

CUT-OUT-AND-KEEP
RECIPES

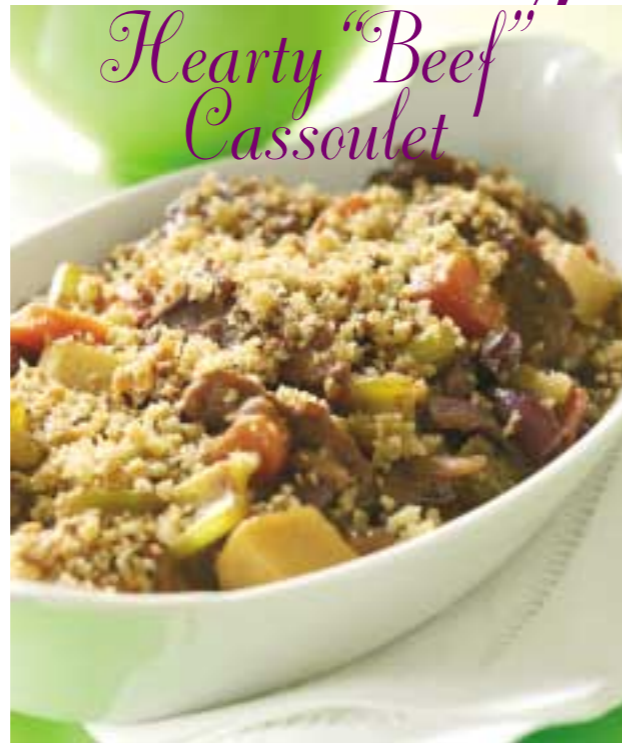
At The
White Pig
Bed

and Breakfast, pigs—and other animals—are friends, not food! This beautiful retreat, set in the foothills of Virginia's Blue Ridge Mountains, is all vegan, from the soy "bacon" served

for breakfast to the cruelty-free soaps and shampoos provided in the guestrooms. Chef Dina Brigish, who owns The White Pig with her husband, Hal, says that even nonvegetarian guests never miss the meat. No wonder, when she dishes up delicious fare like Belgian waffles with fresh strawberries, vegan vegetable frittatas, and lentil-walnut pâté. To learn how you can visit the B&B and its resident pigs, log onto TheWhitePig.com or call 434-83-1416—and be sure to try Chef Dina's delights in your own kitchen.



Dina Brigish with resident pigs Willow and Sully.



Hearty "Beef" Cassoulet

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Hearty "Beef" Cassoulet

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| 6 garlic cloves, minced | 1 cup cubed potatoes |
| 1½ cups chopped onions | 1 cup diced tomatoes |
| 1 Tbsp. dried thyme | ¾ cup cubed seitan |
| 3 bay leaves | 2 Tbsp. molasses |
| ½ tsp. marjoram | 2 Tbsp. Dijon mustard |
| 1 tsp. dried rosemary | 1 15-oz. can kidney beans, drained |
| 3 Tbsp. olive oil | 1 15-oz. can navy beans, drained |
| ½ cup red wine | Sea salt and pepper, to taste |
| 1 cup peeled and sliced carrots | 1 cup whole wheat bread crumbs mixed with 3 Tbsp. olive oil |
| ¾ cup sliced celery | |

- Preheat the oven to 350°F.
- In a large pot, sauté the garlic, onions, thyme, bay leaves, marjoram, and rosemary in the olive oil for about 2 minutes.
- Add the wine, cover, and simmer for 5 minutes. Add the carrots, celery, potatoes, and tomatoes and simmer for 10 minutes.
- Add the seitan, molasses, mustard, beans, salt, and pepper. Heat through.
- Transfer the mixture to 6 15-oz. oiled casserole dishes. Top with the bread crumbs, cover, and bake for about 45 minutes.

Makes 4 to 6 servings

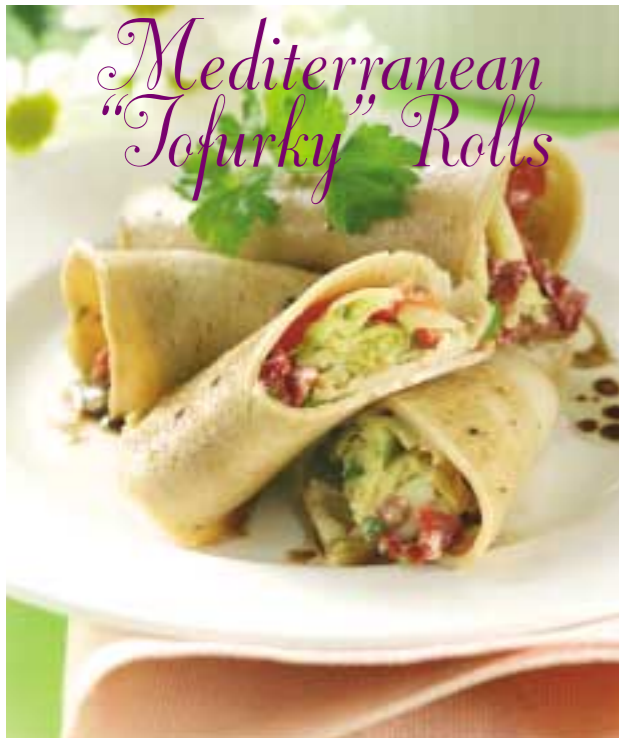
Mediterranean Marinade

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| 2 Tbsp. balsamic vinegar | ¼ tsp. sea salt |
| 1 Tbsp. lemon juice | ¼ tsp. black pepper |
| 1 clove garlic, minced | ½ cup olive oil |
| ¼ tsp. sugar (Dina recommends Florida Crystals) | |

- In a small bowl, whisk all the ingredients together until well blended.

Makes ½ cup

Mediterranean "Tofurky" Rolls



Blue Ridge Blueberry Pancakes



Blueberry Pancakes

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| 2 cups white flour, preferably unbleached | 2 cups vanilla soy milk |
| 3 Tbsp. sugar, preferably Sucanat | 3 Tbsp. canola or safflower oil (Dina says this can be left out if you want to avoid fat) |
| 3 Tbsp. baking powder, preferably aluminum-free | ½ cup frozen blueberries |
| 1 tsp. sea salt | ½ cup fresh blueberries |

- Combine the dry ingredients in a bowl and sift together. Add the soy milk and oil and mix until the batter is smooth.
- Ladle the batter onto a hot pancake griddle. Add frozen blueberries. Cook for 2 to 3 minutes on each side.
- Serve with fresh blueberries.

Makes 4 to 6 servings

"Tofurky" Rolls

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| ½ cup chopped roasted red peppers | 2 Tbsp. chopped sun-dried tomatoes |
| ½ cup chopped marinated artichokes | 2 Tbsp. chopped fresh parsley |
| 3 Tbsp. chopped pitted kalamata olives | 1 Tbsp. olive oil |
| | ½ tsp. ground black pepper |
| | 8 Tofurky deli slices (available in health food stores) |

- In a medium bowl, combine the red peppers, artichokes, olives, tomatoes, parsley, olive oil, and black pepper and mix well.
- Spread 2 large tablespoonfuls of the vegetable mixture on each Tofurky slice. Roll up each deli slice jellyroll-style to enclose the vegetables, then place face down on a casserole dish. Spoon the Mediterranean Marinade (see recipe) over the Tofurky rolls, cover, and refrigerate for about 30 minutes before serving.

Makes 4 servings

