

FREIDA'S

vegan cookbook



1. EVERYTHING AVOCADO

Your new Avocado Toast recipe is endlessly customizable thus why we don't include specific amounts.

INGREDIENTS

Cucumber
Fresh lime juice
Crushed red pepper
Salt and pepper
Sourdough bread
Tahini
Avocado
Olive oil

Preparation

Season thinly sliced cucumber with fresh lime juice, crushed red pepper flakes, salt, and pepper. Spread toasted sourdough bread with tahini and top with smashed avocado; season with salt and pepper. Top with cucumber and a drizzle of olive oil.



2. CHOCOLATE HEAVEN

You don't have to use a vegan chocolate to make this decadent tart! Any bittersweet baking bar will be great.

INGREDIENTS

1 1/4 cups old-fashioned oats
3/4 cup whole wheat flour
1/3 cup virgin coconut oil, melted, slightly cooled
1/4 cup light agave syrup (nectar)
2 tablespoons unsweetened cocoa powder
3/4 teaspoon kosher salt
1/2 teaspoon ground cinnamon



Preparation

Crust

Preheat oven to 350°. Pulse oats, whole wheat flour, coconut oil, agave, cocoa, salt, and cinnamon in a food processor until oats are coarsely ground and mixture looks like wet sand.

Firmly press into bottom and up the sides of tart pan. Bake until crust is golden brown and smells toasty, 20–25 minutes. Transfer to a wire rack; let cool.

Filling and Assembly

Dissolve espresso powder in $\frac{3}{4}$ cup very hot water in a food processor. Add cocoa and let sit 5 minutes. Add melted chocolate, agave syrup, vanilla, $\frac{1}{3}$ cup coconut oil, and $\frac{1}{4}$ tsp. kosher salt and process until mixture is very smooth and thick, about 30 seconds.

Scrape filling into cooled tart shell and smooth top (if making tart in a rectangular shell, you may have a little filling left over; save for another use, like truffles). Tap tart lightly against counter to pop any air bubbles in filling.

Cook oats and remaining 1 tsp. coconut oil in a small skillet over low heat, stirring constantly, until oats are toasted, about 3 minutes.

Scatter oat mixture over tart, sprinkle with sea salt, and chill until filling is set, at least 1 hour. Cut chilled tart into slices with a dry, hot knife; let sit at room temperature 15–20 minutes before serving.

Do Ahead: Tart can be made 2 days ahead. Once filling is set, cover and keep chilled.

3. PISTACHIO DIP

This savory mixture lands somewhere between dip and spread but it's dead on delicious. Like a holiday cheese-ball...minus the cheese.

INGREDIENTS

1 tsp. vegetable oil
1½ cups pistachios
1 poblano chile
3 scallions
Kosher salt
1 bunch cilantro
3 tbsp lime juice
1 radish

Preparation

Heat a large cast-iron skillet over medium-high heat until a drop of water flicked on the surface sizzles on contact. Add scallions to skillet and press down using the back of a spatula until charred, about 3 minutes. Continue to cook and press until scallions are mostly charred all over, about 4 more minutes.





4. ITALIAN CRUDITES

There's no creamy dip to hide behind here: Use the nicest spring vegetables and olive oil you can find.

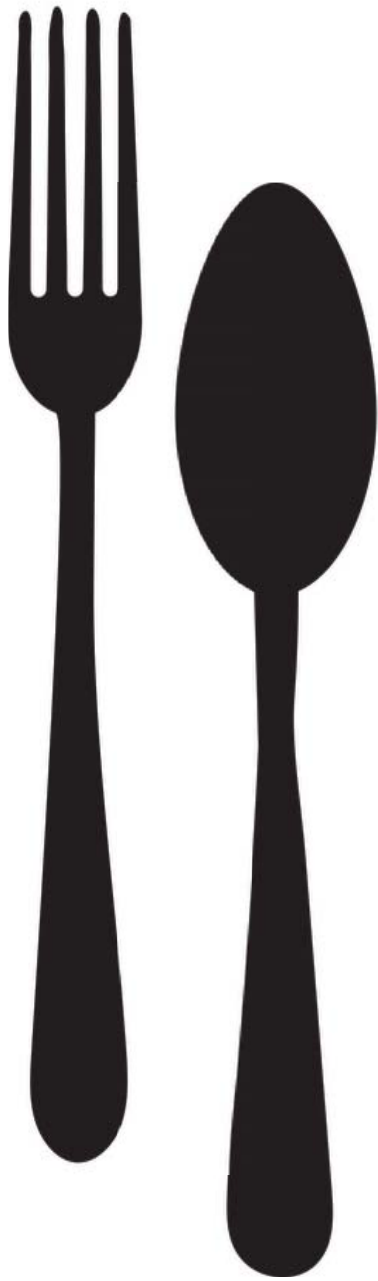
INGREDIENTS

2 endives
2 heads of Little Gem
4 spring onions
½ watercress
2 ounces haricots
1 lemon
Flaky sea salt
1 cup olive oil

Preparation

Arrange carrots, radishes, asparagus, celery, cauliflower, fennel, endive, Little Gem, spring onions, watercress, and haricots verts on a large platter or board. Serve with lemon for squeezing over, salt for sprinkling, and oil for dipping.





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