

Saturn House Cookbook



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2017



1 year of cooking communal vegan, gluten free
and grain free meals

The White Rabbit sugar free chocolate cake

From Norman the White Rabbit

2 1/4 C flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

2/3 C honey
1/2 C butter
1 tsp vanilla
2 eggs
3/4 C buttermilk
cocoa

Cream honey, butter, vanilla,

Separate eggs whip whites into peaks*

Beat yolks, add to honey and butter

Add to flour and dry ingredients with buttermilk

*Because there are other leavening agents I do not separate and whip the eggs. I have also used normal milk instead of buttermilk.

Bake for 1 hour at 350f



Mission statement

In December 2016 we came together to live a 6233 Willow street Halifax. In this four-storey house, built to shelter staff to the abandoned church next door, we found an ideal opportunity to live collectively: sharing food and meals, labour, emotional support, our music, and to strive to live as ecologically-sound, low-impact and intersufficiently as possible. This is an ongoing journey you can find documented at Saturn House on facebook.com.

Our residents' diets provided a unique challenge and opportunity to cuisine, with members being vegan, vegetarian, locavore, and paleo. Most of these recipes can be shared by all, a few are shared for being fast, tasty and convenient

We hope you like this and find it useful, and thank you for helping us attain a position which no longer sabotages Spaceship Earth, and without meaningful support from any level of government.

Sweet potato pie

Blend together:

2 pumpkins, peeled, roasted, cored and mashed. Protip: I simply cut the whole pumpkin in half and roast, then proceed with easier coring and peeling when it's done.

4 diced peeled and cooked yams or sweet potatoes

1/2C sugar or dry sweetener

1C coconut milk

2Tbsp coconut oil

2Tbsp tapioca or arrowroot starch for thickening

Pumpkin spice:

1 Tsp cinnamon, 1 Tbsp ginger, 1/4 Tsp nutmeg, 1/4 tsp cloves

Pour mixture into gluten-free Granola pie crust or just an oiled pan.

Bake at 375 f for one hour

Blended frozen banana, soaked dates and cocoa powder



Paleo Acorn Bread

A hearty and nutritious bread similar to roggenbrot, dark rye or sprouted grain bread. Acorns are very nutritious, containing all acorns contain large amounts of protein, carbohydrates and fats, as well as calcium, phosphorus and potassium, folate, and niacin. (Wikipedia). Humans have supported themselves on acorns long before other forms of agriculture became practiced.

- 1C prepared acorn flour
- 1.5 - 2 C soaked ground almonds (If you have whole almonds soak them overnight add just enough water to preground almonds to cover them and let soak for a few minutes. Or, use the rest from making almond milk).
- 1 tablespoon ground flax or other egg alternative
- 1/4 C coconut fat
- 1 teaspoon honey
- 1/4 tsp salt.
- Baking powder, if desired.

Combine dry ingredients, then add oil, honey and almond meal and mix, adding more water if required. Bake at 375 f for one hour.

Sugar, dairy and grain free cookies

This was submitted to the You Are Not So Smart podcast by mywholefoodlife.blogspot.com on February 16 2016.

Ingredients

- 1 cup pumpkin puree (canned pumpkin will work too)
- 1 cup cashew butter
- $\frac{3}{4}$ cup cocoa powder
- $\frac{1}{4}$ cup maple syrup
- 2 tsp cinnamon
- $\frac{1}{2}$ cup mini chocolate chips (For a sugar free option you can use cacao nibs) (I use EnjoyLife dark chocolate because it is dairy free).

1. Preheat oven to 350.
2. Mix all ingredients, except the chocolate chips in the food processor. Once smooth, add in the chocolate chips and pulse a few times to mix them.
3. Place the food processor container in the fridge so the mixture can firm up a bit. About 10 minutes.
4. Once the mixture is firm enough to scoop, drop cookies onto a lined baking sheet. I used a cookie scoop for my cookies. (I use a spoon, hence why they look like poop!)
5. Bake for 12 minutes.
6. Wait until the cookies are completely cooled before transferring them to an airtight container.

Prepared acorn flour

There are a few ways to do this, some people grind the acorn into flour before soaking others put baskets of peeled whole acorns in a running stream or a rain barrel. I find this way most convenient. In mid September, collect a few quarts of acorns from the white oak, which has less bitterness than those of the red oak (though this also can be used).

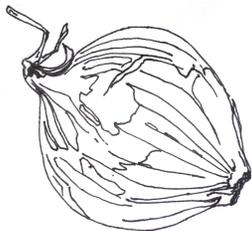
If you can't prepare them immediately, put acorns in the freezer to kill grubs and keep them from ruining more acorns than they already have. Avoid acorns with holes in them or broken shells. Peel the acorns. I find this easiest to do after chopping them in half. Be careful cutting the curved, hard surfaces not to have the knife slip.

Chop coarsely into 1cm chunks or smaller. Fill a kettle with water and bring to a boil.

Boil some of the water on the stove, then drop in the acorns. Boil these for 10 minutes, then strain and dump out the water. Add more hot kettle water to the acorns and boil for another 10 minutes. Do this one more time. Now you're done. The bitterness will all go into the water.

Dry the acorns in the oven on low.

Crush the acorns into a flour and keep in a sealed container in a cool dry place. They will stay good this way until next season.



Cauliflower Couscous

Submitted by the Vegan Pigeon's raw vegan blog on Instagram

Ingredients:

One half head of cauliflower (or substitute 2 cups of finely chopped carrots, parsnip or broccoli stalk)

1 Tbsp olive oil
1 tsp lemon juice
1 pinch of salt
ground black pepper to taste

Rough chop the cauliflower then put in a food processor

Combine all ingredients in a bowl

Veg Medley

1 cup cherry tomatoes cut into quarters
1 cucumber medium sized chopped
1C fresh parsley, chopped
1 Tbsp nutritional yeast
1 Tbsp finely chopped fresh chives
salt and ground black pepper to taste
1 tbsp lemon juice
1 tbsp olive oil
1/4 C spiced chick peas (optional)

Toss and combine with "couscous"



Fast felafel with besan flour

Ingredients

1c chickpea flour	1/2 tsp onion powder
2 tbsp fresh parsley	3 T lemon juice
1/4 tsp baking soda	1/4 c hot water
1/4 tsp salt	oil for frying
1/2 tsp cumin	

If you are doubling or tripling this recipe, add the water slowly, until the batter is like cookie dough. Then fry in a pan and serve with tahini

Bean salad

We use cooked broadbeans, snap beans, cooked broccoli or cooked gluten free rice pasta. Combine these with chopped red onion, garlic, 1 stalk of celery, 2 Tbsp salad oil, 3 Tbsp cider vinegar, and 1 tsp of dry or prepared Dijon mustard. Let marinade overnight.

Maya mix

For quiche, diced potatoes or taco filling

Combine to taste:

Sugar, cayenne red pepper, salt, paprika, black pepper, thyme, and dry ginger or lemon pepper.

Soup herb mix

1/4 C dry parsley,	2 Tbsp lovage
1/2c oregano	1/4C savoury,
1/4C basil leaf,	1 Tbsp ground pepper
bay leaf (optional)	

A mix of herbs to throw into soup, stew, on potatoes, and more!

Seasonal Spaghetti Sauce

In the autumn Jentachi likes to support local farmers and can spaghetti/pizza sauce. It doesn't fill our whole need for tomato sauce but it helps.

for every quart of tomatoes:

chop and fry one onion, 3 or 4 cloves of garlic, and some soup herb mix.

When the onions are translucent add :

- 1 tsp salt,
- 2 Tbsp sugar,
- 1/4C apple cider vinegar and
- A squirt of lemon juice.

Preserve in mason jars in the usual manner

Vegan/veggie "Crowd-pleaser" sheperd's pie

Ingredients

French green lentils	Celery
Potatoes	Tomatoes
Onions	Any other vegetables
Garlic	

In a pot add lentils and enough boiling water to cover them, then simmer

Fry up onions until translucent and caramelized, gradually add garlic, celery, chopped tomatoes

Cube potatoes and boil until soft, then mash add whatever mashed potato additives you please (salt, butter, coconut oil, nutritional yeast, etc)

When lentils are soft, rinse then add spices and salt and more liquid (1/2 c of broth, stock or water), taco spice or maya mix. Simmer a couple more minutes.

In a large pan add lentils, then veg mix, then potatoes. Brush oil on top layer of potatoes for a crispy layerbake for 30 minutes at 375. Optionally, top with grated cheese.

Dragon sauce

This recipe seems to have taken the vegan world by storm, served at such restaurants as Aux Vivres, Envie, and the Wild Leek. Ideal for pilaf, salad, potatoes, braised tofu or stir fry

Sauce base:

Mix 2 tablespoons of Red Star type nutritional yeast with 1 Tbsp honey or maple syrup and 1 Tbsp gluten free tamari.

When the nutritional yeast has dissolved, mix in 1/4C of tahini.

Pre-mix 1/2C vegetable oil and 1/2C water.

Now, with a blender, mix the sauce base and slowly pour in the water and oil until all is well emulsified.

This recipe will stay good in the fridge but may separate. Simply blend again if this happens. Garlic and ginger are optional

Vegan ground beef

For mung beans, tvp or tofu in small cubes

Fry garlic and one onion until translucent. Add oregano, thyme and rosemary if you want.

Add your protein (with enough water if you are using mung beans) and add 2 Tbsp molasses, 1/4 C vinegar, 2 Tbsp tamari and nutritional yeast. Simmer until most of the liquid is gone and your protein is juicy with gooey sauce. Use in shepherd's pie, stir fry, dumplings and more.