

12278-9 * \$3.95



A BANTAM BOOK

AMERICA'S FIRST COMPLETE GUIDE TO
COOKING DELICIOUS NATURAL FOODS

LAUREL'S KITCHEN

A HANDBOOK FOR VEGETARIAN
COOKERY AND NUTRITION

BY LAUREL ROBERTSON,
CAROL FLINDERS,
AND BRONWEN GODFREY



Black Bean Soup

1½ cups black turtle beans
1½ quarts water or
vegetable stock
2 tablespoons oil
1 carrot
1 onion
1 potato
2 stalks celery
1 bay leaf

1 teaspoon oregano
¼ teaspoon savory
2 teaspoons salt
⅛ teaspoon pepper
juice of 1 lemon
½ lemon, thinly sliced

OPTIONAL

pinch garlic powder

Wash the turtle beans and put them in a saucepan along with the stock and 1 tablespoon of oil. Cover tightly, bring to a boil, and simmer for 2½ hours or so, until beans are quite tender.

Chop the onion and sauté in the remaining oil until soft. Chop the celery, including the leaves. Grate potato and carrot on large grater. Add celery, potato, and carrot to onion and cook over medium heat for several minutes, stirring all the while.

Add the vegetables to the beans, along with the seasonings, in the last hour of their cooking. Include garlic if desired. Bring the soup to a boil and lower the heat to simmer until the beans and vegetables are done.

Add the lemon juice and lemon slices when the soup has finished cooking.

Makes about 9 cups.

Vegetable Gumbo Soup

With a little luck, you'll find a produce market that carries fresh okra. *Vive la différence!*

1 onion, chopped
2 tablespoons oil
3 cloves
1 green pepper, diced
2 cups tomatoes, diced
4 cups vegetable stock
1 cup cooked lima beans

1 cup fresh corn
1½ cups sliced okra
1 teaspoon salt
¼ teaspoon allspice

OPTIONAL

½ cup cooked brown rice

Eggplant Parmesan

This version is the most delicious eggplant Parmesan we have had—also the lowest in calories.

<i>1 medium-size eggplant</i>	<i>2½ cups crushed whole wheat crackers</i>
<i>1½ cups Tomato Sauce (p. 245)</i>	<i>2 eggs</i>
<i>1 cup grated mozzarella cheese</i>	<i>¼ cup milk</i>
<i>½ cup grated Parmesan cheese</i>	<i>½ cup whole wheat flour</i>
	<i>1 teaspoon salt</i>
	<i>dash pepper</i>
	<i>¼ teaspoon oregano</i>

Prepare three bowls for dipping eggplant slices:

- [1] *½ cup whole wheat flour*
½ teaspoon salt
- [2] *2 eggs, slightly beaten*
¼ cup milk
- [3] *2½ cups cracker crumbs*
½ teaspoon salt, plus pepper and oregano

Preheat oven to 350°.

Cut eggplant into ¼-inch rounds. Dip slices in each mixture in turn, coating completely.

Layer in 9" × 13" glass dish. (Slices may overlap but should not cover each other completely.) Sprinkle each layer with tomato sauce and Parmesan cheese. Cover tightly and bake for 30 to 45 minutes, or until a fork pierces middle slices easily.

Top with mozzarella and remaining Parmesan. Return to oven just until cheese melts.

Serves 4 to 6.

Green Goddess Dressing

Good on cabbage as well as lettuce salads.

<i>½ cup mayonnaise</i>	<i>2 teaspoons vinegar</i>
<i>¼ cup yogurt</i>	<i>¼ teaspoon salt</i>
<i>¼ cup chopped parsley</i>	<i>dash pepper</i>
<i>1 teaspoon chopped fresh chives</i>	<i>½ teaspoon basil</i>

Blend everything except mayonnaise. Stir with mayonnaise.

Makes a little more than ½ cup.

Bleu Cheese Dressing

<i>1 ounce bleu cheese</i>	<i>2 tablespoons buttermilk</i>
<i>2 tablespoons mayonnaise</i>	<i>¼ teaspoon salt</i>
<i>2 tablespoons lemon juice or vinegar</i>	<i>dash dill weed</i>
<i>2 tablespoons cottage cheese</i>	<i>pinch garlic powder</i>
	<i>pinch white pepper</i>

Crumble bleu cheese with a fork and combine with remaining ingredients.

Makes a scant ½ cup.



Russian Dressing

<i>¼ cup oil</i>	<i>½ teaspoon salt</i>
<i>2 tablespoons tomato paste</i>	<i>¼ teaspoon paprika</i>
<i>¼ cup mayonnaise</i>	<i>¼ teaspoon mustard powder</i>
<i>3 tablespoons vinegar</i>	

Mix all ingredients together very well. Makes 1 cup.

Sesame Dressing

<i>½ cup oil</i>
<i>¼ cup toasted sesame seeds</i>
<i>2 tablespoons lemon juice</i>
<i>½ teaspoon salt</i>

OPTIONAL

1 cup chopped parsley

This dressing is fine with or without parsley. Put all ingredients in blender and blend until nearly smooth. Refrigerate.

Makes ½ to ¾ cup.

Orange-Sesame Dressing

<i>¼ cup sesame seeds</i>	<i>½ teaspoon salt</i>
<i>¼ cup oil</i>	<i>⅛ teaspoon celery seed</i>
<i>2 tablespoons lemon juice</i>	<i>⅛ teaspoon cumin</i>
<i>1 tablespoon vinegar</i>	<i>⅛ teaspoon paprika</i>
	<i>½ orange, chopped</i>

Toast sesame seeds by heating in a dry frying pan on medium heat. Grind them in blender. Shake all ingredients together in a jar, or blend.

Makes ¾ to 1 cup.

ORANGE-CELERY DRESSING

Omit the sesame seeds and add ½ cup chopped celery leaves. Blend.