

super natural every day  
HEIDI SWANSON

Well-Loved  
Recipes *from*  
My Natural  
Foods Kitchen



## Heidi's Sampler Menu

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raw millet & honey

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tofu, green onions

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Tutti-Frutti Crumble | 202  
strawberries, cherries, currants, raspberries,  
poppy seeds, beaujolais







Durable but not dense, sweet but not sugary, crunchy, and just a smidge lemony—this is what my friend Jess Thomson had to say about her millet muffins. It was just enough to convince me to get a batch in the oven. They bake into golden-topped perfection: moist, honey-kissed, and delightfully textured. My two-year-old nephew loves them plain, but I think they're perfect slathered with salted butter and boozy Roasted Strawberries (page 228).

## Millet Muffins

RAW MILLET & HONEY

Preheat the oven to 400°F / 205°C with a rack in the top third of the oven. Butter a standard 12-cup muffin pan or line with paper liners.

Whisk together the flour, millet, baking powder, baking soda, and salt in a large bowl. In another bowl, whisk together the yogurt, eggs, butter, honey, and lemon zest and juice until smooth. Add the wet ingredients to the dry ingredients and stir until the flour is just incorporated. Divide the batter among the muffin cups, spooning a heaping  $\frac{1}{4}$  cup / 60 ml batter into each one, filling it a bit below the rim.

Bake for about 15 minutes, until the muffin tops are browned and just barely beginning to crack. Let cool for 5 minutes in the pan, then turn the muffins out of the pan to cool completely on a wire rack.

$2\frac{1}{4}$  cups / 10 oz / 280 g whole wheat pastry flour  
 $\frac{1}{3}$  cup / 2 oz / 60 g raw millet  
1 teaspoon aluminum-free baking powder  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon fine-grain sea salt  
1 cup / 8 oz / 225 g plain yogurt  
2 large eggs, lightly beaten  
 $\frac{1}{2}$  cup / 120 ml barely melted unsalted butter  
 $\frac{1}{2}$  cup / 120 ml honey  
Grated zest and 2 tablespoons juice from 1 lemon

MAKES 12 MUFFINS

These muffins seem to go over particularly well with cornbread lovers. For those of you who use cornbread for croutons, as a stuffing base, or in, say, a cornbread panzanella, you might want to experiment with these muffins as an alternative.



This pasta salad is right at home at just about any potluck or party—and it's particularly happy parked next to a bowl brimming with a leafy green salad. I made it first for my sister's baby shower, and a dozen times since. As far as choosing the right type of ravioli, I keep red pepper ravioli with chard filling on hand (in the freezer) just for this salad. I like the play between the red pepper and the zesty lemon-cilantro pesto. But you can take the idea in a number of directions, and both spinach and whole wheat ravioli are worthy substitutes. If you can imagine the filling going well with the cilantro pesto, you're probably in safe territory.

## Ravioli Salad

BLACK OLIVES & PEPITAS

Bring a large pot of water to boil. In the meantime, make the cilantro pesto. Combine most of the pepitas, cilantro, Parmesan cheese, garlic, lemon juice, and a splash of the olive oil and blend with an immersion blender (or in a food processor or standard blender) until smooth. Continue blending as you gradually drizzle in the remaining olive oil, until the pesto comes together into a vibrant green sauce. Taste and add salt or more lemon juice, if needed.

When the water boils, salt it generously, add the ravioli, and boil until they float and are cooked through, usually just 1 or 2 minutes. Drain immediately and while still hot, toss with a big spoonful of the pesto. Allow the pesto to soak in a bit. Then add another  $\frac{1}{2}$  cup / 120 ml of the pesto along with most of the black olives. Toss well, but gently, and then decide whether you want to add more pesto or not.

Turn everything out into a large bowl or platter and sprinkle with the remaining olives, pepitas, and flowers. Serve warm or at room temperature. Reserve the remaining pesto for tossing with leftovers.

$\frac{1}{3}$  cup / 1.5 oz / 45 g pepitas, toasted (see page 219)  
1 cup / .5 oz / 15 g lightly packed cilantro leaves and stems  
 $\frac{1}{3}$  cup / .5 oz / 15 g freshly grated Parmesan cheese  
3 cloves garlic, peeled  
2 tablespoons fresh lemon juice, plus more if needed  
 $\frac{2}{3}$  cup / 160 ml extra-virgin olive oil  
Fine-grain sea salt  
16 ounces / 450 g fresh or frozen ravioli  
 $\frac{1}{2}$  cup / 3 oz / 85 g oil-cured black olives, pitted and torn or chopped  
Thyme or chive flowers, to garnish (optional)

SERVES 4 TO 6

This recipe is loosely inspired by a spicy curried avocado preparation I came across in Julie Sahni's *Classic Indian Vegetarian and Grain Cooking*. Its success really depends on buying ripe avocados. When your avocados are perfectly creamy in texture, they end up melding with the green chiles, garlic, onions, and mustard seeds beautifully.



## Avocados and Mustard Seeds

SERRANO CHILE, CURRY POWDER, LEMON JUICE

2 ripe avocados  
2 teaspoons fresh lemon juice  
Scant ½ teaspoon fine-grain sea salt  
½ cup / .25 oz / 10 g coarsely chopped fresh cilantro  
1 tablespoon clarified butter (see page 224) or extra-virgin coconut oil  
1 teaspoon black or brown mustard seeds  
1 small yellow onion, minced  
2 cloves garlic, finely chopped  
1 teaspoon Indian curry powder  
1 small serrano chile, minced

Cut each avocado in half, remove the pit, and scoop the flesh into a small bowl. Add the lemon juice, salt, and most of the cilantro. Mash the avocados a bit with a fork, but don't overdo it—you want the mixture to be quite chunky. Set aside.

Heat the clarified butter in a skillet over medium-high heat. When it is hot, add the mustard seeds. Keep a lid on hand because the seeds will scatter as they pop. When the spattering stops, after about a minute, stir in the onion and sauté for 2 to 3 minutes, until the onion is translucent. Stir in the garlic, curry powder, and chile. Count to ten, and then remove from heat. Stir in the avocado mixture, but just barely, and transfer to a serving bowl. Serve warm or at room temperature.

MAKES ABOUT 2 CUPS / 14 OZ / 400 G



I typically enjoy this as a snack alongside a bit of toasted naan, lavash, or Pita Chips (page 108), but I'd be holding out on you if I didn't say a spoonful is perfect in a bowl of brown rice or spread on a hot corn tortilla.

For those of you who liked the *otsu* recipe I included in *Super Natural Cooking*, here's a twist. In this version, I still use soba noodles and tofu, but everything gets slathered in a thinned-out, salty-sweet black sesame paste, then topped with lots of sliced green onions. The black sesame paste has become one of my standbys, and I typically make extra for use on salads, broccoli, spinach, green beans, edamame, even roasted potatoes. You can make the black sesame paste a couple days in advance, if needed. Leftovers make a great next-day lunch.



## Black Sesame Otsu

SOBA NOODLES, BLACK SESAME PASTE, TOFU, GREEN ONIONS

1 teaspoon pine nuts  
1 teaspoon sunflower seeds  
1/2 cup / 2 oz / 60 g black sesame seeds  
1 1/2 tablespoons natural cane sugar  
1 1/2 tablespoons shoyu, tamari, or soy sauce  
1 1/2 teaspoons mirin  
Scant 1 tablespoon toasted sesame oil  
2 tablespoons brown rice vinegar  
1/8 teaspoon cayenne pepper  
Fine-grain sea salt  
12 ounces / 340 g soba noodles  
12 ounces / 340 g extra-firm tofu  
Extra-virgin olive oil  
1 bunch green onions, white and light green parts, thinly sliced

Toast the pine nuts and sunflower seeds in a large skillet over medium heat until golden, shaking the pan regularly. Add the sesame seeds to the pan and toast for a minute or so. It's hard to tell when they are toasted; look closely and use your nose. Remove from the heat as soon as you smell a hint of toasted sesame; if you let them go much beyond that, you'll start smelling burned sesame—not good. Transfer to a mortar and pestle and crush the mixture; the texture should be like black sand. Alternatively, you can use a food processor. Stir in the sugar, shoyu, mirin, sesame oil, brown rice vinegar, and cayenne pepper. Taste and adjust if needed.

Bring a large pot of water to a boil. Salt generously, add the soba, and cook according to the package instructions until tender. Drain, reserving some of the noodle cooking water, and rinse under cold running water.

While the noodles are cooking, drain the tofu, pat it dry, and cut into matchstick shapes. Season the tofu with a pinch of salt, toss with a small amount of oil, and cook in a large skillet over medium-high heat for a few minutes, tossing every couple minutes, until the pieces are browned on all sides.

Reserve a heaping tablespoon of the sesame paste, then thin the rest with 1/3 cup / 80 ml of the hot noodle water. In a large mixing bowl, combine the soba, half of the green onions, and the black sesame paste. Toss until well combined. Add the tofu and toss again gently. Serve topped with a tiny dollop of the reserved sesame paste and the remaining green onions.

SERVES 4







After a weeklong trip to Madrid, I came to think of *tinto de verano* as sangria's dressed-down cousin. It's less flashy and doesn't try too hard—in a good way. The name means “summer wine,” and the drink is made from just two main ingredients: the cheapest red wine you can find and sparkling lemonade. It is spritzy, easy drinking, and much less sweet than sangria.

This drink goes down easy under a hot sun and is one of the few beverages that just keeps getting better as the ice melts into it. I like to serve *tinto de verano* in small everyday glasses; skip the wine glasses here.

## Tinto de Verano

RED WINE, SPARKLING LEMONADE, LEMON SLICES

Fill each glass with as many ice cubes as will fit. Add  $\frac{1}{2}$  cup / 120 ml wine and  $\frac{1}{2}$  cup / 120 ml sparkling lemonade to one glass, then stir. Taste. It should be light and refreshing and not overly “juicy.” Sometimes the cheap wine you get here in the States is very concentrated and grape-y. If that is the case, you'll need to dilute your *tinto* with a bit more sparkling lemonade. Fill the remaining glasses, stir, garnish with lemon slices, and serve.

Ice cubes  
1 (750ml) bottle inexpensive  
Spanish red wine  
Sparkling (naturally  
sweetened) lemonade  
or any not-too-sweet  
lemon-lime beverage  
Fresh lemon slices

SERVES 4 TO 6

In addition to sounding fun, tutti-frutti means “all fruits” in Italian. I take a lot of liberties with the concept, and this crumble is a great example. I do a mix of cherries and berries, which are often found in neighboring baskets at farmers’ markets in early summer. Experiment with whatever fruit and berries are in season where you live. The berries bubble along nicely in the hot oven with a splash of bright, juicy, fresh Beaujolais. Alternatively, you can use brandy or crème de cassis, and you can certainly use nuts in place of (or in addition to) the poppy seeds.



## Tutti-Frutti Crumble

STRAWBERRIES, CHERRIES, CURRANTS,  
RASPBERRIES, POPPY SEEDS, BEAUJOLAIS

$\frac{3}{4}$  cup / 3 oz / 85 g spelt flour or whole wheat pastry flour  
2 tablespoons poppy seeds  
 $\frac{1}{2}$  cup / 1.5 oz / 45 g rolled oats  
 $\frac{1}{2}$  cup / 2.5 oz / 70 g natural cane sugar  
 $\frac{1}{2}$  teaspoon fine-grain sea salt  
 $\frac{1}{3}$  cup / 2.5 oz / 70 g unsalted butter, melted  
1 tablespoon all-natural cornstarch  
 $\frac{1}{3}$  cup / 1.5 oz / 45 g natural cane sugar or muscovado sugar  
 $1\frac{1}{2}$  cups / 6 oz / 170 g raspberries  
 $1\frac{1}{2}$  cups / 6 oz / 170 g strawberries, hulled and quartered  
 $1\frac{1}{2}$  cups / 6 oz / 170 g sweet cherries, pitted  
 $\frac{1}{4}$  cup / 1 oz / 30 g dried currants  
 $\frac{1}{4}$  cup / 60 ml Beaujolais wine

Preheat the oven to 375°F / 190°C with a rack in the middle of the oven. Butter an 8-inch / 20cm square baking dish.

To make the crumble, mix together the flour, poppy seeds, oats, sugar, and salt in a bowl. Use a fork to stir in the melted butter. Divide the mixture into three portions and use your hands to form three patties. Place the patties in the bowl and freeze for at least 10 minutes, or until you’re ready to bake.

Make the filling by whisking together the cornstarch and sugar in a large bowl. Add the raspberries, strawberries, cherries, and currants and toss until evenly coated. Wait 3 minutes, add the Beaujolais, and toss again.

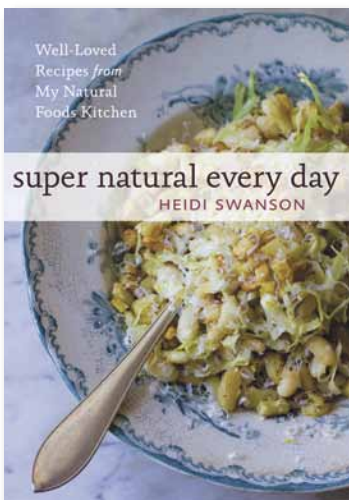
Transfer the filling to the prepared baking dish. Remove the topping from the freezer and crumble it over the filling, making sure you have both big and small pieces.

Bake for 35 to 40 minutes, until the topping is deeply golden and the fruit juices are vigorously bubbling. Let cool a little before serving, 20 to 30 minutes.

SERVES 8 TO 10

Feel free to experiment with the amount of sugar in this filling based on how sweet your berries are.





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