EAT FOR GOOD
RECIPES FOR EATING AND SHOPPING SUSTAINABLY

OXFAM
EAT FOR GOOD: OXFAM’S GUIDE TO SHOPPING AND EATING SUSTAINABLY

Ending world hunger won’t happen overnight. But every time you sit down to a meal, you have the chance to help transform our local food systems—one critical piece of reaching zero hunger. When you Eat for Good by shopping and eating more sustainably, you’re making change happen: supporting local farmers, strengthening local food supply chains, and eating more seasonally in harmony with our natural environment.

This special Eat for Good e-book is a collection of recipes that have been contributed to Oxfam over many years by incredible chefs, artists, and activists that support Oxfam’s mission to fight inequality to end poverty and injustice. Each aligns with a specific Eat for Good principle—save food, shop seasonal, eat less meat, support farmers and farm producers, and cook smart.

Explore these recipes with your friends and family—and don’t keep it a secret! Send us your cooking photos and reflections by tagging @OxfamAmerica.
Oxfam’s Eat for Good Principles

**Save Food**
By planning your meals, buying only what you need from the store, and saving your leftovers, you can reduce food waste and conserve resources so that everyone has enough to eat today and tomorrow.

**Shop Seasonal**
A lot of energy is wasted growing food in the wrong place or at the wrong time of year. Find out what grows seasonally near you and then make the smartest choices for your location and budget.

**Eat Less Meat**
Change the menu by making a vegetarian meal for yourself or your family at least once a week. Growing vegetables or beans uses far less water and land than raising animals, and reduces harmful greenhouse gas emissions too.

**Support Farmers and Food Producers**
Only a small percentage of what we spend on food actually reaches the people who farm and produce it. To help, look for products, brands, and restaurants that ensure small-scale farmers and workers get a fair deal.

**Cook Smart**
A few simple changes to the way you cook can reduce wasted water and energy. Try covering your pan with a lid, reducing the heat as soon as the water starts to boil, and unplugging your kitchen appliances when not in use.
ABOUT OXFAM

Oxfam is a global organization that fights inequality to end poverty and injustice. We offer lifesaving support in times of crisis and advocate for economic justice, gender equality, and climate action. We demand equal rights and equal treatment so that everyone can thrive, not just survive.

The future is equal. Join us at oxfamamerica.org.
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SOUPS & STEWS
CELEERY ROOT SOUP
WITH CELERY AND BUTTERED CROUTONS
RECIPE CONTRIBUTED TO OXFAM BY CHEF ALICE WATERS, CHEZ PANISSE

INGREDIENTS
• 3 tablespoons plus 2 teaspoons butter
• 1 medium onion, diced
• 1 bay leaf
• 3 thyme sprigs
• 1 large or 2 small leeks, washed, sliced, rinsed, and drained in a colander
• 2 medium celery roots (about 1 pound), peeled, cut into quarters lengthwise, and sliced crosswise
• Salt
• 5 cups vegetable broth
• 3-4 celery stalks, strings removed, finely diced
• 1 cup bite-size pieces of country-style bread (crusts removed)

INSTRUCTIONS
Preheat oven to 350° F.

Place a heavy-bottomed pot over medium heat and add 3 tablespoons of butter. When melted, add the diced onion, the bay leaf, and the thyme sprigs. Cook until the onion is soft, without browning, about 12 minutes. Meanwhile, prepare the leek and celery root. When the onions are soft, add salt to taste, stir well, and add the leek and celery root. Cook, stirring now and then, until the celery root begins to soften, about 7 minutes. Then add 5 cups vegetable broth, bring to a boil, reduce heat, and simmer until celery root is quite soft, about 20 minutes.

While the soup is cooking, blanch the diced celery stalks in salted water for 1-2 minutes (until translucent green but still crunchy), drain, and spread on a plate to cool. Next, toss the bread pieces with 2 teaspoons of melted butter, spread on a baking sheet, and bake at 350° F until crisp and golden, about 12 minutes.

When the soup is ready, remove thyme sprigs and bay leaf and purée in a blender. Taste and add salt as needed. If soup is too thick, thin with chicken stock or water.

Serve in warm bowls with the diced celery and croutons.

YIELD: About 2 quarts

SHOP SEASONAL
Celery root is in season throughout the fall and winter. This easy-to-prepare and delicious soup is sure to be a crowd pleaser!
GREEN GAZPACHO WITH MANGO SALAD

RECIPE CONTRIBUTED TO OXFAM BY CHEF AND OXFAM SISTERS ON THE PLANET AMBASSADOR ALEJANDRA SCHRADER

INGREDIENTS

MANGO SALAD
• 1 cup fresh mango, diced
• ½ cup English cucumber, peeled, seeded, and diced
• 1 tbsp red jalapeño, seeded, finely minced
• 1 tbsp shallots, minced
• 2 tbsp lime juice
• extra virgin olive oil
• coarse sea salt

GREEN GAZPACHO
• freshly ground pepper
• 2 cups English cucumber, coarsely chopped (peeled/seeded)
• 2 Hass avocados, chopped
• ¼ cup lemon juice, freshly squeezed
• 2 tbsp scallion greens, chopped
• 2 tbsp cilantro, chopped
• 2 tbsp mint, chopped
• 1 tbsp shallots, chopped
• ¼ cup extra virgin olive oil

PREPARATION

MANGO SALAD
In a small bowl, mix the mango, cucumber, red jalapeño, shallot, and lemon juice. Drizzle with olive oil (about a tbsp) and season with salt and freshly ground pepper to taste. Toss to coat and set aside.

GREEN GAZPACHO
Using a food processor (or a blender), combine all ingredients and process until mixture is smooth, for 1-2 minutes. Taste, then adjust seasoning and consistency* if necessary. Transfer to a bowl and cover tightly with plastic wrap. Serve chilled.

*You may add water by the spoon if it is too thick and to reach desired consistency.

SAVE FOOD
This refreshing salad includes a ton of ingredients—mint, cilantro, and scallion greens—that you may have leftover in the fridge.
KALE AND TOMATO STEW
RECIPE CONTRIBUTED TO OXFAM BY AMANDA FREITAG

INGREDIENTS
• 3 tablespoons olive oil
• 1 Spanish onion
• 1 teaspoon kosher salt
• ¼ teaspoon red pepper flakes
• 6 cloves garlic, sliced
• 1 large bunch green curly kale
• 3 cups chickpeas, cooked
• 4 cups chopped fresh plum tomatoes or canned stewed tomatoes
• 1 cup vegetable stock
• ¼ teaspoon black pepper

PREPARATION
• Remove ribs from kale and roughly chop leaves
• Peel and cut the onion into 8 wedges
• Peel and thinly slice the garlic

In a large, wide saucepot, heat the olive oil over medium heat and add the onion. Season the onion wedges with a pinch of kosher salt and cook for about 3 minutes. If the onions brown a smidge, it is OK, but we are not looking to caramelize them.

Add the red pepper flakes and the garlic, and continue to cook over medium heat for 2 minutes.

Add the kale and stir, coating the kale with the oil, onions, and garlic, and letting it wilt down for about 1 minute.

Add the chickpeas, tomatoes, and vegetable stock. Cook for at least 10 minutes, allowing all the flavors to come together.

Season with kosher salt and black pepper to taste, and add more spice if you like an extra kick.

Swiss chard is a great substitute for kale, and if you are feeling really leafy, try using BOTH!

YIELD: 4–6 servings

EAT LESS MEAT
This one-pot meal made up of delicious greens addresses many of the five principles and is a satisfying alternative to a meat dish.

EAT FOR GOOD SOUPS & STEWS
SOUPS
RECIPE CONTRIBUTED TO OXFAM BY MECCA BOS

Give yourself permission to “half-way cook” and embrace the power of ramen.

INSTRUCTIONS
Buy your ramen or instant noodle of choice. I prefer Udon purchased in Asian markets. I make this recipe at least twice a week because it requires very few ingredients aside from pantry items and leftovers. It’s the perfect meal for one or two people (if serving two, make sure you have two packets of noodles)!

Prepare noodles according to package directions. Save the seasoning package for another use (pro tip: stir into a cup of sour cream for an instant chip dip). I tend to season my noodles with equal parts sesame oil, rice wine vinegar, Tamari, and coconut milk or peanut butter. That said, soups are as personal as you are. Kimchee, meat or vegetable stock, hot sauces, and citrus are also excellent additions. Next, add whatever vegetable odds and ends, or leftovers you have in the refrigerator. This is an excellent use for leftover rotisserie chicken, fish, or nothing at all—it’s great on its own as well. Or, crack an egg into the piping hot bowl. You won’t believe how good it is.

YIELD: servings for 1-2 people

Mecca Bos is a Minneapolis-based food writer and chef. Mecca’s work can be found online at www.meccaboswrites.com
TOMATO-AND-GARLIC SOUP
RECIPE CONTRIBUTED TO OXFAM BY MARK BITTMAN

INGREDIENTS
• 1 chopped onion
• 1 chopped carrot
• 2 tablespoons tomato paste
• 2 tablespoons minced garlic
• 3 tablespoons olive oil
• 3 cups tomatoes
• 3 cups water
• Salt and pepper to taste
• Chopped or torn basil

INSTRUCTIONS
You’ll want to use a 2.5- to 4-quart (medium or large) pot.

If you want a supersmooth soup, use a standing blender—let the soup cool a bit first—which creates a finer purée than an immersion blender does; you might even strain the soup after puréeing it.

Garnishes are all optional, though herbs add a dimension that will be lacking otherwise. If you taste as you’re cooking, you’ll be fine, because there is really nothing to go wrong here.

Sauté onion, carrot, tomato paste, and garlic in olive oil for 5 minutes.

Add tomatoes and water, and salt and pepper to taste. Boil, lower the heat, and simmer for 15 minutes.

Garnish with lots of chopped or torn basil.

YIELD: 4 servings

HEIRLOOM TOMATO AND TURMERIC YOGURT SALAD

RECIPE CONTRIBUTED TO OXFAM BY CHEF PREETI MISTRY

INGREDIENTS
• 1 cup Greek yogurt
• 1 tsp turmeric powder
• 1 tsp cumin seeds, lightly toasted and ground
• ½ tbs salt
• 4 to 6 medium size heirloom tomatoes, cut into large wedges
• ½ pint cherry tomatoes, halved

GREEN GODDESS DRESSING
• 2 cloves garlic
• 1 bunch chives, roughly chopped
• 1 bunch tarragon leaves
• 2 tbs whole plain yogurt
• ¼ cup white wine vinegar
• 1 tsp salt
• 1 tsp fresh ground black pepper
• 1 cup neutral oil

INSTRUCTIONS
Mix the yogurt, turmeric and cumin in small bowl. Season with ½ tablespoon salt and set aside.

TO MAKE THE DRESSING
Place the garlic, chives (hold one back for garnish), tarragon, yogurt and vinegar in a blender and puree until smooth. Add the salt and pepper. Pour the oil into a running blender in a slow steady stream. The dressing will emulsify into a creamy light green vinaigrette.

TO ASSEMBLE THE SALAD
Spread the turmeric yogurt on the bottom of each plate. Toss the tomatoes with the vinaigrette and a pinch of salt. Then arrange the tomatoes on top the yogurt. Finely chop chive and sprinkle on top of the dressed tomatoes. Serve immediately.

CREDIT: This recipe was adapted from The Juhu Beach Club Cookbook by Preeti Mistry and Sarah Henry.
Lentil Herb Salad

Recipe Contributed to Oxfam by Jocelyn Ramirez of Todo Verde

Ingredients

Salad
- 1 cups lentils, rinsed and strained
- 2 cups water
- 1 bay leaf
- 2 tbsp cooking oil
- ¾ lbs jicama, ¼ inch dice
- 1/2 lb ripe roma tomatoes, ¼ inch dice
- 1 bunch cilantro, minced
- 1 bunch parsley, minced

Dressing
- 1/3 cup tahini
- 2 tbsp lemon juice
- 1/4 cup olive oil
- pinch chili flakes
- salt to taste
- pinch pepper
- 1/4 cup water, room temperature

Garnish
- 1 tbsp black sesame seeds
- 1 tbsp brown sesame seeds
- 1 tbsp pumpkin seeds, toasted
- 3 cilantro sprigs

Instructions

For the Salad
Preheat a medium pot to medium heat. Add the lentils, water, oil, bay leaves, and salt into pot. Stir the mixture, and place a lid over the pot slightly ajar. Cook on medium heat for 15-20 minutes until the lentils are tender. Strain the lentils, and allow to cool. Add the lentils to a medium bowl, and add the jicama, tomatoes, cilantro, and parsley. Slowly fold the ingredients together from the outside towards middle of the bowl to avoid cutting into the lentils.

For the Dressing
Add the tahini, lemon juice, olive oil, chili flakes, salt, pepper to a mixing bowl. Whisk ingredients together until smooth. Add the room temperature water to loosen if necessary.

Add the dressing to the salad ingredients and gently fold together. Serve in large dish and top with sesame seeds, pumpkin seeds, and a few sprigs of cilantro.

Additional Options
If jicama is not available, you can substitute with a crunchy apple, sun chokes, or Asian pear. Use your favorite lentil variety. If you use different types of lentils, they may require different cooking times.

Yield: Serves 4

Eat Less Meat
Jocelyn Ramirez’s recipe combines lentils, earthy herbs, crunchy jicama, and tahini citrus dressing for a hearty vegetarian meal.

Eat For Good Salads
ROASTED SWEET POTATO SALAD WITH RED PEPPER VINAIGRETTE
RECIPE CONTRIBUTED TO OXFAM BY MARK BITTMAN

INGREDIENTS
• 4 large sweet potatoes
• 1/2 cup extra virgin olive oil
• Salt and freshly ground black pepper
• 1/4 cup red wine vinegar or sherry vinegar
• 1 medium red bell pepper, cored, seeded, and quartered
• 2 teaspoons ground cumin
• 1 tablespoon grated orange zest (optional)
• 1/2 cup sliced scallion
• 1/2 cup minced fresh mint or parsley leaves
• 1 or 2 fresh minced chiles (jalapeño, Thai, serrano, or habanero), or to taste
• 1/4 cup raisins (optional)

INSTRUCTIONS
Preheat the oven to 400°F. Peel the sweet potatoes and cut them into bite-sized pieces. Put them on a baking sheet, drizzle with 2 tablespoons of the oil, and toss to coat. Sprinkle with salt and pepper and roast, turning occasionally, until crisp and brown outside and just tender inside, about 30 minutes. Remove and keep on the pan until ready to dress.

Make the dressing while the potatoes cook. Put the remaining 6 tablespoons oil in a blender, along with the vinegar, bell pepper, cumin, and zest if you’re using it. Sprinkle with a little salt and pepper. Purée until smooth.

Toss the warm potatoes with the scallion, mint, chiles, and raisins if you’re using them. Add 1/2 cup of the dressing and toss to coat, adding more if necessary. Taste and adjust the seasoning. Serve immediately or at room temperature.

The red pepper dressing is tart, sweet, and spicy, with a touch of cumin. This is best served warm or at room temperature, though of course you can refrigerate and serve it up to a day later, as long as you take it out of the refrigerator beforehand to take the chill off.

YIELD: 4 servings
TIME: About 45 minutes

SHOP SEASONAL
This recipe showcases the sweet potato, typically thought of as a fall vegetable. The sweet potato’s peak season begins in late October and ends sometime in March. Eating foods grown locally and in season saves energy, which helps reduce greenhouse gas emissions.

CREDIT: Recipe contributed to Oxfam by Mark Bittman from How to Cook Everything Vegetarian
VERSATILE WINTER SALAD OF ROASTED VEGGIES AND GREENS

RECIPE CONTRIBUTED TO OXFAM BY SUSIE MIDDLETON

INGREDIENTS

FOR THE SALAD:
• 3 tablespoons coarsely chopped dried cherries, cranberries, raisins, or other dried fruit
• 1½ pounds mixed winter veggies, cut into small dice (choose from potatoes, sweet potatoes, beets, carrots, parsnips, turnips, butternut squash, and delicata squash) (about 5 to 6 cups)
• 4 tablespoons grapeseed oil or light olive oil
• Kosher salt
• 6 to 7 cups combination mixed winter greens (such as baby kale, escarole, arugula, mustard, sturdy lettuces, or spinach)

FOR THE DRESSING:
• 1/3 cup extra-virgin olive oil
• 2 tablespoons sherry vinegar, balsamic vinegar, white balsamic vinegar, or cider vinegar
• 1 tablespoon maple syrup
• 1 tablespoon minced crystallized ginger (optional)
• 1 teaspoon coarsely chopped fresh thyme leaves (or other fresh herb)
• ½ teaspoon Dijon mustard
• 1 teaspoon fresh lemon or lime juice (more to taste)
• ½ teaspoon lemon or lime zest

TOPPINGS:
• Freshly ground black pepper
• ¼ to ½ cup crumbled or coarsely grated good-quality blue cheese, feta cheese, goat cheese, aged Gouda, or Parmesan
• ¼ cup chopped toasted pecans, walnuts, almonds, or hazelnuts

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SHOP SEASONAL

Look for these veggies in your winter CSA to bring this delicious salad to life during the holiday season.
VERSATILE WINTER SALAD OF ROASTED VEGGIES AND GREENS

INSTRUCTIONS
Put the dried fruit in a small bowl. Cover with 2 tablespoons hot water and let soften.

Heat the oven to 450° F. Line two large, rimmed, heavy-duty baking sheets with parchment paper. In a mixing bowl, combine the veggies, the 4 tablespoons grapeseed or olive oil, and a scant teaspoon of kosher salt. Toss well and spread in one layer on the two baking sheets. Roast, rotating the sheet pans once (and flipping the vegetables with a spatula if you like), until the veggies are nicely browned and tender, about 28 to 30 minutes. Let cool for a couple minutes and then combine in a mixing bowl.

Put the salad greens in another large mixing bowl. Sprinkle with ¼ teaspoon salt. Have a serving platter ready.

For the vinaigrette, in another bowl, whisk together the olive oil, vinegar, maple syrup, crystallized ginger (if using), herbs, Dijon, lemon or lime juice and zest, a big pinch of salt, and half a pinch a few grinds of pepper. Drain the dried fruit and add it to the vinaigrette.

Drizzle a few tablespoons of the vinaigrette (with the dried fruit) over the greens, toss well, and arrange on a platter. Spoon the roasted veggies over the greens. Scatter the cheese and nuts over the top and drizzle with some of the remaining vinaigrette (you may not use it all). Serve right away.

Notes: Have fun creating your own custom salad combinations. Be sure to dice all the vegetables about the same size so that they will cook evenly. There’s no need to peel most root vegetables or even delicata squash, but you will want to peel butternut. Feel free to very gently warm the vinaigrette in a small skillet before using it.

YIELD: Serves 4
DRESSINGS & SAUCES
CARROT TOP PESTO
RECIPE CONTRIBUTED TO OXFAM BY CHEF MO L’ESPERANCE

INGREDIENTS
• 2 packed cups of clean, green, leafy carrot tops
• ¼ cup packed basil
• 2 sprigs tarragon (about a tablespoon)
• 3 minced garlic cloves
• 1/3 cup pine nuts
• ½ cup good-quality Reggiano cheese, grated
• ¾ cup extra virgin olive oil
• Salt and pepper to taste

INSTRUCTIONS
Place all ingredients except the olive oil in your food processor and pulse together. When combined, stream in the olive oil. Then add salt and pepper to taste. Use right away or store in an air-tight container with a small amount of olive oil on top of the pesto.

This recipe is great hot or cold, on a pasta salad, with sustainably caught fish, or just as a dip for a raw vegetable platter. The pine nuts can be changed out for pistachios or almonds, and to make this recipe vegan, just replace the cheese with raw cashews!

YIELD: 4–6 SERVINGS

SAVE FOOD
Extending the use of ingredients can reduce waste. Instead of throwing away your leafy carrot tops, consider making this delicious pesto.
LEMONY GREEK DRESSING
RECIPES CONTRIBUTED TO OXFAM BY MAGGIE ROSE

INGREDIENTS
• 1/3 cup fresh lemon juice
• 2/3 cup good olive oil
• 1 tbsp Italian seasoning or dried oregano
• 1 tsp honey

INSTRUCTIONS
This should yield quite a bit of lemony Greek dressing. I like to get a mason jar, add 1/3 cup fresh lemon juice, 2/3 cup good olive oil. Add 1 tbsp Italian seasoning or just dried oregano. Add 1 tsp honey to emulsify. Shake shake shake. Generously season with salt and pepper after dressing.

SHOP SEASONAL
Growing fruits or vegetables uses far less water and land than raising animals, and reduces harmful greenhouse gas emissions. This simple but delicious vinaigrette contributed by Maggie Rose goes well on any type of salad.

Recipe created by Maggie Rose for Oxfam and Eat for Equity’s annual BonnaROOTS dinner at the Bonnaroo Music & Arts Festival. Visit maggieroosemusic.com and eatforequity.org for more information.
INGREDIENTS

- ½ cup extra virgin olive oil
- 1 cup onion, chopped
- 1 cup shallot, chopped
- ½ cup garlic, minced
- 1 teaspoon salt
- 1 teaspoon black pepper, freshly ground
- 10 dried pasilla chiles negro, seeded and toasted*
- 1 ripe (black) plantain, roasted† and mashed
- 1 cinnamon stick
- 1 bay leaf
- 2 cardamom seeds
- 1 teaspoon cloves
- 2 quarts chicken stock
- 1 bunch cilantro, with stems
- ½ pound achiote paste, cut into chunks
- 1 jalapeño chile, stemmed
- 2 oranges, juiced
- 2 limes, juiced
- ¼ cup red wine vinegar
- ¼ cup balsamic vinegar
- ¼ pound dark brown sugar
- ¼ cup bittersweet chocolate chips
- ¼ cup honey
- 2 cups tortilla chips
- Salt, to taste
- Black pepper, freshly ground, to taste

* Toast seeded chiles on a baking sheet in the oven at 350 F for 2 to 3 minutes, just until they start to smell fragrant.

† Cut a lengthwise slit into the ripe plantain and toast it on a baking sheet in the oven at 350 F. Bake until the flesh is thoroughly soft and oozing through the slit, 40 to 50 minutes. Set aside to cool and then peel and mash.

INSTRUCTIONS

Add olive oil to a large stockpot over medium heat. Add onion, shallot, garlic, salt, and pepper, and sauté until soft and golden brown. Add remaining ingredients to pot and simmer for 30 minutes. Working in batches, puree in a blender until smooth. Strain back into a cleaned pot, taste, and adjust seasoning as necessary.

CHEF’S NOTE

At Border Grill, we love using this flavorful mole sauce for slow cooking our favorite meats in a 325 F oven until fork-tender. For a 5-pound pork butt [shoulder], cook about 2½ hours; for a whole, bone-in chicken cut into quarters, about 1½ hours.

Whatever's Clever Vinaigrette

Recipe Contributed to Oxfam by Sylvan Esso

Ingredients

- 1 Tbsp grated ginger (add more to taste)
- 1 minced shallot (depends on strength, but maybe 2 Tbsp)
- 2 Tbsp Dijon mustard
- 1/3 cup white wine vinegar (sub whatever kind of vinegar you want, start small and add to taste)
- 1/2 cup extra-virgin olive oil (again feel free to sub out for avocado or whatever delicious oil you’re into)
- 1 pinch of good salt
- Black pepper to taste
- Squeeze of lemon juice if you’re feeling it

Instructions

Before we even start, you have to know that none of these measurements are exact. Shallots all have different strengths! Mustards vary wildly! Sometimes ginger root is super tasty and sometimes it’s weird and has kind of been sitting in the produce section for a long time! Everything here should be to taste, and everything here can be swapped out for something that suits the meal more appropriately or for whatever you may have handy.

This is just a simple vinaigrette, do what you feel.

Put the ginger, shallot, mustard, vinegar, and lemon juice (if you’re using it) in a small sealable jar and shake them for a little while. Add the oil slowly bit by bit and keep shaking as it emulsifies, adding the salt and pepper whenever you like. Keep adding oil until you like how it tastes. You can refrigerate it for quite a while, at least a few weeks.

Yield: 8 servings

EAT LESS MEAT

Growing vegetables or beans uses far less water and land than raising animals, and reduces harmful greenhouse gas emissions. This simple but delicious vinaigrette contributed by Sylvan Esso goes well on any type of salad.

Recipe created by Sylvan Esso for Oxfam and Eat for Equity’s annual BonnaROOTS dinner at the Bonnaroo Music & Arts Festival. Visit sylvanesso.com and eatforequity.org for more information.

Watch a step-by-step video for this recipe
ENTREES & SIDES
ALL-THE-LEFTOVERS PIE
RECIPE CONTRIBUTED TO OXFAM BY MEI LI

INGREDIENTS
• 1 sheet puff pastry or pie crust, thawed and unrolled
• 2 tablespoons butter, olive oil or your fat of choice, plus more as needed
• 1 medium onion, chopped
• 4 cups mixed vegetables, such as root vegetables, stems or stalks, or more alliums or aromatics
• Kosher salt and freshly ground black pepper
• 1 tablespoon minced fresh herbs, such as thyme, oregano or rosemary, if desired
• ¼ to ⅓ cup flour, depending on how thick you like your sauce
• 2 ½ to 3 cups stock
• 4 cups cooked chopped or shredded chicken, turkey or meat of your choice
• 1 egg, beaten, or a splash of olive oil for brushing the pastry

INSTRUCTIONS
1. Heat your oven to 400 F. I like to use a skillet for this to do it all in one pan, but sometimes will transfer the filling to a baking dish. If you’re using a skillet, test to see if the pastry fits over your pan of choice (it should be oven-safe and roughly 9- or 10-inches wide) and if not, roll it out wider with a sprinkle of flour. (It’s ok if there are hanging edges or square corners hanging off a round skillet; a bit of extra pastry helps keep the entire crust from slowly slipping off the skillet edges and drowning under the gravy).

2. Heat your fat of choice in the skillet over medium heat. Add the onion and the other vegetables plus a large pinch of salt, a few grinds of pepper and any herbs. Cook for 6-8 minutes, stirring frequently, adding a bit more fat as needed if the pan seems very dry. Once the vegetables have softened, sprinkle the flour over the pan, stir to mix everything thoroughly, and cook until the flour is completely incorporated and starting to brown a bit on the bottom of the pan, about 3 minutes. Add 2 ½ cups of stock, stir and scrape the bottom, then let simmer and thicken for 5 minutes or so. If you want it saucier, add the remaining ½ cup of stock. Once the sauce has reached the consistency you find appealing, remove from heat and stir in the meat. Taste for seasoning and add more salt and pepper as needed.

SAVE FOOD
True to its name, this pie has a ton of ingredients that you may have leftover in the fridge.
ALL-THE-LEFTOVERS PIE

INSTRUCTIONS (continued)

3. Carefully drape the pastry over the top of the skillet, letting any extra dough hang over the sides. Lightly whisk the egg with a small splash of water and brush over the top of the crust. Poke a few slits or holes in the top to let steam escape and place in the oven. (If the skillet is overflowing, place it on a baking sheet to save yourself having to scrub out your oven). Bake for 30-40 minutes, until the crust is golden brown and the filling is thick and bubbling (if the pastry gets too dark, you can cover it with foil or lower the oven temperature to 375 F).

Mei Li of Food Waste Feast is a cookbook author and food sustainability advocate who helps home cooks reduce food waste through smart strategies and creative cooking.
BREAKFAST PITA
RECIPE CONTRIBUTED TO OXFAM BY ABEER NAJJAR

PITA BAKED WITH EGGS AND VARIOUS TOPPINGS

INGREDIENTS
• 1 large egg
• 1 whole pita bread
• salt & black pepper

TOPPING OPTIONS
• tomato & feta cheese
• sausage, cheddar & jalapeno
• mushroom & scallions

INSTRUCTIONS
Preheat broiler. Whisk eggs and prepare any topping ingredients. Arrange pita on a baking sheet lined with parchment paper. Lightly push down on the center of the pita, creating a little well. Pour about half of the egg mixture on to the center of the pita. Sprinkle the toppings and pour the remaining egg mixture on top.

Place the baking sheet under the broiler, being careful not to let the eggs spill over. Cook for about 2-5 minutes depending on the heat of the broiler. Watch carefully as the pita can quickly burn. When the eggs are cooked to your liking and the bread is toasted, remove from oven. Finish the dish by topping the pita with coarse salt and black pepper. Serve immediately.

Chef’s Notes: This is a great recipe to utilize anything in your fridge that is about to go bad. The toppings in the recipe are just suggestions, so feel free to experiment and use what you have on hand to avoid waste. Try to use the best quality eggs available like organic, pasture-raised, or local eggs from a neighborhood farm.

YIELDS: 1 SERVING

CREDIT: Abeer Najjar is a Palestinian-American chef, food writer, and founder of Huda Supper Club. Recipe by Chef Abeer Najjar from the web series “Abeer’s Day Off” and blog AbeerNajjar.com.
CHICKPEAS & RICE PILAF
RECIPE CONTRIBUTED TO OXFAM BY AARTI SEQUEIRA

INGREDIENTS
• 1 cup rice (basmati recommended), rinsed until water clear
• 2 tablespoons canola oil
• 1 tablespoon unsalted butter
• ½ teaspoon cumin seeds
• ½ medium white onion, finely diced
• 2 green cardamom pods, crushed
• 1 2-inch cinnamon stick
• 4 cloves
• ½–1 whole Fresno chili, minced (to taste)
• 1 14½-ounce can chickpeas, drained and rinsed
• Scant 2 cups hot water
• 1 teaspoon salt
• 2 tablespoons fresh cilantro, minced

INSTRUCTIONS
Fill a large bowl with fresh water and soak rice for about 30 minutes. Drain, reserving 2 cups of water. Combine oil and butter in small pot over medium heat. Once butter has melted and foam has subsided, add cumin seeds. After cumin seeds have darkened, add onions, cardamom pods, cinnamon stick, and cloves. Sprinkle with a touch of salt and cook, stirring frequently, until onions have softened, about 5 minutes. Add Fresno chili and sauté 30 seconds. Add rice and cook, stirring frequently but gently, until the grains turn translucent and don’t clump together, 2–3 minutes. Add chickpeas, reserved water, and salt. Bring to full boil then simmer, partially covered, until rice is cooked and fluffy, about 15 minutes. Turn off heat, cover, and allow to steam 5 minutes. Garnish with cilantro.

OPTIONS
After cumin seeds have darkened and before adding onions, add ½ teaspoon asafetida powder (hing).

YIELD: 4 TO 6 SERVINGS

SUPPORT FARMERS & FOOD PRODUCERS
Rice is a staple crop that supports millions of families all over the world. When buying the rice for this recipe, look for a brand that guarantees small-scale farmers a fair price.

CREDIT: Recipe adapted from Chef Aarti Sequeira.
MOUTABEL
(GRILLED EGGPLANT WITH SESAME PASTE AND LEMON JUICE)
RECIPE CONTRIBUTED TO OXFAM BY ISRA CHAKER

INGREDIENTS
• 2 eggplants
• 1/3 cup tahini (sesame paste)
• 3 oz. plain yogurt
• 1–2 teaspoons of salt or to taste
• 2 tablespoons lemon juice
• 1 ½ tablespoons pomegranate paste (optional)

FOR GARNISH
• Paprika
• Sweet red peppers
• Parsley
• Pomegranate seeds
• Walnuts

INSTRUCTIONS
Place eggplants on skewers and grill over an open flame, or, for a slightly more mellow flavor, place in grill. The skin will blacken and wither with the heat. Turn until the skin is soft to the touch and a skewer can easily cut through the vegetables. You can also deep or shallow fry your eggplants until golden. If you do use this method, you do not get that smoky taste which is so typical of this dish.

As soon as this happens, take them off the flame and put them in a pot filled with cold water. This will help to cool the eggplants and make them easier to peel. Peel the eggplants. You may find that it helps to peel them under cold running water. Discard the burnt skin, and put the pulp in a strainer. If you can, leave the pulp overnight in the fridge. This will ensure that the excess water is removed.

Cut the eggplants into small pieces and then pound to a rough pulp. Incorporate the tahini into the mixture. Adding yogurt is optional, it will balance out the bitterness, but if you like that bitter taste, skip the yogurt. Add lemon juice and salt to taste. If you prefer a sweeter taste, add pomegranate paste.

To serve, place mixture in a dish and smooth out. Garnish with paprika, parsley leaves, red pepper, pomegranate seeds, and walnuts. Walnuts go extremely well with this dish. Finish off with a dash of olive oil. Moutabel will keep for a couple of days in the fridge.

YIELD: 4–6 SERVINGS
ROASTED SEASONAL VEGETABLES
WITH YOGURT DRIZZLE

RECIPE CONTRIBUTED TO OXFAM BY CHEF JENNIFER HEILIG

INGREDIENTS

FOR THE YOGURT DRIZZLE, MIX THESE INGREDIENTS IN A SMALL BOWL AND SET ASIDE:

• 1 cup plain whole-milk yogurt, preferably Greek
• Finely grated zest of 1 lemon
• 2 tablespoons fresh lemon juice
• 1 small clove garlic, crushed and minced to a paste
• Pinch of kosher salt and freshly ground pepper to taste

FOR THE VEGETABLES:

• 1 large delicata squash (1 pound), cut in half lengthwise, seeded, cut into half-inch half moons
• 1 pound small potatoes (fingerling, red, new, or purple) cut in half lengthwise
• ⅛ cup olive oil
• 2 teaspoons curry powder
• 2 teaspoons smoked paprika
• 1 teaspoon kosher salt

INSTRUCTIONS

Preheat oven to 400 degrees. In a large bowl, toss to combine the squash, potatoes, olive oil, curry powder, smoked paprika, and salt. Spread squash and potatoes onto a sheet pan and arrange so cut sides are down. Roast until vegetables are tender and the underside is golden brown, about 30 minutes. Let the vegetables sit for 5 minutes before you move them onto a serving platter with a thin spatula. Serve warm or at room temperature, drizzled with yogurt sauce.

YIELD: SERVES 4

SHOP SEASONAL

So much energy is wasted growing food in the wrong place, or at the wrong time of year. Produce also costs less when it’s in season! This recipe makes use of Delicata squash and potatoes, hearty veggies that will keep you full in the fall. Roasting vegetables is an easy way to produce a big variety of nutritious food for a week’s worth of meals.
SKILLET CHILAQUILES

INGREDIENTS

• 1 cup tomato salsa
• 2 cups chicken broth or vegetable broth
• ½ cup half-and-half or heavy cream
• 1 cup cooked leftover vegetables, pinto beans, and/or black beans
• 6–8 cups corn tortilla chips
• 1 cup cheese (panela, Mexican manchego, or Monterey Jack), shredded
• 1 ripe avocado, halved, seeded, peeled, and cut into ½-inch dice
• ½ small red onion, finely diced
• 1–2 jalapeño chilies, stemmed, seeded if desired, and minced
• ½ bunch cilantro, chopped
• 1 lime, cut into wedges

INSTRUCTIONS

In wide skillet, bring salsa, broth, and half-and-half or cream to a boil. Add vegetables and/or beans and tortilla chips, mixing gently to coat each chip while simmering. In 1–2 minutes—when some of the chips have moistened and begun to break up, but others are still holding their shape—add cheese. Continue stirring gently for 1 minute to distribute cheese evenly. Add avocado, onion, chilies, and cilantro and stir well. Cook for 1 minute, remove from heat, and divide among 4 warmed plates. Top with a squeeze of lime.

OPTIONS:

• Add 1 cup cooked, shredded, leftover chicken with the vegetables
• Serve with ¼-cup dollop of sour cream and/or fried egg.

YIELD: 4 SERVINGS

SAVE FOOD

This Border Grill favorite fosters creativity in the kitchen while reducing food waste. Besides incorporating eternal favorites chips and salsa (it’s a great way to use up those stale chips), this dish can also be a vehicle for leftover vegetables, chicken, or beans.
SQUASH BLOSSOM RISOTTO
RECIPE CONTRIBUTED TO OXFAM BY CHEF HOLLY SMITH, CAFÉ JUANITA

INGREDIENTS

- 6 cups vegetable stock
- 11 tablespoons unsweetened butter (3 tablespoons plus 4 ounces, or 8 tablespoons)
- 1 medium yellow onion, diced
- 1¼ cups raw Carnaroli rice (Italian short-grain rice available from Ritrovo.com)
- ¼ cup dry white wine
- Citrus juice
- 4-6 cups chopped fresh squash blossoms, with bottoms separated from tops
- 2 ounces Pecorino Toscano cheese, grated
- 2 ounces Parmigiano Reggiano, grated
- Kosher salt
- Cayenne
- 2 tablespoons chives, chopped

INSTRUCTIONS

In a heavy saucepan, bring the stock to a simmer. In a separate heavy saucepan, on medium heat, add 3 tablespoons of butter and the diced onion and sauté 3-5 minutes until the onion is soft and slightly golden. Add the rice and stir with a wooden spoon to coat the grains of rice with butter. Deglaze the rice with the white wine and the reserved citrus juice. While stirring, add the stock, one cup at a time, to the rice mixture. (The rice will slowly absorb the liquid.)

After 3 cups of stock have been incorporated into the rice mixture, add the blossom bottoms (which are tougher than the blossom tops), stir, and taste the rice for doneness. (Rice should be moist, creamy, and just tender.) If necessary, add more liquid and cook longer. When the rice is done, add the squash blossom tops, remove from the heat, and let the risotto rest for 1-2 minutes.

Beat in the remaining 4 ounces of butter. Work quickly until the butter is well incorporated. Add the Pecorino cheese and Parmigiano Reggiano. Add salt to taste. Return the pan to heat to ensure the cheese is well incorporated. Stir well, taste, and reseason as necessary, adding a tiny amount of cayenne pepper at this time. When serving, add a drizzle of pumpkin seed oil or balsamic vinegar, if desired, and sprinkle with chives.

OPTIONS

Pumpkin seed oil or balsamico

YIELD: SERVES 4-6
STEAMED MUSSELS
RECIPE CONTRIBUTED TO OXFAM BY CHEF JENNIFER HEILIG

INGREDIENTS
• 3tbl unsalted butter
• 2 large shallots, thinly sliced
• Kosher salt
• 2 sprigs fresh thyme
• ¾ cup semidry hard cider (other good choices are beer, white wine, or coconut milk)
• 1 teaspoon Dijon mustard
• 2lbs mussels, cleaned and debearded
• 1 tablespoon chopped fresh tarragon or parsley
• Crusty bread

INSTRUCTIONS
In a soup pot or large dutch oven over medium heat melt the butter and add the shallots, thyme sprigs, and a pinch of salt. Cook shallots for about 3 minutes until soft. Stir in hard cider and mustard and bring to a simmer. Add mussels and cover the pot. Steam mussels, stirring once or twice, until they open, about 4–7 minutes. Use a slotted spoon to transfer mussels to a large bowl, discard any unopened ones. Add herb to sauce, stir, and pour or ladle sauce over mussels. Serve with bread to soak up sauce.

YIELD: SERVES 2 AS A MEAL OR 4 AS A STARTER

SUPPORT FARMERS & FOOD PRODUCERS
Only a small percentage of what we spend on food reaches the people who farm and produce it. You can counter that by purchasing the mussels and other ingredients for this dish from small-scale farmers and local vendors.
SWEET SPUDS
RECIPE CONTRIBUTED TO OXFAM BY K.FLAY

These candied sweet potatoes are super simple and super delicious.

INGREDIENTS
• 6 large sweet potatoes
• 1 cup white sugar
• 1 teaspoon ground cinnamon
• 1 teaspoon ground nutmeg
• generous pinch of kosher salt
• 1/3 cup salted butter
• 1 tablespoon vanilla extract

INSTRUCTIONS
Peel the sweet potatoes and cut them into 1/2-inch rounds. Incorporate the sugar, cinnamon, nutmeg, and salt in a bowl. Melt the butter in a heavy skillet and add the sliced potatoes. Cover the sweet potatoes with sugar mixture and stir. Cover skillet, reduce heat to low, and cook for one hour—stirring occasionally—or until potatoes are candied. They should be tender, but still firm around the edges. Mix in the vanilla extract just before serving.

SUPPORT FARMERS & FOOD PRODUCERS
This isn’t your average spud—the orange-fleshed sweet potato contains a megadose of vitamin A, which could be lifesaving for individuals who are deficient in the nutrient.

It’s easy to confuse sweet potatoes with yams, but yams are native to Africa and Asia, while sweet potatoes are native to the Americas and are primarily grown in the southern US.

Recipe created by K.Flay for Oxfam and Eat for Equity’s annual BonnaROOTS dinner at the Bonnaroo Music & Arts Festival. Visit kflay.com and eatforequity.org for more information.
VEGAN CEVICHE
PERUVIAN-STYLE WITH HEART OF PALM

RECIPE CONTRIBUTED TO OXFAM BY CHEF AND OXFAM SISTERS ON THE PLANET AMBASSADOR ALEJANDRA SCHRADER

INGREDIENTS
• 4 limes, freshly squeezed
• 3 cloves of garlic
• 1/2 small brown onion
• 2 large celery stalks, halved
• Cilantro stems from 1 bunch
• 1 ají limo, whole
• 2 tsp kosher sea salt
• 2 ice cubes
• 24 oz. heart of palm, drained and sliced at 1/4"
• 1/2 cup celery, minced
• 1 ají limo, minced
• 1/2 cup cilantro, finely chopped
• 1 large sweet potato, boiled, peeled, and sliced
• 1 cup choclo corn, cooked and drained
• 3/4 cup red onions, thinly sliced
• Cilantro leaves and thinly sliced ají limo for garnish

INSTRUCTIONS
Vegan “Leche de Tigre” (Marinade): Blend lime juice, garlic, brown onion, celery stalks, cilantro stems, 1 ají limo, salt, and ice cubes in a Vitamix or high-powered blender. Use a mesh-strainer to drain and press solids down to extract as much liquid as possible. Save the Leche de Tigre in the refrigerator for up to a day.

Mix hearts of palm, minced celery, and ají limo. Place in deep, narrow container and add the Leche de Tigre, covering the hearts of palm mixture as much as possible. Marinate for at least 1 hour in the refrigerator. Transfer mixture to bowl, add chopped cilantro, and toss until well mixed.

Serve ceviche on a plate along with sweet potato slices and choclo corn. Top with red onions and garnish with cilantro leaves and ají limo slices.

Chef’s Notes: I prefer to use the meristems of the heart of palm, which have firmer texture and hold together better than the traditional product. You may also use the traditional hearts of palm. If you can’t find ají limo, you may substitute with jalapeños or Serrano peppers.

COOK SMART
This ceviche doesn’t require a lot of time in the kitchen—or electricity. You don’t need an oven or stove to prepare this dish.
DESSERTS
CHEDDAR-CRUSTED APPLE PIE
RECIPE CONTRIBUTED TO OXFAM BY CHEF MARCUS SAMUELSSON

INGREDIENTS

FOR THE CRUST
• 2 cups all-purpose flour, plus more for dusting
• ½ teaspoon kosher salt
• 1 cup coarsely grated sharp cheddar cheese
• 8 tablespoons (1 stick) cold unsalted butter, cut into ½-inch pieces
• 4 to 5 tablespoons ice water

FOR THE FILLING
• 1 cup packed light brown sugar
• 3 tablespoons all-purpose flour
• 4 teaspoons cornstarch
• 4 teaspoons ground cinnamon
• ½ teaspoon ground ginger
• ½ teaspoon ground cardamom
• ½ teaspoon kosher salt
• Pinch of ground cloves
• Grated zest of 1 ½ lemons
• 2 pounds Granny Smith apples, peeled, cored and cut into ½ inch-thick slices
• 3 tablespoons unsalted butter, diced

INSTRUCTIONS

MAKE THE CRUST
1. Pulse the flour, salt and cheese in a food processor to combine. Add the butter and pulse until the mixture resembles coarse meal. Turn out into a large bowl and sprinkle with 4 tablespoons of ice water. Use a fork to blend the dough together. Squeeze a small handful of the dough—if it doesn’t hold together, add more ice water until it does.

2. Turn the dough out onto a lightly floured surface and shape into a smooth disk. Wrap the dough in plastic and refrigerate for at least 1 hour. (You can make the dough up to 3 days ahead.)

MAKE THE FILLING
1. Mix the brown sugar, flour, cornstarch, cinnamon, ginger, cardamom, salt, cloves and lemon zest together in a large bowl. Add the apples and toss to coat them with the dry ingredients.

2. Preheat the oven to 400 F.

(continued on next page)
3. Roll the dough out on a lightly flour surface into a 16-inch circle. Keep lifting and turning the dough as you roll to make sure it doesn’t stick, dusting the surface with a bit more flour if you need to. Roll the dough loosely onto your rolling pin and unroll it over a 10-inch pie plate. Lift the edges of the crust as you fit into the pie plate so you don’t have to stretch it. You’ll have a lot of overhang.

4. Spoon the filling into the crust and dot it with the butter. Fold the overhanging crust over the filling.

5. Bake for 15 minutes. Lay a piece of aluminum foil over the pie, reduce the temperature to 350 F and bake until the apples are tender and the crust is golden, 50 to 60 minutes. Let the pie cool for at least 2 hours before serving.

**YIELD: 1 (10-INCH) PIE**
CHOCOLATE CHESS TART
RECIPE CONTRIBUTED TO OXFAM BY CHEF EVAN HANCZOR

INGREDIENTS
FOR THE CRUST
• ½ cup of almond flour, or a mix of almond and walnut flours*
• ¼ cup granulated sugar
• 1 cup + 5 tablespoons AP flour
• ¼ teaspoon kosher salt
• 4 oz unsalted butter, melted and slightly cooled
• ¼ teaspoon vanilla extract
• 1 tablespoon ice-cold water

FOR THE FILLING
• 4 oz butter
• 4 oz dark chocolate, chopped roughly
• 1 + ¼ cup cane sugar
• 2 tablespoons cornmeal
• ¼ teaspoon salt
• 1 teaspoon vanilla extract
• 3 eggs, room temp
• 1 egg yolk, room temp
• 1 almond-walnut crust (blind-baked)
• sea salt (optional)

INSTRUCTIONS
MAKE THE CRUST
1. In a large bowl, mix the nut flour, flour, salt and sugar. Add the extract to the butter, then pour that mixture over the dry ingredients. Add the water and use a wooden spoon to combine, adding a little more water to bring the dough together, if needed. With your hands, press pieces of dough into a buttered 9” tart pan, starting on the sides of the pan and then pressing across the bottom to form a crust of even thickness. Chill at least an hour or overnight.

2. Preheat the oven to 350 F. Prick the bottom of the tart shell with a fork in several places. Line with aluminum foil or wax paper and weigh down with dry beans or pie weights. Bake for 20 minutes. Remove the foil & beans and bake for 5-8 minutes more, until lightly golden brown. Cool before filling with chocolate mixture.

(continued on next page)

SUPPORT FARMERS & FOOD PRODUCERS
Forty million to fifty million people worldwide rely on cocoa—not for their chocolate fix, but to earn a living. When buying chocolate for this recipe, look for a brand that guarantees farmers a fair price.
INSTRUCTIONS (continued)

MAKE THE FILLING
1. Preheat oven to 325 F.

2. Combine butter and chocolate in a metal mixing bowl and place over a pot of simmering water to serve as a double-boiler. Allow to melt, stirring a couple times along the way to combine.

3. In a separate bowl, combine the sugar, cornmeal, and salt. In another bowl, whisk together the eggs and vanilla. Whisk the wet mixture into the dry mixture, then whisk that all into the cooled chocolate/butter mixture until smooth.

4. Pour filling into crust. Bake at 325 F for 20 minutes, turn 180 degrees, bake another 20-25 minutes until a thin even crust has developed and the filling doesn’t wiggle much. It may rise a bit as it cooks, then fall as it cools, developing a crackly, textured top. This is fine! When finished baking, sprinkle lightly with sea salt and cool before removing from the tart pan. You can re-heat the tart slightly before serving, but it’s really delicious cold as well.

* You can buy nut flours for this (feel free to try different combinations—hazelnut would be great too!) or make some at home by grinding lightly toasted nuts in a food processor. Try to grind it relatively finely, but some chunkiness isn’t the worst—it can actually add a nice crunch in the finished crust.

YIELD: 9 INCH TART PAN

Evan Hanczor is the longtime chef at Egg Restaurant in Brooklyn and Tokyo, and the founder of Tables of Contents
CHOCOLATE SILK
RECIPE CONTRIBUTED TO OXFAM BY CHEF EMILY LUCHETTI

INGREDIENTS
FOR THE CRUST
• 3/4 cup (3 ounces) walnuts, toasted
• 1 cup (4 ounces) pecans, toasted
• 1/2 cup firmly packed brown sugar
• Pinch of ground cinnamon
• 4 ounces (8 tablespoons) unsalted butter, melted

FOR THE FILLING
• 1 1/4 pounds chocolate, chopped
• 6 ounces (12 tablespoons) unsalted butter, at room temperature
• 3/4 cup granulated sugar
• 6 large eggs
• 1/4 cup heavy whipping cream
• 1/2 teaspoon vanilla extract

FOR THE TOPPING
• 1 cup heavy whipping cream
• 2 tablespoons granulated sugar

INSTRUCTIONS

MAKE THE CRUST
1. In a food processor, combine the walnuts, pecans, and brown sugar and pulse until the nuts are coarsely chopped. Pour the nuts into a bowl, add the butter, and stir until the nuts are evenly moistened.

2. Press the nut mixture evenly onto the bottom of a 9-inch round springform pan.

3. Refrigerate for 30 minutes.

MAKE THE FILLING
1. Melt the chocolate in a double boiler. While the chocolate is melting, combine the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment and beat on medium speed until smooth, about 1 minute. Switch to the whip attachment and add the eggs two at a time, mixing well after each addition. Scrape down the sides of the bowl, increase the speed to medium-high speed, and whip until well blended, about 2 minutes.

(continued on next page)
CHOCOLATE SILK

INSTRUCTIONS (continued)

2. Remove the melted chocolate from the heat and stir until smooth and warm but not hot. With the mixer on low speed, add the chocolate to the egg mixture. Scrape the sides and along the bottom of the bowl and then continue to mix on low speed until the chocolate is fully incorporated. Add the cream and vanilla and mix until blended. Spread the filling over the crust. Refrigerate until firm, about 3 hours.

MAKE THE TOPPING

1. In a bowl, whisk together the cream and sugar until soft peaks form. Cover and refrigerate until serving.

2. Using a spatula, spread the topping over the top of the cake. Run a hot, dry knife around the inside edge of the pan to loosen the cake, then remove the pan sides and set the cake on a serving platter. Slice the cake with a hot, dry knife and serve chilled.

CHEFS NOTE

The cake may be made 2 days in advance and kept in the refrigerator. The topping can be made up to 4 hours in advance, covered, and refrigerated. It may need to be lightly rewhipped before using. You may put the topping on the cake up to 2 hours before serving and keep the cake in the refrigerator. If storing foods with strong odors, such as shrimp, invert a large bowl over the cake to protect it from them.

YIELD: SERVES 12

Emily Luchetti is a baker, writer, chef, ranch hand, James Beard Foundation Board Member, and Oxfam Sister on the Planet Ambassador.

Photo credit: Michael Lamotte
ESPRESSO CHOCOLATE CHIP ANGEL FOOD CAKE
RECIPE CONTRIBUTED TO OXFAM BY CHEF EMILY LUCHETTI

INGREDIENTS
Makes a 10-inch cake
• 2 teaspoons instant espresso powder
• 1 1/3 cups cake flour, sifted
• 1/8 teaspoon kosher salt
• 1 3/4 cups (about 12 large) egg whites
• 1 teaspoon cream of tartar
• 1 3/4 cups granulated sugar
• 1 1/2 teaspoons vanilla extract
• 1 1/4 teaspoons freshly squeezed lemon juice
• 3/4 cup chocolate chips, coarsely chopped

INSTRUCTIONS
Preheat the oven to 350 degrees. In a medium-sized bowl, sift together the espresso powder and the cake flour. Stir in the salt.

Put the egg whites in the bowl of an electric mixer. Using the whisk attachment, whip the egg whites on medium speed until frothy. Add the cream of tartar. Increase to high speed and slowly pour in the sugar. Continue whipping until the whites are firm and satiny, about 3 minutes.

Reduce to low speed and add the vanilla extract and lemon juice. Add the reserved flour mixture. When the flour mixture is almost completely incorporated, remove the bowl from the machine and fold in the chocolate chips. Make sure that the chocolate chips are spread throughout the batter and that the flour is evenly mixed into the egg whites. Do not overmix.

Pour the batter into an ungreased 9 1/2-inch angel food cake pan. Cut through the batter a few times with a table knife to break up any air pockets.

Bake until a skewer inserted in the middle comes out clean, 40 to 45 minutes. Invert the cake on a rack and let cool upside down in the pan.

Unmold the cake and slice it with a serrated knife.

PLANNING AHEAD
The cake can be made a day in advance. Store in plastic wrap at room temperature.

YIELD: 10–12 SERVINGS

SUPPORT FARMERS & FOOD PRODUCERS
Forty million to fifty million people worldwide rely on cocoa—not for their chocolate fix, but to earn a living. When buying chocolate for this recipe, look for a brand that guarantees farmers a fair price.

Emily Luchetti is a baker, writer, chef, ranch hand, James Beard Foundation Board Member, and Oxfam Sister on the Planet Ambassador.
INGREDIENTS

• 2 lemons
• 250 ml. Unsweetened soy milk
• 500 gr. All-purpose flour
• 5 tbsp fine sugar
• 2 tbsp brown sugar for sprinkling on top
• 115 gr. Unsalted butter
• 2 small sprigs of thyme
• 2 tsp baking soda
• 2 tsp cream of tartar
• 1 egg beaten for egg wash.

INSTRUCTIONS

To make the vegan buttermilk, squeeze 1/2 lemon into the soy milk and allow to curdle.

Zest both lemons.

Finely chop what remains of the juiced and zested lemons, then sauté with 1 sprig of thyme in 1 tbsp of butter and 1 tbsp of brown sugar until golden and caramelized. Allow to cool down completely.

With the tips of your fingers, quickly work the dry ingredients, the cubes of very cold butter, and the buttermilk. Add the candied lemon and the remaining thyme. Work them in, but do not overwork the dough.

Transfer the dough to a floured surface, and roll to 1 1/2 inch thickness. Now cut out the scones using a round, 2-inch biscuit cutter.

Transfer to baking sheet, brush with beaten egg, sprinkle with sugar and bake at 425 F for 15-20 minutes until golden brown and light in weight.

Allow to cool down on a rack and serve. Enjoy!

YIELD: 12-15 SCONES

SAVE FOOD

How many times have we all thrown away lemons, after zesting and squeezing them? By caramelizing what remains of the citrus, we have a delightful, candy-like ingredient to flavor up food items like granolas, yogurt, cakes, and cookies.
INGREDIENTS
• 1 stick + 3 tablespoons unsalted butter
• 12 oz. ethically produced bittersweet chocolate, broken into pieces
• 3/4 cup sugar
• 5 eggs, separated
• 1/3 cup unbleached flour
• Confectioner’s sugar to garnish

INSTRUCTIONS
Preheat oven to 350 degrees F. Grease springform pan. Melt the chocolate slowly. Add butter and sugar, then let cool for 10 minutes. Whisk egg yolks, stir in flour until mixed. Combine chocolate mixture with egg yolks mixture. In a large bowl, beat the egg whites until they form firm peaks. Stir 1/3 of the egg whites in with the chocolate. Then add the rest until there are no streaks. Spoon batter into the pan. Bake in middle of oven for 35–40 minutes. Let cool, garnish with confectioner’s sugar.

CHEF’S NOTES
Suggested garnishes include whipped cream and/or raspberries/raspberry sauce.

YIELD: 1 CAKE, 12 SERVINGS

SUPPORT FARMERS & FOOD PRODUCERS
This chocolate cake is made even sweeter by using ethically sourced chocolate. Only a small percentage of what we spend on food actually reaches the people who farm and produce it. For instance, in Cote d’Ivoire, the largest cocoa-producing country, only 7 percent of farmers earned a living income in 2016. Look for a brand of chocolate that guarantees a fair price for small-scale farmers.

CREDIT: Emily’s mother. Follow Emily Robinson on Instagram @emilyrobinson

Watch Emily Robinson talk about her visit with Oxfam to the Za’atari refugee camp in Jordan where she talked to Syrians about food, life, and more.
PEAR AND CHOCOLATE GALETTE
IN CARAMELIZED SESAME CRUST

RECIPE CONTRIBUTED TO OXFAM BY ALICE CARBONE TENCH

INGREDIENTS

FOR THE DOUGH
• 2 cups all-purpose flour
• 5/8 cup ripe sourdough starter (chilled)
• 1 stick unsalted butter, cold
• ¼ teaspoon salt
• 1 teaspoon of iced water (or more), if necessary
• 1 egg for the egg wash

FOR THE FILLING
• 2 pears
• 1 teaspoon vanilla paste
• 2-3 tablespoons crème fraîche
• 1 tablespoon brown sugar
• 2 tablespoons unsweetened cocoa powder
• 1 tablespoon sesame seeds with 1 tablespoon brown sugar

INSTRUCTIONS

MAKE THE DOUGH

1. In a food processor, pulse flour, salt and cold butter (cubed) until it crumbles.

2. Add the chilled sourdough starter and the iced water and pulse until the mix comes together. It does so in no time, and it’s important to not overwork the dough.

3. Pour the mix onto a pastry board and work together quickly to form a disk. Work the dough until it all comes together, form a disk and cover in plastic wrap.

4. Chill the dough in the fridge for at least an hour; you can make this dough in advance and chill overnight before using it. You can freeze the dough up to three months. If you do freeze it, thaw it in the fridge overnight before use.

SHOP SEASONAL

Pears are typically in season every year from August through October. Start planning your late summer/early Fall treat.

[continued on next page]
PEAR AND CHOCOLATE GALETTE IN CARAMELIZED SESAME CRUST

INSTRUCTIONS (continued)

MAKE THE FILLING
1. Pre-heat oven to 400 F.

2. Caramelize the sesame seeds in a non-stick small skillet with the 1 tablespoon of brown sugar. Do this with a low heat and constantly moving the seeds around, as they tend to burn easily. When they are caramelized, approximately 10 minutes, transfer to a small bowl to cool down and set aside.

3. Finely slice the pears.

4. On a lightly floured surface, start rolling out the dough forming a disk. When it begins to thin out, sprinkle the seeds all over the crust (Make sure the seeds have cooled down, as we always want to work with cold pastry), then cover with plastic wrap and roll out the dough until you form a 20-inch disk. Half-way through the rolling process, move the crust to a silicon mat that you will place onto a round baking dish; this will make the transfer much easier when the crust starts to be thin (If you notice the crust becoming too warm and difficult to manage, put it in the fridge for a few minutes and then continue).

5. In a small bowl, mix the cocoa powder, the crème fraîche, and the sugar. During this step, if you want, you can add a few drops of vanilla paste (or extract) or orange zest (you can add more sugar if you like sweeter desserts, just taste the cream, and follow your instinct).

6. Puncture the crust with a fork, then spread the crème fraîche all over the crust leaving a little less than an inch from the edges. Now layer the thinly sliced pears, then fold the edges and pinch them to seal the filling. Remember that galettes are very forgiving, so when you fold the edges, if you notice some portions have a thicker crust, use part of it to patch any small hole you might have in other areas.

7. Beat the egg in a small bowl and brush the entirety of the crust with an egg wash. Brush inside the small creases as well, as this will help seal any possible little hole you may have. Sprinkle the crust and the top with some brown sugar.

8. Bake at 400 F for 35-40 minutes until the crust is beautifully golden.

9. Allow to cool down for 5-10 minutes and enjoy.

Alice Carbone Tench is an Italian-born, Los Angeles based author and chef, creator of the Instagram show Instagram to Table.

From Alice Carbone Tench’s cookbook memoir Eating Again with Heliotrope Books. PHOTO CREDIT: Alice Carbone Tench
INGREDIENTS

FOR THE CRUST
- 2 ¼ cups flour, plus more for dusting
- 2 teaspoons sugar
- 1 teaspoon salt
- ¼ cup coconut oil, chilled
- 6 tablespoons ice water plus more if necessary

FOR THE FILLING
- 5 cups blueberries, picked over, rinsed briefly, and dried lightly
- ½ - 1 cup sugar, to taste, plus a little for the top
- 2 tablespoons plus 1 teaspoon cornstarch
- Pinch of salt
- ½ teaspoon cinnamon
- Pinch of allspice or nutmeg
- 1 teaspoon grated lemon zest (optional)
- 1 tablespoon fresh lemon juice
- 1 tablespoon coconut oil
- Almond milk as needed

INSTRUCTIONS

MAKE THE CRUST

Chefs Note: Coconut oil will give you a flaky, tender crust, without butter. The usual rules apply: Work quickly, keep the oil cool and firm, and don’t overwork the dough. Refined oil has far more neutral, versatile flavor than unrefined.

1. Combine the flour, sugar, and salt in a food processor and pulse to combine. Add the oil and pulse until it is just barely blended and crumbly. If you prefer to make the dough by hand, combine all the dry ingredients and oil in a large bowl. Use your fingers to work the oil into the flour mixture until it’s just barely blended.

2. Add 6 tablespoons ice water (not just cold water) to the flour mixture. Process about 5 seconds, or mix by hand, just until the dough begins to clump together adding 1 or 2 tablespoons more ice water if necessary (or a little more flour if you add too much water).

3. Divide the dough in half and put each half into a quart-size plastic zipper bag. Press the dough into a disk, taking care not to overheat, overwork, or knead the dough; use just enough pressure to hold it together. Freeze the dough for 10 minutes or refrigerate for at least 30 minutes before rolling. If you’re making a single-crust pie, freeze one disk for another time; wrapped tightly, the dough will keep for several months.

SHOP SEASONAL
Blueberries are typically in season every year from May through June. Start planning your late Spring/early Summer treat.
4. Dust a clean work surface with a large pinch of flour over it. Use a rolling pin to firmly and evenly roll the dough, starting in the center and working outward, rotating a quarter-turn each time to make an even circle. If the dough is too stiff, let it rest for a few minutes. Sprinkle a bit of flour on the dough and rolling pin as needed to prevent sticking.

5. When the dough circle is about 2 inches larger than the pie plate and less than 1/8 inch thick, it’s ready. Roll the dough up halfway onto the pin so it’s easy to move, then center it over the pie plate and unroll it into place. Press the dough into the contours of the dish without squishing or stretching it. Trim the excess dough to about ½ inch all around.

6. If you’re making a single-crust pie, tuck the edges under themselves so the dough is thicker on the rim than it is inside; if you’re making a double-crust pie, leave the edges untucked for now. Put the pie plate in the fridge until the crust feels cool to the touch before filling or prebaking, at least 15 minutes. For a top crust or embellished crust, roll the second disk into a circle on a flat baking sheet, dusted with flour, and put that in the fridge too.

MAKE THE FILLING

Chefs Note: If your berries are perfectly ripe and in season, use the lesser amount of sugar, keep the spices to a minimum, and let the berries shine. [Add more if they’re not at their peak.]

1. Heat the oven to 450 F. Gently toss the blueberries with the sugar, cornstarch, salt, and spices. Stir in the lemon zest if you’re using it and the juice and pile into the rolled-out shell, making the pile a little higher in the center than at the sides. Dot with coconut oil.

2. Cover with the top crust. Crimp and decorate the edges with a fork or your fingers.

3. Put the pie on a baking sheet and brush the top lightly with almond milk; sprinkle with sugar. Use a sharp paring knife to cut two or three 2-inch-long slits in the top crust to allow steam to escape. Bake for 10 minutes; reduce the heat to 350 F and bake for another 40 to 50 minutes or until the pie is golden brown. Do not underbake. Cool on a rack entirely, about 1 hour, before serving to let the filling set. Serve warmed up or at room temperature.

YIELD: 1 DOUBLE CRUST FOR A 9 INCH PIE

Mark Bittman is a food journalist, author, and former columnist for The New York Times. Recipe adapted from Mark Bittman’s Vegan Piecrust and Blueberry Pie recipes in “How to Bake Everything: Simple Recipes for the Best Baking.” PHOTO CREDIT: Brian Cipperly BAKER: Monika Hartsel
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