Holiday reFresh 2021
Seasonal and Sustainable Dishes
Made by Your Favorite Local Chefs
On November 7, 2021, Acterra brought together five diverse and phenomenal Bay Area chefs, to cook their favorite plant-based and climate-friendly holiday recipes, while using induction cooktops. To view the video recordings from the event and for more information visit acterra.org/holiday-refresh.

**Event Sponsor**

Acterra is an environmental non-profit that has served the Bay Area since 1970. Our programs combat climate change by promoting healthy and climate-friendly eating, beneficial electrification of transportation and buildings, youth education, and workplace sustainability. Acterra’s work includes ensuring that underresourced communities receive the full benefits of the transition to a low-carbon, clean-energy future. For more information, visit acterra.org.
Holiday reFresh 2021 Menu
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Healthy Plate, Healthy Planet

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Your Hosts

Liren Baker is a New York native who embraced life in California when she moved to San Francisco in 2000. With a background in marketing research and a Master’s degree in clinical psychology, she found her passion for food too irresistible. Immersing herself in the Bay Area’s vibrant culinary culture, Liren is a food photographer, writer, recipe developer, and creator of the food blog, Kitchen Confidante, launched in 2010, where she shares seasonal recipes that are inspired by her life in California, the flavors of her heritage, and her travels. She is also the author of Meat to the Side (November, 2021).

Liren was honored to receive The IACP Legacy of Julia Child Award in 2012 for her piece: Homework with Julia. Kitchen Confidante was also featured as one of the 10 Best Food Blogs of 2013 by PBS Food.

Carolyn Jung is a James Beard Award-winning food writer based in Silicon Valley. Formerly a staff food writer and editor at the San Jose Mercury News, she now freelances for publications such as the San Francisco Chronicle, the Nob Hill Gazette, EatingWell magazine, Via magazine, and Edible Marin-Wine Country. She is the author of the cookbooks, San Francisco Chef’s Table and East Bay Cooks. Additionally, she is the creator of the blog, FoodGal.com. She has also moderated chef cooking demos at Macy’s, Google, and at the Ahwahnee hotel’s “Chefs’ Holidays.”
FOOD AND CLIMATE CHANGE

In the Bay Area, almost 20% of our carbon footprint comes from food — what we eat, where it travels, and how much is wasted. For many people in our region, the food we eat can generate more emissions than the fuel we burn driving. The simplest ways to reduce your carbon foodprint are to eat more plants and waste less food.

The carbon footprint of foods

A planetary health plate with very limited (and optional) meat and dairy consumption

Choose a plant-forward diet by eating more vegetables, fruits, whole grains and legumes. A plant-forward diet is healthier for you, the planet and your wallet. Project Drawdown lists a plant-rich diet as #4 out of the top 100 climate solutions profiled.

You don’t have to go “cold-turkey” and turn vegan. A meatless lunch avoids 6–7 pounds in carbon emissions compared to a lunch with animal meat. Avoiding meat just one day/week can reduce your carbon foodprint by 15% over the course of a year. Resources: MeatlessMonday.com, Reducetarian.org.

Plant-based meats and dairy are mainstream, at grocery stores and many restaurants. Growing demand for plant-based burgers and milks (oat, nut, soy, etc.) is diversifying and improving these products. 63% of millennials are adding more plant-based foods into their diet (YouGov.com).

Plants have protein, too! Think again if you’re worried you won’t get enough protein on a plant-forward diet: most Americans are actually getting far too much. 51 g/day is the recommended amount for an average 140-lb adult. A 2000 calorie diet of only plants supplies 70g of protein. GameChangersMovie.com.

Choose local and seasonal produce to further reduce your carbon foodprint. Opt for whole foods; try to avoid processed, heavily packaged convenience foods which release more pollution and warming emissions while traveling from farm to factory to stores.

Great plant-forward recipes are easy to find and prepare. There are also plenty of tips for what to substitute in place of the meat and dairy in your old favorite recipes. Some standout websites:

101cookbooks.com, vegnews.com/recipes and budgetbytes.com (vegetarian or vegan recipes).
WASTE LESS FOOD

An estimated 40% of food in the U.S. is wasted in its journey from farms to consumers to the landfill, effectively squandering the equivalent of $165 billion (NRDC). Restaurants and institutions generate 43% of that waste (Food Waste Reduction Institute). Trimming food losses by just 15% would be enough to feed more than 25M Americans per year (USDA). Wasted food consumes 21% of US landfills and 21% of US agricultural water use while contributing 2.6% of national greenhouse gas emissions (typically methane, a powerful greenhouse gas). You can reduce the harmful impacts of food waste through prevention, food donation, and composting.


The estimated food waste of a typical family of four over just one month!

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh fruit and vegetables</td>
<td>24 pounds</td>
</tr>
<tr>
<td>Processed fruit and vegetables</td>
<td>10.5 pounds</td>
</tr>
<tr>
<td>Fluid milk</td>
<td>22 pounds</td>
</tr>
<tr>
<td>Meat and fish</td>
<td>10.4 pounds</td>
</tr>
<tr>
<td>Grains</td>
<td>18.5 pounds</td>
</tr>
<tr>
<td>Sweeteners</td>
<td>15 pounds</td>
</tr>
<tr>
<td>Fats and oils</td>
<td>8.6 pounds</td>
</tr>
<tr>
<td>Other food (includes eggs, peanut, tree nuts, dry beans, peas, and lentils, dairy other than fluid milk)</td>
<td>12.8 pounds</td>
</tr>
</tbody>
</table>

Food Recovery Hierarchy

For more info, visit acterra.org/healthy-plate
Ingredients
1 red kuri medium size pumpkin
2 tablespoons olive oil
2 tablespoons vegan butter
½ of a yellow or white onion, minced
½ shallot, minced
1½ to 2 cups of arborio rice
1 tsp of micro greens or green onion, minced (optional)
¼ cup dry white wine
4 cups of hot vegetable broth
1 cup grated vegan parmesan
Salt and pepper to taste

Directions

Baking a red kuri pumpkin
1. Preheat your oven to 375 – 400 degrees.
2. Wash the red kuri pumpkin.
3. Optional: Lightly coat the pumpkin in a cooking oil.
4. Place the red kuri pumpkin onto a baking tray and bake it in the oven for about 35 minutes to 50 minutes.
5. Cut the baked red kuri pumpkin into halves and remove the seeds.

Making the risotto
1. In a pan, heat the olive oil and vegan butter over medium heat.
2. Once the butter has melted, add your onions and shallot.
3. Cook the onions and shallot until they are translucent. This should take about two to three minutes.
4. Add your uncooked rice and mix it evenly in the pan so that it is coated with the oil and butter mixture.
5. Continue to cook the rice until it becomes translucent.
6. Cube one of your baked red kuri pumpkin halves and add it to the pot.
7. Add the dry white wine and vegan parmesan and let it cook with the other ingredients for a minute or two.
8. Start adding the vegetable broth one cup at a time. Stir continuously until the broth is absorbed and then continue to add vegetable broth until the rice is cooked and is at a consistency that you want.
9. Add salt and pepper to taste.

Assembly
1. Add the cooked risotto to your other pre-baked red kuri pumpkin half.
2. Garnish with micro greens or minced green onions.
Kenny Annis is a Bay Area restaurateur and vegan Chef. He currently is the owner of Sky Cafe, which is located at 223 Grand ave. in South San Francisco. Prior to opening this eatery, Kenny built and co-owned four other restaurants. The first was Disco Volante in downtown Oakland, the second was Nick’s Kitchen which he opened with his partner at the time, Chef Reina Montenegro. After Nick’s Kitchen, Chef Reina and Kenny opened Nick’s on Grand, and Nick’s on Mission. Nicks on Grand closed its doors in the fall of 2020, and Kenny re-opened in March of 2021 under a new name, and a slightly different concept.

Sky Cafe is named after Kenny Annis’s child, who also designed the cafe’s logo. The menu strives to celebrate the many diverse and beautiful cultures from around the world by focusing on international vegan cuisine. In a world with so much division, it is the goal of Sky Cafe to offer a safe and loving space for people of all stripes to come together, listen to some music, check out some art, and break bread...organic, non-GMO, vegan bread, that is.
Crystal Wahpepah’s Traditional Soup with Squash Blossoms

**Ingredients**
- 2 cups of hominy
- 1 stalk of celery
- 3 large carrots
- 1 yellow onion
- 1 butternut squash
- 1 tablespoon of salt
- 1 teaspoon of pepper
- Olive oil
- 2 squash blossoms to garnish
- 4 cups of water

**Directions**
1. Dice the celery, carrots, and onion.
2. Cut the butternut squash into cubes.
3. In a medium stock pot, add olive oil and warm over medium heat.
4. Add the diced veggies and cubed butternut squash into the pot and cook until tender.
5. Add salt, pepper, and water to the stock pot over high heat.
6. Once the water starts to boil, turn the temperature down to low and let the vegetables simmer to make a veggie stock.
7. Add the hominy to the veggie stock.
8. Stir the ingredients in the pot and let it boil over low heat for around 20 minutes.
9. Add squash blossoms as a garnish.
Crystal Wahpepah is an enrolled member of the Kickapoo nation of Oklahoma. She was born and raised in Oakland, California, on Ohlone land, surrounded by a multi-tribal, tight-knit, urban Native community. Crystal has observed and participated in her cultural food ways since she was a small child. Her work cannot be separated from her culture or identity as a Native American woman, daughter, grand-daughter, niece, aunt, mother and community member. In addition to Crystal’s inimitable experience with food in ancestral and community settings, Crystal has received extensive training from prominent organizations in Oakland and San Francisco on how to run her business. She received the Indigenous Artist Activist Award and has been inducted into the Native American Almanac for being one of the first Native American women to own a catering business. In 2016, she was the first Native American Chef to compete in the Food Network’s show, Chopped.

Wahpepah’s Kitchen  Crystal’s objectives for Wahpepah’s Kitchen are threefold: (1) to acknowledge that we live on stolen land; and (2) how that acknowledgement connects to the reclamation of Native food ways (food sovereignty); as well as (3) to educate communities and organizations on the health benefits of Native food ways using the knowledge passed onto her. Her ingredients come from people and lands to which she is connected and has a relationship. She views her business as a portal to food sovereignty and a reclamation of ancestral knowledge in Native and Indigenous communities. Crystal has plans for herself and her community that give voice and claim ground for an ethical and sustainable way to nourish ourselves on this planet. Wahpepah’s Kitchen Restaurant will open in Oakland, California, in November 2021.
Martin Yan’s Rainbow Vegetables Over Noodle Pancake
Makes 6 – 8 servings

Directions
1. Combine sauce ingredients in a medium bowl; set aside.
2. Cook noodles according to package directions until tender but firm to the bite. Drain, shaking off excess water. Sprinkle with sesame oil. Set aside.
3. Preheat oven to 200° F. Place a wide frying pan with a nonstick finish over medium-high heat until hot. Add 1 tablespoon cooking oil, swirling to coat surface. Spread half the noodles over bottom of pan. Press noodles into a firm pancake about 8 inches in diameter. Cook until bottom is golden brown, about 5 minutes. With a wide spatula, carefully turn pancake over. Add 1 more teaspoon cooking oil around the edges of the pan and cook until the other side is golden brown, about 3 more minutes. Remove noodle pancake to a large heat-proof serving platter and keep it warm in the preheated oven. Repeat with remaining noodles and 1 more tablespoon cooking oil.
4. Place a wok or stir-fry pan over high heat until hot. Add remaining cooking oil, swirling to coat sides. Add garlic and ginger; cook, stirring, until fragrant, about 10 seconds. Add carrot, mushrooms, cabbage, cloud ears, bean curd and green onion; stir-fry for 2 minutes. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens. To serve, arrange stir-fry mixture over noodle pancakes.

Ingredients

Sauce
½ cup vegetable broth
1 tablespoon soy sauce
2 tablespoons vegetarian mushroom-flavored stir-fry sauce

12 oz fresh noodles
2 teaspoons sesame oil

4 tablespoons cooking oil
1 teaspoon minced garlic
1 teaspoon minced ginger
1 small carrot, peeled and cut into matchstick pieces
6 fresh shiitake mushrooms, thinly sliced
½ cup shredded cabbage
1 ounce fresh cloud ears, trimmed and sliced (optional)
1 piece pressed bean curd, cut in half horizontally and cut into matchstick pieces
1 green onion, cut into 2-inch pieces
1½ teaspoons cornstarch dissolved in 1 tablespoon water

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Martin Yan is a Culinary Master Chef, food consultant, chef instructor, prolific author with 30 best-selling titles, and a true pioneer in Chinese/Asian cooking programs on television. His tv show, The Yan Can Cook Show has won two consecutive James Beard Awards for Best in Food Journalism. It is one of the continuous longest-running cooking programs in the world, educating and entertaining generations of viewers since 1978. Yan’s flagship restaurant, M.Y.China in San Francisco, was a highly rated culinary hot spot offering an authentic Chinese dining experience. He is a scholar, gentleman, and motivational speaker. A tireless promoter of East/West cultural exchanges as well as numerous worthy social causes in global sustainability and wildlife preservation.

Yan Can Cook, Inc.  What began as a small cooking school in Foster City, California soon evolved into the award-winning Yan Can Cook Show. And that was only the beginning. In the past three decades, Yan Can Cook has grown into a fully integrated culinary tour de force with a wide global reach. Today, Yan Can Cook, Inc. is the umbrella brand for Yan’s award-winning flagship series – The Yan Can Cook Show, hundreds of popular Martin Yan cooking and travel programs produced and aired in China and Southeast Asia, gourmet and casual dining establishments in both China and the U.S., corporate and personalized gourmet tours to China and other Asian destinations, dozens of best-selling cookbooks, popular merchandising lines of cookware, artware and grocery items, a much in-demand entertainer, product spokesman, corporate event host and motivational speaker, and a full-service culinary consulting company.
Shruti Boddu’s Masala Chai Kheer Jars

**Directions**

**Masala chai cookies (can be made the day before assembly)**
1. Preheat oven to 360F.
2. Mix flour, baking soda, salt and chai masala in a mixing bowl using a hand whisk.
3. Separately, whisk together the wet ingredients – maple syrup, coconut oil and vanilla essence.
4. Add dry ingredients to wet and whisk well.
5. Roll into 12 medium-sized balls.
6. Place them on the baking sheet. Be sure to leave 2 inches between them as they will spread upon baking.
7. Bake for 10-12 mins until brown.
8. Let the cookies cool on a wire rack. They will harden as they cool.

**Kheer (to be made the day before assembly)**
1. Soak sago in water for 30-45 minutes.
2. Start by heating the coconut milk in a heavy-bottomed pan. Let it boil
3. Then add the soaked sago and saffron.
4. Continue boiling until the sago is fully cooked/soft, which may take 30 mins.
Stir every few minutes. You can add the sugar halfway through at this point.
5. Turn it off and let it cool before placing it in the fridge overnight.
6. The kheer will thicken overnight in the fridge.

**Assembly day:**
1. First make the whipped coconut cream: Open the chilled coconut cream can. A layer of thick cream will have formed overnight. Use a spoon to scrape out the cream.
2. Beat for about a minute or until it resembles whipped cream, using a stand/hand mixer. Add the maple syrup and ground cardamom powder and continue mixing for another minute or so.
3. In the meantime chop your pistachios and candied ginger.
4. Crush or crumble the masala chai cookies into smaller pieces.
5. Assemble by first layering 3-4 tbsp of kheer at the bottom of your mason jar. Top it with half a crushed cookie. Layer with another 3-4 tbsp of kheer and more crushed cookie.
6. Add a layer of cardamom whipped coconut cream.
7. Top with chopped pistachios, candied ginger, and loose chai masala.

continued on next page
Shruti Boddu is the founder of Shrú’s Kitchen. Shruti spent most of her childhood and early adulthood split between India, the US and Singapore. She believes this widened her appreciation of different flavors. Her experiences also led her to adopt a cruelty-free and plant-based lifestyle. After realizing how hard it was to find a good, flavorful plant-based cake, she tip-toed into the world of baking by making vegan cakes for friends and family. Eventually, Shrú’s Kitchen was born. Shruti loves incorporating Indian flavors from her childhood into her baking and is always on the hunt for new inspirations.

Shrú’s Kitchen aims to provide vegan cakes that balance health and taste. They use a minimalistic approach in both ingredients and aesthetic. Simple, organic and sustainably sourced ingredients bring out the best in our cakes and flavors. Shruti Boddu started Shrú’s Kitchen to share vegan recipes with her friends and family, but soon realized that her true passion lay in creating delicious vegan baked goods for vegans and non-vegans alike. One of her main goals is providing wholesome, plant-based baked items to the local community. They strive to use organic ingredients wherever possible and will make healthier substitutions upon request. Outside of their classic chocolate and vanilla flavors, they love creating tea and floral flavors that are rich, aromatic and tickle all your senses.

While Shruti’s focus with Shrú’s Kitchen is to sell vegan baked goods, she hopes that you come across recipes and pictures on her blog that inspire you to cook a simple, healthy and quick plant-based meal after a long day at work.

**Notes:**
- These jars are the perfect dessert for dinner parties.
- The kheer and masala chai cookies can be eaten separately as their own dessert! This works great if you have leftovers after assembly.
- For the kheer, just top with cashews, almonds or pistachios. Traditionally, it is eaten warm as well.
- Have the masala chai cookies with your cup of morning tea.
Alicia Casas’s Filled Churro Cupcake

Ingredients

Churro Cupcake
1 1/4 c all-purpose flour
1/4 c whole wheat pastry flour (can replace with all-purpose flour)
2 tsp cinnamon
1 tsp baking soda
1/2 tsp salt
1/2 c non dairy milk (soy, almond, or oat)
1/4 c mineral water (or soda water)
2 tbsp apple cider vinegar
1 c cane sugar
2 tbsp brown sugar
1 tbsp vanilla extract
1/2 c canola oil
Cinnamon & Sugar mix to sprinkle on top

*Can replace flours above with gluten free flour (Bob’s Red Mill 1-1 GF flour works great)

Cinnamon & Sugar Mix
2 tbsp sugar
2 tsp ground cinnamon

Caramel frosting
1/2 c vegan butter
1 c dark brown sugar
1/4 c non-dairy milk
1/4 tsp salt
1 tsp vanilla extract
2 c powdered sugar

Coconut Whipped Cream
1 15oz can Nature’s Charm Coconut Whipping Cream
1/3 – 1/2 c powdered sugar
Or any ready-made vegan whipped cream

Directions

Churro Cupcake
1. Preheat oven to 350 F. Line a dozen cupcake baking pan with cupcake liners.
2. In a bowl, mix the non-dairy milk, mineral water, apple cider vinegar, cane sugar, brown sugar, and vanilla. After those are mixed, add the oil to combine.
3. In a separate bowl, sift in the all-purpose flour, whole wheat pastry flour, baking soda, ground cinnamon, and salt. Mix to combine.
4. Pour the wet ingredients into the dry ingredients slowly, mixing with a whisk or electric hand mixer as you pour in order to avoid clumps. A few small clumps are ok. Do not overmix.
5. Fill cupcake liners 2/3 full. A 1/3 measuring cup works well, or an ice cream scoop.
6. Bake for 3 minutes. Carefully pull out the oven rack with the cupcake pan far enough where you can comfortably sprinkle the cinnamon & sugar topping on each cupcake. Carefully push the rack back in.
7. Continue baking for 11-15 minutes. Check if the cupcakes are done by poking a toothpick or small knife at the center of a few cupcakes, making sure it comes out clean.
8. Allow to fully cool before using an apple corer to make about an inch hole in the middle of each cupcake.
9. Using a piping bag, fill each cupcake just over the brim with a caramel frosting or coconut whipped cream, just like a filled churro!

Caramel frosting
1. In a saucepan over low heat, melt butter, brown sugar, milk, and salt together.
2. Bring to a gentle boil for 3 mins, whisking occasionally.
3. Remove from heat, stir in vanilla and let cool for about 5 minutes.
4. Beat in sifted powdered sugar to mixture 1 c at a time.
5. Allow to fully cool and firm up in order to pipe into cupcake holes. If the frosting is too loose, refrigerate it for 10+ minutes, then pipe when it firms up.

Coconut Whipped Cream
1. Refrigerate Nature’s Charm Coconut Whipping Cream can for about 1 hour.
2. Place bowl and hand mixer’s beaters in the freezer for 20+ minutes.
3. Scoop out and pour can’s contents into the frozen bowl and whip for a little less than a minute.
4. Sift in 1/3 c to 1/2 c powdered sugar (depending on desired sweetness).
5. Beat just until whipped cream has fluffed up and combined with the powdered sugar.
6. Refrigerate for 4+ hours (preferably overnight) before using.
Alicia Casas was born and raised in the East Bay, the daughter of a first generation mother with roots in San Luis Potosí, México and an immigrant father from Zacatecas, México. She is an educator and vegan baker who believes both education and veganism have the power to uplift individuals and communities. Alicia has been an educator in San José for 14 years, teaching in public institutions, both K-12 as well as higher education. She is also the owner and head baker of Jaguar Baker an all vegan bakery based in the South Bay that opened in 2017 and has temporarily closed this year, 2021. She is looking forward to veganizing more pan dulce recipes, as well as beginning the journey of finding Jaguar Baker a permanent home; a welcoming place where families and community members can gather to enjoy each other’s company while enjoying some plant based pan dulce and treats!

Jaguar Baker is a family operated, all vegan bakery that specializes in Mexican pan dulce, ranging from traditional to modern flavors and forms. This vegan bakery opened in 2017, operated from a small commercial kitchen, and served primarily at San José’s Japantown Farmer’s Market until March 2020. From March 2020-July 2021 JB served the community from their commercial kitchen through online order pick ups and walk-ins. Jaguar Baker greatly enjoyed being part of the Japantown community, as well as part of the Bay Area vegan and justice communities, where they popped up at various festivals and events, demonstrating to vegans and non-vegans alike that Mexican pan dulce and treats can simultaneously be conscious and delicious! Although they are temporarily closed, these bakers are looking forward to returning to the South Bay, stronger than ever, with an all-vegan panadería!