. Apple crisp. Get it?

* Ridiculously useful tip: You can squeeze some lemon juice onto the apple slices to keep the air from turning them brown while you prepare the topping. It also makes them taste tangy and good. Try it.



YESSSSSSSSSSSSSSSS!!!

STOKED!

OATMEAL COOKIES

- 1 cup firmly packed brown sugar
- $\frac{3}{4}$ cup vegan margarine
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ banana
- $\frac{1}{4}$ cup water
- 1 tbsp. vanilla
- 1 cup flour
- 3 cups oats (quick cooking or old fashioned)
- 1 tsp. salt
- $\frac{1}{2}$ tsp. baking soda

Beat together two types of sugar, margarine, and banana. Add water and vanilla and mix well. Combine all dry ingredients first, and then slowly mix them into the wet, adding a little at a time and stirring constantly.

Stick large rounded spoonfuls of dough onto a cookie sheet and bake at 350 for 11-13 minutes, until the edges are just starting to brown.

THRASHKRIEG JUGGERNAUT
SUMMER TOUR 2006

I'LL GO TO HEAVEN AND WAIT FOR

HIPPIE SHIT

aka Getting Back to Our Roots (and Greens)

- Beets- red or golden, about 4 small or 2 or 3 large, thinly sliced
- Chard- preferably rainbow
- $\frac{1}{2}$ Onion, chopped
- Garlic- about three cloves, finely chopped
- Several small red potatoes, sliced thinly
- A carrot or two, cut into thin slices
- Olive oil
- Bragg's liquid aminos
- A sprinkle of nutritional yeast (optional-ish)
- A sprinkle of sesame seeds (optional-ish)
- Salt and pepper to taste
- 2 cups of brown rice, cooked

Throw all the veggies except the chard into a wok or another medium-to-large pan suitable for stir frying with a tablespoon or so of olive oil and mix well. Cook over medium heat, adding Bragg's as you go to keep the stir fry moist enough and add as much flavor as you want. Sprinkle in sesame seeds and nutritional yeast to taste, and cook everything until the beets, potatoes and carrots are all cooked and fairly soft. When your stir fry is almost done, add the chard for a couple minutes, just enough to cook it without making it overly soggy or wilted.

Pour over your rice in a large bowl and mix it all up, adding some more Bragg's, nutritional yeast, salt and pepper if you want.

I can't stand it that you're not here to hold me when I feel alone

And my heart
All that pain
But I'm still
14

STICKY

LEMON POPPY SEED COOKIES

- ½ Cup Margarine
- 1 Egg (replacer)
- 3 Tbsp. Soy milk
- ¾ Cup Sugar
- 2 Cups Flour
- 1 tsp. baking powder
- ¼ tsp. Salt
- ¼ tsp. Almond extract
- ½ tsp. poppyseeds
- zest of ½ lemon, and a squirt of juice

Beat together the margarine, egg replacer and sugar. Add almond extract and slowly mix in all dry ingredients, adding four until the dough starts to become somewhat firm and hold together in a ball. Knead in lemon and poppyseeds.

Form balls out of about 1 large spoonful of dough at a time and flatten them onto a greased cookie sheet. Bake for 12-15 minutes at 350.



* Ridiculously useful tip: To make lemon zest, you can use any sort of tiny grater. Simply grate the outside of the lemon down to the white part before the fruit itself and toss the curly little pieces of peel into your batter.



SPECIAL
T'S



KID
+
DA

CREAMY ASPARAGUS SOUP

- 1 lb. asparagus, ends chopped off, cut into 1 inch slices
- 1 large onion, chopped
- 7-ish medium sized red potatoes
- a bunch of garlic. Like 5 cloves.
- ½ package silken tofu
- 6 cups vegetable broth
- 1 Tbsp. dill
- 1 Tbsp, nutritional yeast (optional)
- olive oil
- salt and pepper to taste

Start by sautéing the onion and garlic with olive oil in a large pot (your soup pot) over medium heat until soft. Add the asparagus and continue to sauté until soft and almost completely cooked.

While this cooks, clean and chop your red potatoes into bite-sized pieces. Leave the skin on.

Once the asparagus, onion and garlic are cooked, add the potatoes and vegetable broth. Stir in the dill and boil until the potatoes are soft.

Once all the veggies are cooked, scoop some out, so that they won't get blended and can be added in to the creamy soup later.

Add the nutritional yeast and crumble the tofu into the remaining soup and blend in a blender or food processor until creamy. Add salt and pepper to taste.

Pour back into you big pot and add the un-blended veggies back in. Yes!





COCONUT AMAZINGPILES

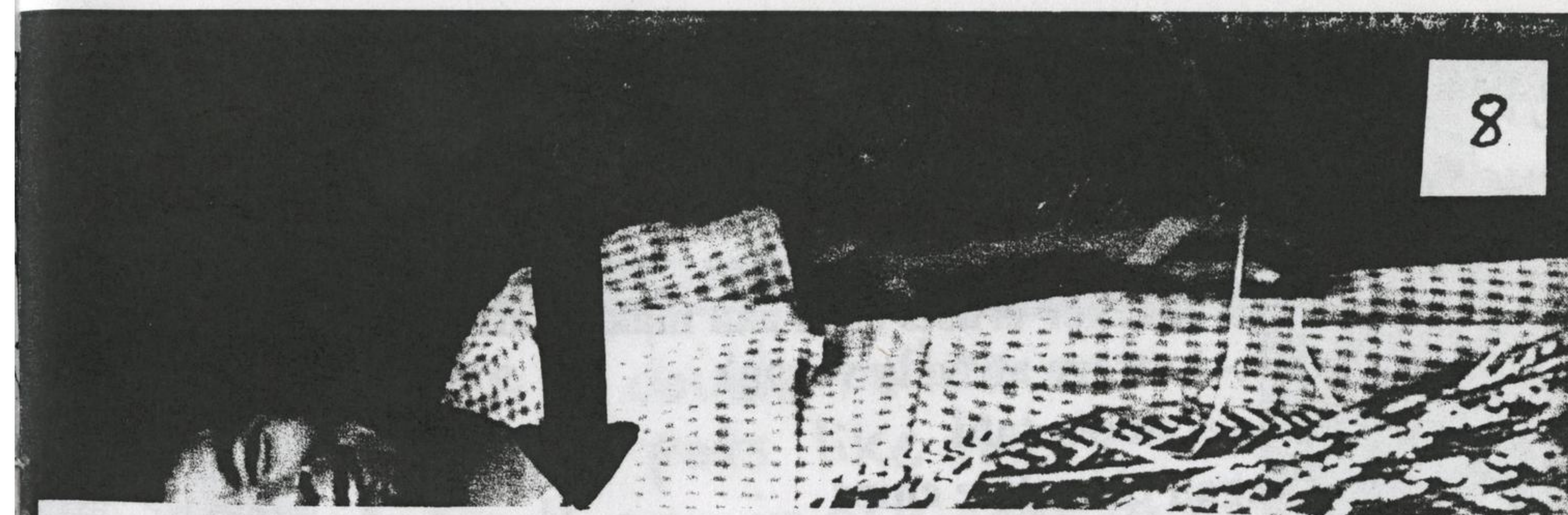
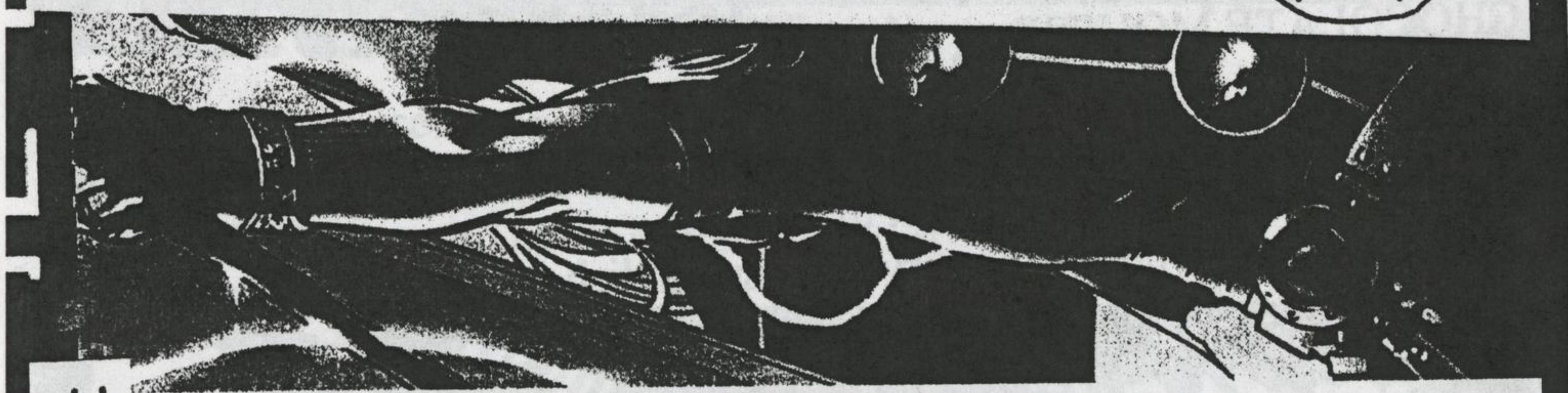
- 2/3 Cup Soymilk
- 2 Tbsp. granulated sugar
- 2 Cups powdered sugar
- 1 (14 oz.) package shredded coconut
- 2 bags vegan chocolate chips
- 1 tsp. vanilla

Amazingpiles are 'traditionally' (ahem) made using condensed milk, which of course is filth, so the first task in this recipe is to reduce together the soymilk and the granulated sugar and make a substitute for it. To do this, mix the two and simmer on medium heat for 5 to 7 minutes, stirring constantly, until the sugar is dissolved.

Once this is done, remove from heat and, in a large mixing bowl, blend your 'condensed' milk, vanilla and powdered sugar, stirring until smooth. Slowly stir in the coconut and mix well. Slather the coconut mixture firmly into a well-greased 9"x13"(ish) pan and refrigerate until firm (approx. 1 hour). You want it to be as dense and firm as possible, to make the center of the amazingpiles.

Once the coconut mass is ready, take it out and cut into small 1"x2" bars. These will then be dipped (on a fork!) into the chocolate you've melted in a double boiler. The double boiler is explained in a fancy diagram, see? Place the chocolate dipped coconut piles on a plate or baking sheet covered in wax paper and refrigerate until the chocolate has hardened and they are ready to go. Store in the refrigerator, and, if you're like me, don't try to eat more than one at a time. If you can/do, let me know and I will congratulate you.

(P-10!)



FREEDOM TOAST

- 2 Cups soymilk
- 5 Tbsp. flour
- 3 tsp. sugar
- 1/2 tsp. cinnamon
- some bread (thicker slices are better)
- oil for frying

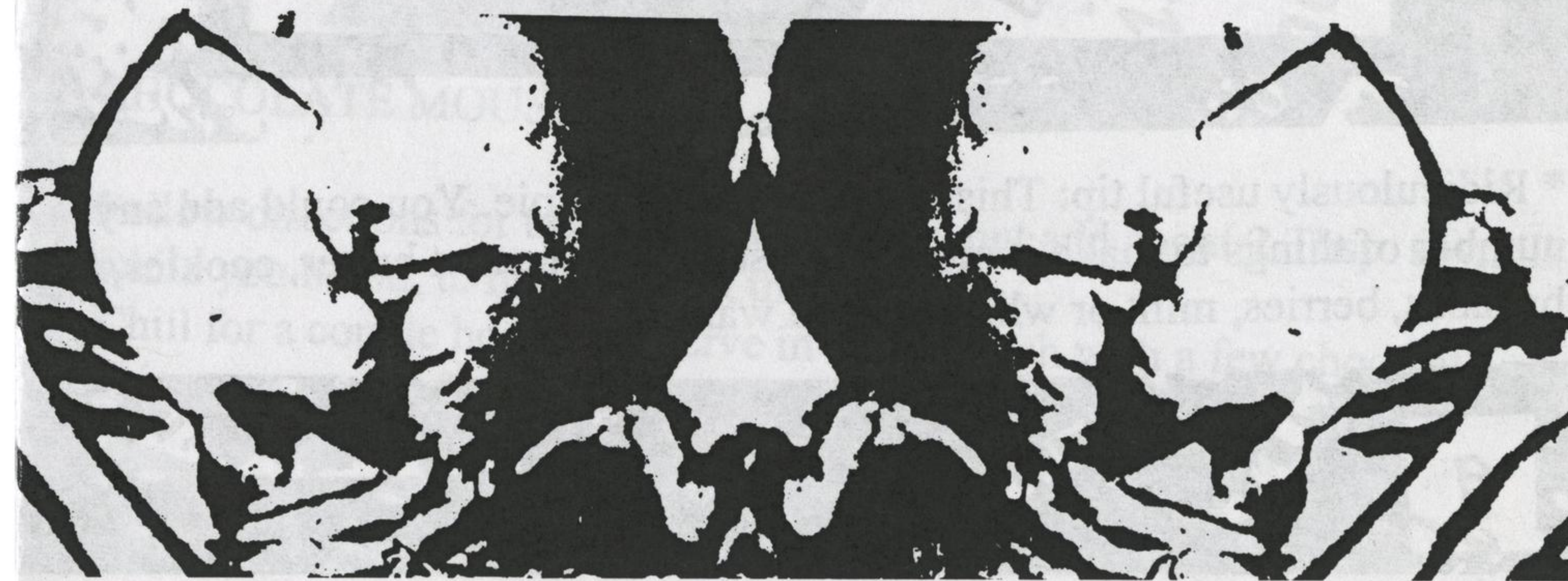
Combine all ingredients (except bread and oil!) in a large mixing bowl and stir into an even consistency.

Take one slice of bread at a time and dip each side into the freedom mixture for a couple seconds, allowing it to get absorbed into the bread, but not to soak it.

Coat a frying pan with a (thin) layer of oil and heat for a minute on low-medium heat. Pan fry the bread for a few minutes on each side, until the outside becomes golden and slightly crispy.

Once cooked, sprinkle with some powdered sugar and cinnamon, or eat with margarine and syrup like that damned "French" toast with the eggs and whatnot.

Serve it with tofu scramble!



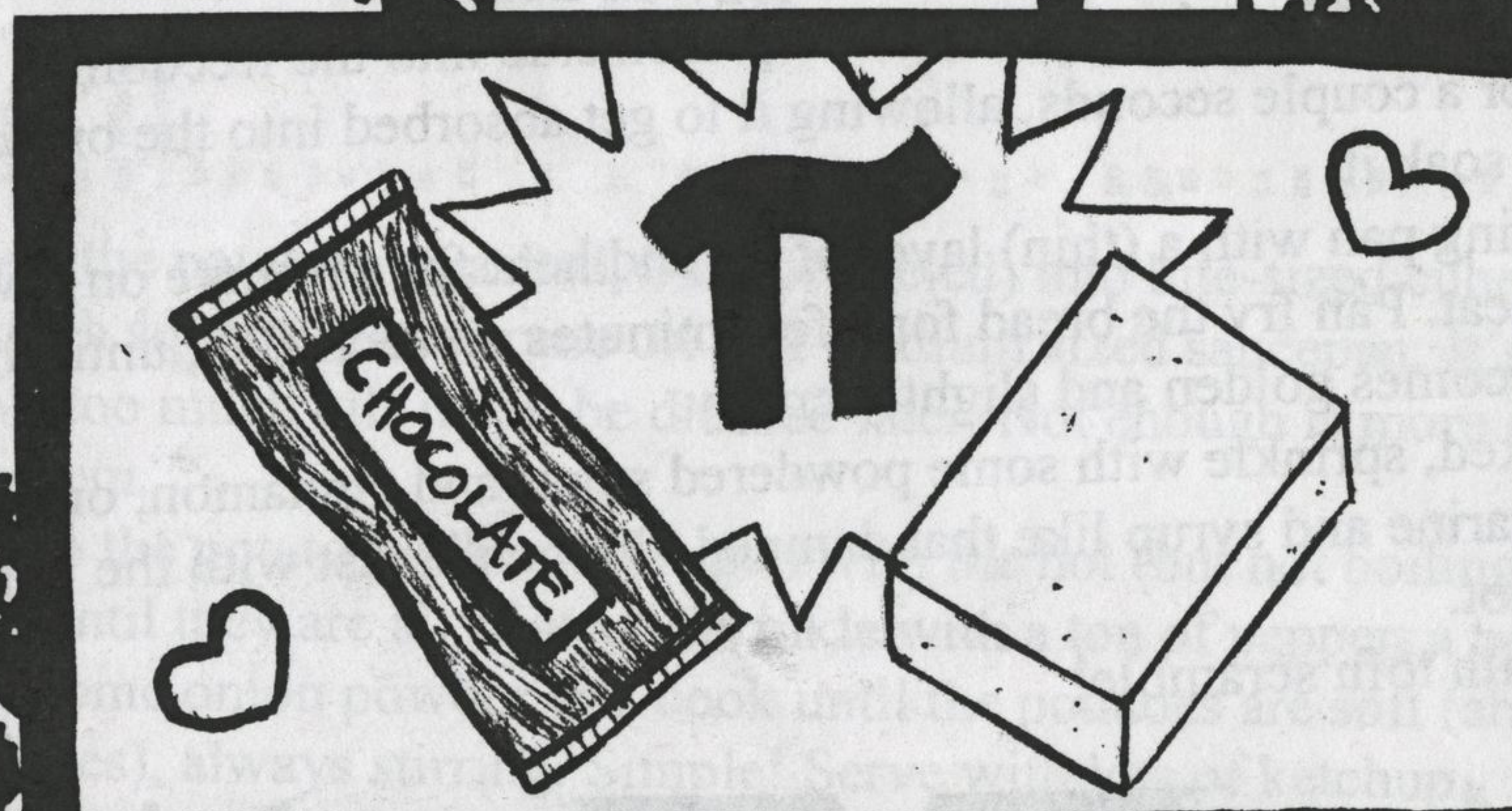
CHOCOLATE TOFU PIE

- 2 graham cracker crusts (you can make your own or buy them premade- lots are already vegan)
- 2 packages silken tofu
- 1 bag vegan chocolate chips
- 3 Tbsp. brown rice syrup
- 1 Tbsp. vanilla

Start by melting the chocolate chips in a double boiler (see fantastic diagram). Stir constantly to get an even texture and help the chocolate melt faster.

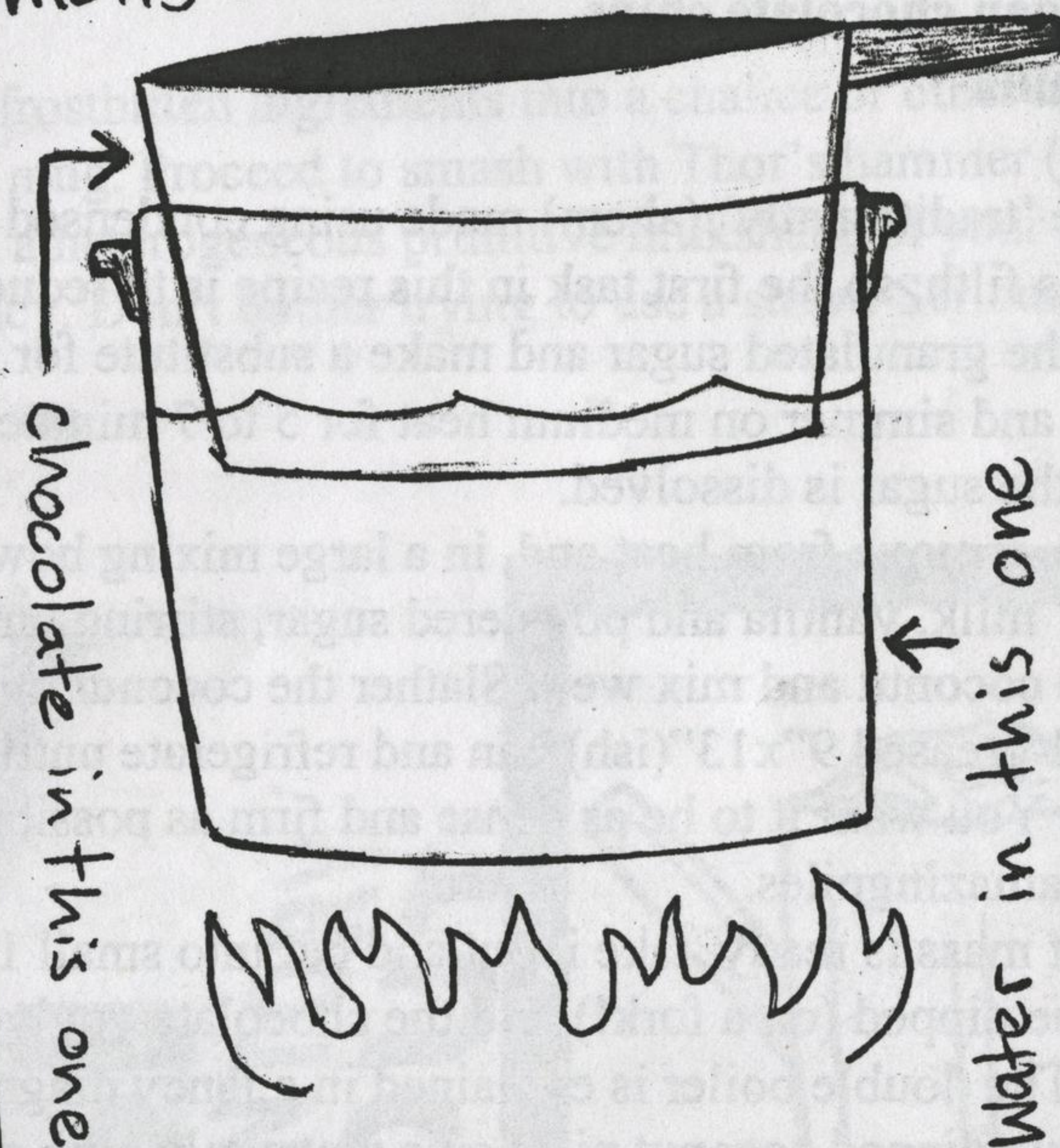
Once the chocolate is all melted, put in a blender or food processor along with the tofu, vanilla and brown rice syrup. Blend until it is a smooth, even consistency.

Pour into crusts and chill in the fridge for at least 2 hours, preferably longer.



* Ridiculously useful tip: This is a very basic tofu pie. You could add any number of things to make it more interesting, like peanut butter, cookies, bananas, berries, mint or whatever you want.

Make a double boiler out of two pots like this! A small one in a bigger one filled with water. Chocolate melts in the smaller one.



CHOCOLATE MOUSSE

Follow directions for tofu pie filling above, but add about 2 Tbsp. soymilk while you blend, to make it a bit thinner.

Chill for a couple hours and serve in a small dish with a few chocolate chips or a sprig of mint for garnish.