

Grist

Climate-friendly recipes

A collection of delicious
(and sustainable) recipes
curated by Grist

Food and agriculture intersect with climate and environmental issues in a major way. Agriculture is under threat all over the world because of rising temperatures and increasingly severe weather events. At the same time, the way we grow our food has to change. As Grist expands its reporting on this topic, we've rounded up some amazing recipes from publishers and chefs focused on planet-friendly cooking, from Cool Beans, Pale Blue Tart, and, of course, our own archives.



Illustration by Lily Lambie-Kiernan

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Sheet pan biryani

This is an original recipe from Gabriella Vigoreaux of Cool Beans. Check out more of their recipes and consider subscribing to their newsletter at coolbeansmail.substack.com.



Cool Beans

INGREDIENTS

Coconut masala cubes:

- 1 cup unsweetened coconut milk (full fat)
- 1 small red onion, roughly chopped
- 1 serrano or jalapeño chile, roughly chopped
- 4 garlic cloves, smashed
- 1 2-inch piece ginger, roughly chopped
- 1 tablespoon garam masala
- 1 teaspoon cinnamon
- ½ teaspoon ground turmeric
- ½ teaspoon salt

Biryani:

- 5 cups frozen or day-old cooked basmati rice
- 1 12-ounce bag frozen cauliflower florets
- 2 tablespoons canola oil
- ¾ teaspoon salt
- 6 coconut masala cubes
- ½ cup frozen peas and carrots
- ½ cup roasted cashews, chopped
- ½ cup dried apricots, finely chopped
- Optional garnishes: Cilantro and mint leaves, pomegranate seeds, coconut yogurt

YIELD: 4 servings

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Cool Beans

The inspiration for this recipe came from biryani, an Indian layered rice dish that's crammed full of meat and/or veggies, spices, nuts, dried fruits, fried onions, and, in some versions, coconut milk. It's an elaborate affair with ample technique required to get it just right. To make it weeknight (and meal-prep) friendly, we packed all the spices and aromatics into make-ahead coconut-milk cubes. From there the formula's simple: thawed frozen rice + sauce cubes + frozen veggies + sheet pan = dinner. Does this technique work with grains right outta the freezer if you're in a hurry? Yes, but we found things crisped up better when we pre-thawed.

Recipe continues on the next page

Sheet pan biryani

(continued)

PROCEDURE

1. Prepare the coconut masala cubes and rice anywhere from a few days to a few weeks before you're planning to cook.
 - a. **To make the sauce cubes:** Add all ingredients to a food processor and blend until smooth, about 15 seconds. Portion into an ice cube tray and freeze until solid.
 - b. **To put rice on ice:** Freeze fresh or leftover rice in a resealable freezer bag or other airtight container.
2. Thaw frozen rice in the fridge overnight or nuke it. To microwave, break the rice into chunks, transfer to a microwave-safe container, and zap, loosely covered, in 1-minute increments.
3. Preheat the oven to 450 degrees and place a sheet tray on the middle rack.
4. In a large bowl, toss the rice and cauliflower with the oil and salt to season.
5. Remove the sheet tray from the oven and spread the rice and cauliflower in an even layer. Evenly distribute the cubes on top. Bake for 30 minutes, stirring halfway.
6. Add the peas and carrots, cashews, and apricots, tossing to distribute. Return to the oven for 10 minutes more.
7. Spoon into bowls and garnish with cilantro, mint, pomegranate seeds, and a dollop of yogurt, if using.

NOTES AND SUBSTITUTIONS

- If you're cooking your rice right from frozen, break it into clumps and add to a preheated sheet tray with the cauliflower. Cover with cubes and stir twice during the initial 30-minute bake to break up the clumps.
- The recipe for coconut masala cubes makes 15 cubes if you're using a common 1.25-inch tray. Your actual yield will vary a bit depending on your tray of choice.

Lemony dill butter bean and artichoke dip

This is an original recipe from Gabriella Vigoreaux of Cool Beans. Check out more of their recipes and consider subscribing to their newsletter at coolbeansmail.substack.com.



Cool Beans

INGREDIENTS

- 1 15-ounce can butter beans, drained and rinsed
- 1 12–14.5-ounce jar marinated artichoke heart quarters, drained
- 3 cloves garlic, grated
- ¼ cup tahini, well stirred
- 1 tablespoon lemon zest
- 1 tablespoon fresh lemon juice
- 1 small bunch dill, chopped
- 1 teaspoon kosher salt
- ½ teaspoon red pepper flakes
- Extra virgin olive oil, for topping

PROCEDURE

1. Add all ingredients to a food processor and blend until smooth and creamy, about 3 to 4 minutes.
2. Taste, and adjust seasoning to your liking.
3. Transfer to a serving bowl and top with a generous drizzle of olive oil and an extra pinch of red pepper flakes, if you fancy.
4. Serve with chips or veggies, spread it on a sandwich, or use it as the base of a grain bowl.
5. Store leftovers in the fridge for up to a week.

Recipe continues on the next page

YIELD: approx. 2 ½ cups

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Cool Beans

This hummus alternative, made mostly of pantry staples, is a guaranteed three o'clock pick-me-up. When it comes to choosing a legume canvas, we go butter beans (a.k.a., limas) because, as the name implies, they are naturally rich, buttery, and delicious; they're native to Central and South America, so it makes sense that botanists have found them to be particularly heat tolerant.

With a strong baseline of fiber and protein (about 7 grams each per serving) covered via beans, artichokes bring a big hit of inulin, a prebiotic fiber, to the party, further preventing a snack attack comeback. A double hit of quality fats from olive oil and tahini deliver the final leg of the feeling-full trifecta and keep those "feed me" hormones at bay.

Lemony dill butter bean and artichoke dip

(continued)

NOTES AND SUBSTITUTIONS

- No butter beans? Great Northern, navy, or cannellini beans work as well.
- Any tender herb (like parsley, cilantro, basil, or mint) can be subbed for the dill.
- Save the marinade from the artichoke hearts for salad dressing.

Spice-your-way | Garlic-spice croutons

This is an original recipe from Caroline Saunders at Pale Blue Tart. Check out more of her recipes and consider subscribing to her newsletter at palebluetart.substack.com.



Pale Blue Tart

INGREDIENTS

- 5 cups stale bread, cut into bite-sized cubes ($\frac{3}{4}$ -1 inch)
- $\frac{1}{4}$ cup olive oil (or neutral oil)
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{3}{4}$ teaspoon green herb
(thyme, oregano, basil, Italian seasoning, etc.)
- $\frac{1}{4}$ teaspoon salt

METHOD

1. Preheat the oven to 375F.
2. In a large bowl, whisk together the olive oil, herbs/spices, and salt.
3. Add cubed bread and toss with tongs to coat thoroughly.
4. Spread croutons evenly on a baking sheet and bake for 10-15 minutes, or until evenly light brown and crisp. Watch 'em so they don't burn!
5. Serve, or cool to room temperature then store in an airtight container.

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Pale Blue Tart

Add into salads or plop atop soups! My go-to crouton—she's a garlicky workhorse without a single enemy. And she's just as happy to be made with a hearty whole-wheat sourdough as a store-bought sandwich loaf. I've even made her with stale hot dog buns.

Spice-your-way | Cheesy-crisp croutons

This is an original recipe from Caroline Saunders at Pale Blue Tart. Check out more of her recipes and consider subscribing to her newsletter at palebluetart.substack.com.



Pale Blue Tart

INGREDIENTS

- 5 cups stale bread, cut into bite-sized cubes (¾-1 inch)
- 3 tablespoons olive oil (or neutral oil)
- 2 tablespoons mustard (Dijon or brown)
- 1 cup shredded cheese (cheddar, a mix like colby/monterey jack, or even gruyere or parmesan)
- 1 teaspoon paprika
- Pinch salt

METHOD

1. Preheat the oven to 350F (the temp is lower for this version so the cheese doesn't burn). Line a baking sheet with either parchment paper or a silicone baking mat (this makes cleaning up the crispy cheese easier).
2. In a large bowl, whisk together the olive oil, mustard, paprika, and salt.
3. Add cubed bread and toss to coat thoroughly.
4. Spread croutons in a single layer on a baking sheet, close enough that they're nearly touching, then sprinkle the shredded cheese over them. (When baked, the cheese will connect the croutons in clusters.) Bake for 12-17 minutes, or until the cheese is a crispy lace and the croutons in the center have crisped.
5. Serve, or cool to room temperature then store in an airtight container.

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Pale Blue Tart

Serve atop tomato soup (like crouton grilled cheese), cauliflower or potato-leek soup, or a Southwestern salad...if you don't eat them all right off the tray. I mean, those paprika-y crispy-cheese bits—dear god! Works as well with leftover brioche or sourdough as it does with rye or pumpernickel. Combine a darker bread with Gruyere if you're really looking to fondue-ify, or pair sourdough and cheddar shreds—whatever's in your kitchen, really.

PSL cheesecake

This is an original recipe from Caroline Saunders at Pale Blue Tart. Check out more of her recipes and consider subscribing to her newsletter at palebluetart.substack.com.



Pale Blue Tart

INGREDIENTS

Graham cracker crust:

- 180g (12 sheets) Nabisco graham crackers
- 39g (3 tablespoons) light or dark brown sugar
- 84g (6 tablespoons) plant-based butter, melted and cooled
- ½ teaspoons kosher salt

Pumpkin spice cheesecake filling:

- 340g (12 oz) Tofutti cream cheese
- 208g (1 cup) coconut cream
- 230g (1 cup) pumpkin purée
- 107g (½ cup) light brown sugar
- 19g (2 tablespoons) cornstarch
- 6g (2 teaspoons) pumpkin pie spice mix
- 5g (1 teaspoon) vanilla
- 5g (1 teaspoon) lemon juice

Coffee whipped cream:

- 170g (6 oz) store-bought canned vegan whipped cream
- 3g (1 teaspoon) instant espresso powder
- 4g (1 teaspoon) sugar

YIELD: 8 to 10 servings

TIME: 1.5 hours, plus chilling

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Pale Blue Tart

The pumpkin spice filling is inspired by a [Nora Cooks](#) recipe. I sized this cheesecake to fit in a 10- or 9-inch pie dish, so you don't need a springform pan and won't have too many leftovers. Make it a day ahead so it can chill in the refrigerator overnight. If you're short on time, a store-bought graham cracker crust speeds things up. Do try to get Tofutti cream cheese if you can: It yields the silkiest results and makes the spiced flavors shine like your round belly after a second (or third) slice.

Recipe continues on the next page

PSL cheesecake

(continued)

METHOD

1. Preheat the oven to 350 degrees. If you're making your own crust, spray a 10- or 9-inch pie dish lightly with oil.
2. To make the crust, pulse the crackers in a food processor until they're crumbs. Then combine the crumbs, melted butter, salt, and brown sugar in a bowl, mixing with a fork until the mixture resembles wet sand. Press evenly into the bottoms and sides of the pie dish, using a spoon to help you level it.
3. To prepare the cheesecake filling, first mix the cream cheese in a stand mixer fitted with the paddle attachment until it's very smooth. Then add the coconut cream, pumpkin puree, brown sugar, cornstarch, spice, vanilla, and lemon juice and mix again until completely smooth, scraping down the sides and bottom of the bowl as needed. Pour the filling into the prepared crust.
4. Place the pie dish on the middle rack of the oven, and bake for 35 to 40 minutes—no longer—just until the outer inch of the filling is jiggly and puffed. The rest will look very liquidy, but it will firm up. Turn off the oven and, with the door closed, allow the cheesecake to keep gently cooking in the oven's residual heat for another 20 minutes.
5. Remove the cheesecake from the oven and let it cool to room temperature. Refrigerate for at least 6 hours, or preferably overnight, to let it set all the way through.
6. When you're a few minutes away from serving, prepare the coffee whip (it's like a cross between whipped cream and latté foam, so it holds its shape well for about ten minutes). Squirt a blob of canned vegan whipped cream into a bowl. Add the espresso powder and sugar and mix with a fork until well combined. Allow the mixture to sit a minute to let the espresso powder dissolve, then mix again. Squirt the remaining whip into the bowl and, using a spatula, fold it gently together with the coffee mixture. Place a dollop on each cheesecake slice and serve.
7. Leftover cheesecake keeps for up to 5 days, tightly wrapped in the fridge.

NOTES AND SUBSTITUTIONS

- Nabisco graham crackers are vegan. You can also use a store-bought crust: The Keebler 10-inch is perfect—and happens to be vegan. You can also use the 9-inch one, but it's a tad smaller than it advertises, so you should remove 1 cup of filling. You can divide that leftover filling between three greased ramekins and bake for 10-12 minutes to make three snack-sized, crustless cheesecakes.
- Tofutti cream cheese creates the most flavorful and silkiest results, apparently because of its high soy content. If you can't find it, Oatly cream cheese will create similar results (you may just want to add a pinch of extra pumpkin spice). Barring that, Kite Hill also works, but creates a denser cheesecake. Whatever you do, avoid offerings high in coconut oil such as the Trader Joe's variety, Violife, and Miyoko's: they create soupy drama you simply do not need.
- Coconut cream: Be sure to grab a can of coconut cream rather than its cousins coconut milk or *heavy* coconut cream. Coconut cream has just the right amount of fat for this cheesecake.

Perennial strawberry tart

This is an original recipe from Caroline Saunders at Pale Blue Tart. Check out more of her recipes and consider subscribing to her newsletter at palebluetart.substack.com.



Pale Blue Tart

INGREDIENTS

Brittany shortbread:

- 50g (⅓ cup + 2 tablespoons) (preferably sifted) Kernza flour
- 20g (¼ cup) almond flour
- 2.5g (½ teaspoon) baking powder
- 1g (¼ teaspoon) salt
- 35g (2.5 tablespoons) butter, at room temperature
- 30g (2 tablespoons) sugar
- 18g egg yolks (1 yolk)
- 10g (1 ½ teaspoons) almond butter

Lemon-vanilla pastry cream:

- 150g (scant ⅔ cup) whole milk
- 18g egg yolks (1 yolk)
- 30g (2 tablespoons) sugar
- 8g (1 tablespoon) cornstarch
- ½ teaspoon vanilla
- Zest of half a lemon

Fruit and glaze:

- 226g (one 8-oz package) strawberries, sliced thinly
- Optional: 50g (~3 tablespoons) apricot jam or jelly for glazing

Recipe continues on the next page

SPECIAL EQUIPMENT:

A 7 or 8-inch tart pan or bottomless tart ring

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Pale Blue Tart

You can get Kernza flour for this recipe from [Perennial Pantry](#).

I'm going to offer two approaches for the tart crust.

The first option is no-fuss: Use the Kernza flour as is. The second option adds a step for my fellow dessert demons who are here to #innovate: Grab a sieve and sift the Kernza flour before you use it. Sifting out the biggest pieces of bran essentially creates a DIY pastry flour—one that's finer and gives the shortbread a crunchy-crustier texture I prefer (though both versions are delicious). Leftover bran flakes can be saved for kneading into a sourdough loaf or mixing into overnight oats.

Perennial strawberry tart

(continued)

METHOD

1. Prepare the pastry cream. In a medium bowl, whisk together the egg yolk and sugar. Add the cornstarch and whisk again to combine. Heat the milk in a small saucepan over medium heat, just until you see steam rising from the surface. Then temper the milk into the egg mixture and back again: Remove the saucepan from heat and gently pour half the hot milk into the egg yolk mixture, whisking constantly. Then pour the mixture back into the saucepan; return the saucepan to medium heat; and cook, whisking constantly, until it thickens to the consistency of pudding (a few minutes). Once thickened, remove from heat and whisk in the vanilla and lemon zest. Transfer the pastry cream to a small bowl, press plastic wrap directly against the cream to prevent it forming a skin, and refrigerate until ready to use.
2. Prepare the shortbread crust. Preheat the oven to 335F. Spray the inside of the tart pan or tart ring with cooking spray, and place it on a sheet pan (lined with parchment paper if using a bottomless tart ring). In a medium bowl, combine the room-temperature butter and sugar, mixing with a spatula until it's smooth. Add the egg yolk and almond butter and mix until smooth. In a separate bowl, whisk together the (preferably sifted) Kernza flour, almond flour, salt, and baking powder. Add the dry ingredients to the wet ingredients and mix with a spatula just until the dough comes together. Press it evenly into the bottom of the tart pan with your fingers. Bake for 20–25 minutes, or until the top is evenly golden-brown. If using an 8-inch tart pan, start checking for doneness a few minutes early. Allow to cool completely.
3. Wait to assemble the tart until you're nearly ready to serve to prevent a soggy crust. Give the pastry cream a good whisk to smooth it out, and spread it evenly onto the crust with an offset spatula or spoon, leaving a half-inch border.
4. Add the fruit and optional glaze. Slice the strawberries. Heat the jam or jelly in the microwave for a few seconds to warm it and thin it to a brushable consistency. Arrange the berries as you wish on the tart, then use a pastry brush to gently brush a layer of jam glaze over the berries, making them shine like jewels.

Veggie spirulina meatballs

Recipe courtesy of We Are the New Farmers. This recipe originally appeared on Grist in 2022.



WE ARE The New Farmers

INGREDIENTS

- 3 cups cauliflower florets (roughly 1 head of cauliflower) or cauliflower rice
- 3 cups cooked quinoa and/or brown rice
- $\frac{3}{4}$ cups breadcrumbs
- 4 eggs
- 2 tablespoons fresh Spirulina
- $\frac{1}{2}$ tablespoon garlic powder
- $\frac{1}{2}$ tablespoon cumin
- $\frac{1}{2}$ tablespoon ground pepper
- 2 teaspoons salt

YIELD: 10 to 15 servings

TIME: 30 minutes

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INSTRUCTIONS

1. Boil the cauliflower florets for about 5 minutes, until fork-tender. Drain well.
2. Blend cooked quinoa/rice and cauliflower in a food processor until only a little bit of texture remains. Transfer mixture to a large mixing bowl and combine with all other ingredients. Stir until everything is incorporated. If mixture doesn't come together, add more breadcrumbs (or flour).
3. Roll into small balls. Cook for several minutes on each side in a well-oiled pan over medium heat.

Twice-cooked camas (or sunchoke)

Recipe courtesy of the Jamestown S'Klallam Tribe. This recipe originally appeared on Grist in 2022.



Claire Elise Thompson

INGREDIENTS

- ½ pound blue camas bulbs, about a dozen
- 1 tablespoon olive oil or butter
- 1 tablespoon lemon juice
- Smoked salt

INSTRUCTIONS

1. Heat oven to 225 degrees.
2. Remove the papery sheath from the bulbs and discard. Place bulbs in an oven-proof container with a lid, such as a Dutch oven. Pour in just enough water to cover the bottom of the container by a quarter of an inch or so. Cover and bake the camas bulbs for 12 hours. (*Check on them after about 8 hours — this should be plenty if you're substituting sunchokes.) You want them to range in color from pale gold to full golden. Set aside until cool enough to handle.
3. Slice the bulbs into rings and lightly sprinkle with fine salt. Sauté in olive oil or butter until beginning to brown, about 5-6 minutes. They will be a little sticky, so stir continuously or toss the pan for the first minute or so, to prevent the bulbs from sticking. Keep an eye on them, as the sugars in the camas will caramelize fast.
4. To finish, toss with the lemon juice and dust with the smoked salt. Serve immediately.

YIELD: 2 servings

TIME: 20 minutes active time, plus 12 hours of cooking time

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This recipe uses foraged camas, a staple crop in the traditional diets of Indigenous peoples in the Pacific Northwest. Try making it with sunchoke, a more widely available, inulin-based root vegetable that is also native to North America. Camas (and sunchoke) needs to be cooked slowly and for a long time before you do anything else with it. If you skip this step, all the inulin in the bulbs will still be present when you serve them, and you will all be farting like crazy in a few hours. Slow, moist cooking breaks the inulin down into fructose. You could try cooking longer or at a higher temperature for different effects.

Easy seasoned collard greens

Recipe courtesy of Yeawa Asabi. This recipe originally appeared on Grist in 2022.



Syris Valentine

INGREDIENTS

- 1 tablespoon olive oil
- ½ sweet onion, diced
- 3 to 4 garlic cloves, minced
- ½-inch piece of ginger, minced
- 1 bunch collard greens (about 1½ to 2 pounds), washed and chopped
- 2 cups vegetable broth
- ¼ pound plant-based ground sausage (or other meat of your choice), sliced or crumbled
- Seasonings of your choice, such as onion powder, garlic powder, sea salt, and black pepper

YIELD: 4 servings

TIME: About an hour

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This recipe serves 4 people as a side dish. To serve it as a main dish, spoon the collards over a bowl of cooked rice.

INSTRUCTIONS

1. Add olive oil to a deep pot, warm over low heat, and add the onion, garlic, and ginger. Sauté until onions are translucent, 4 to 5 minutes.
2. Add sausage and cook for 4 to 5 minutes, stirring occasionally.
3. Add the collards to the pot. Bring heat to medium and stir to mix. Cook for 4 to 5 minutes, stirring occasionally.
4. Add seasonings and broth, and stir.
5. Turn down heat to low and let simmer for 30 to 45 minutes, or until greens are done to your liking.

Peanut butter, banana, and cricket smoothie (pet-friendly!)

Recipe courtesy of Anne Carlson, founder & CEO of Jiminy's. This recipe originally appeared on Grist in 2022.



Claire Elise Thompson

INGREDIENTS

- 1 banana
- 2 tablespoons peanut butter powder, such as PB2
- 1 heaping tablespoon cricket protein powder
- Pinch of cinnamon
- Pinch of salt
- Pinch of stevia, or any sweetener (optional)
- $\frac{3}{4}$ cup oat milk
- Several ice cubes

YIELD: 1 serving

TIME: 5 minutes

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INSTRUCTIONS

1. Combine all ingredients in a blender. Enjoy!

Chef Al Massa's pan-seared lionfish with forbidden rice

Recipe courtesy of Brotula's Seafood House and Steamer. This recipe originally appeared on Grist in 2022.



The Land Institute

INGREDIENTS

For the lionfish:

- 5 lionfish filets
- Salt and pepper to taste
- 3 tablespoons butter
- 5 tablespoons extra-virgin olive oil
- Pinch of microgreens to garnish (micro-arugula, baby arugula, chive sticks, or tiny basil leaves)

For the leeks:

- 4 tablespoons butter
- 1 leek, sliced, pale portion only
- 1 cup chicken stock
- Salt and pepper to taste
- 2 ounces white wine

For the tomato confit:

- 1 pint cherry tomatoes
- 1/3 teaspoon minced garlic
- 3 sprigs fresh thyme
- 12 ounces extra-virgin olive oil
- 1/2 teaspoon sugar
- Salt and pepper to taste

YIELD: 5 servings

TIME: 45-50 minutes

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[The Climate Future Cookbook](#)

Al Massa, executive chef at Brotula's Seafood House and Steamer in Destin, Florida, created this recipe for the 2022 Emerald Coast Open Lionfish Restaurant Week, where it won first place. The recipe went on to take second place in the 2022 Great American Seafood Cook-Off in New Orleans on August 6. The recipe accentuates the pan-seared lionfish and forbidden rice with sautéed leeks, tomato confit, and "melted" zucchini and squash, then drizzles it all with shellfish butter sauce. Halibut or snapper would make excellent replacements where lionfish is not available.

Recipe continues on the next page

Chef Al Massa's pan-seared lionfish with forbidden rice

(continued)

For the zucchini and yellow squash:

2 ounces extra-virgin olive oil
1 pound shallots, minced
4 ounces garlic, thinly sliced (about 1½ heads of garlic)
1 zucchini, shaved (with a potato peeler)
1 yellow squash, shaved
Salt and pepper to taste

For the forbidden rice:

2 quarts cold water
1 cup forbidden rice (aka black rice)
2 tablespoons extra-virgin olive oil
1 tablespoon minced shallot
1 teaspoon minced garlic
Salt and pepper to taste
1 cup chicken stock
2 ounces sauteed leeks (above)
2 ounces tomato confit (above)
12 basil leaves, chopped
½ tablespoon butter

For the shellfish butter sauce:

1 tablespoon white wine
½ cup clam stock made from fresh clams
(or you can substitute clam juice, shellfish stock from shrimp, or fish stock)
Juice of ½ lemon
Zest of 1 lemon
1½ tablespoons capers
1½ tablespoons minced garlic
¼ teaspoon cracked black pepper
¼ teaspoon red pepper flakes
3 sticks unsalted butter, cubed

Recipe continues on the next page

Chef Al Massa's pan-seared lionfish with forbidden rice

(continued)

INSTRUCTIONS

Make the lionfish:

1. Pat filets dry, season with salt and pepper.
2. In a medium skillet, melt butter and add olive oil over medium-high heat.
3. Place the lionfish filets in the pan and cook for 3 to 4 minutes.
4. Flip each filet and cook for 3 minutes, or until crisp and cooked through. (Use a metal spatula to prevent the bottom of the fish from sticking to the pan.)

Make the leeks:

1. Melt butter in a saucepan over medium-low heat; add leeks.
2. Stir in stock, and season with salt and pepper.
3. Reduce heat to low.
4. Cook until leeks are tender, stirring often, about 25 minutes.
5. Cook an additional 2 to 3 minutes to evaporate excess liquid.
6. Keep warm until ready to serve.

Make the tomato confit:

1. Arrange the tomatoes and minced garlic in a saucepan, and add thyme sprigs. Drizzle generously with olive oil until the tomatoes are halfway submerged.
2. Sprinkle the tomatoes with the sugar, and season with salt and pepper.
3. Cook on high heat until the tomatoes begin to wilt, but not all of them have burst, about 20 minutes.
4. Keep warm until ready to serve.

Make the zucchini and yellow squash:

1. Place the olive oil and shallots in a saucepan and cook over medium-low heat until translucent.
2. Add the garlic and cook until soft.
3. Add zucchini and yellow squash, and season with salt and pepper.
4. Cook for 3 to 5 minutes, stirring often, until the zucchini and squash are soft and translucent, but not mushy.
5. Reduce heat to low and continue cooking for 2 more minutes.
6. Keep warm until ready to serve.

Recipe continues on the next page

Chef Al Massa's pan-seared lionfish with forbidden rice

(continued)

Make the forbidden rice:

1. Add the cold water to a saucepan and bring to a boil. Once boiling, add the rice and cook until al dente, about 40 minutes, while stirring occasionally to prevent sticking.
2. Remove from heat and strain the rice; set aside.
3. Place saucepan over medium-high heat and add the olive oil.
4. Add the shallots and sauté until translucent, then add the garlic and cook for about 1 minute.
5. Add the prepared black rice and stir well to combine. Season with salt and pepper.
6. Add the chicken stock while stirring constantly.
7. Reduce heat to low and keep cooking until stock is completely evaporated, about 2 minutes. The rice should be tender but not mushy.
8. Remove saucepan from heat, then stir in the leeks, tomato confit (set aside 2 to 3 tomatoes to save for plating), and chopped basil.
9. Add butter, stir until melted, and keep warm.

Make the shellfish butter sauce:

1. In a heavy saucepan over medium-high heat, reduce wine, clam stock, lemon juice and zest, capers, garlic, and black and red pepper until liquid is reduced to about ¼ cup.
2. Reduce the heat to low and slowly whisk in the butter, 3 to 4 cubes at a time. Whisk slowly and constantly until the consistency coats the back of a spoon and all butter is incorporated.
3. Keep warm.

To plate:

1. Place a portion of rice-leek-tomato mixture on the plate, just off-center. Use a small measuring cup to make a tight cylinder if desired.
2. Across from the rice-leek-tomato mixture, place a small pile of zucchini/squash ribbons.
3. Place the lionfish filet on top of the zucchini and squash.
4. Place 2 to 3 confit tomatoes equidistant from the rice and fish.
5. Spoon some of the shellfish butter sauce over the fish and drizzle the plate with the remainder.
6. Garnish the fish with a pinch of micro-greens or herbs.

Fermented pawpaw hot sauce

Recipe courtesy of Jose R. Spellman-Lopez, a Philadelphia-based urban farmer and educator. This recipe originally appeared on Grist in 2022.



Diana Kruzman

INGREDIENTS

- ¾ tablespoon of non-iodized salt
(note: iodine has antimicrobial properties that inhibit lacto-fermentation)
- 1 cup water
- 1½ cups chopped yellow hot peppers, such as habaneros, scotch bonnets, or any pepper with tropical flavor notes
- 4 garlic cloves, peeled and crushed
- 2 sprigs of fresh thyme, about 6 inches long
(or other fresh herb of your choice, such as oregano)
- 1 to 3 pawpaws depending on desired sweetness, peeled and cut with seeds removed

YIELD: About 1 to 1½ cups
TIME: 30 minutes to prepare; between 8 and 20 days to ferment

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After cutting the pawpaw, use immediately, or store the pulp in an airtight container and refrigerate or freeze if it will not be incorporated with fermented vegetables within a day. If pawpaw is unavailable in your area, you can substitute mango.

Recipe continues on the next page

Fermented pawpaw hot sauce

(continued)

INSTRUCTIONS

1. Make the salt brine by mixing salt and water. If using municipal tap water, allow the chlorine to dissipate in an open vessel. Cover with cloth to keep bugs out and let sit, ideally overnight.
2. Cut away tops of peppers, slice lengthwise, and scrape out seeds. Place peppers, garlic, and herb sprigs (fully intact) inside a jar. Pour salt brine over top, ensuring vegetables are completely submerged under the brine. Cover with cloth, and secure with a string or rubber band.
3. Place jar in a warm (not hot) location away from direct sunlight — the warmer the area, the faster the fermentation process. Check daily for 8 to 10 days in the summer and up to 20 days in the winter. (You want the peppers to wilt; they should be able to bend without breaking.) Scrape away any abnormal bacterial growth from the surface. (Anything that's other than white can be harmful bacteria. Please keep a close eye and exercise caution with home fermentation!)
4. Strain fermented vegetables from the salt brine and strip the herbs from their stems; discard stems. Reserve salt brine.
5. Place pawpaw and fermented vegetables in a blender. Taste, adding more brine to achieve desired consistency. If refrigerated in an airtight container the hot sauce will keep for many months.

Mushroom quiche with perennial wheat crust

Recipe courtesy of Claire Wineman. This recipe originally appeared on Grist in 2022.



The Land Institute

INGREDIENTS

For the crust:

- 1 cup perennial wheat flour
- 3 teaspoons sugar
- 1½ teaspoons salt
- 1 stick very cold unsalted butter
- 2 to 3 tablespoons cold water

For the filling:

- 1 medium onion, diced
- 4 ounces mushrooms, chopped
- 5 ounces fresh spinach (about 2 cups), chopped
- 1 tablespoon butter
- Salt and pepper to taste
- 1½ cups shredded cheese of your choice
- 4 eggs
- 1¼ cups whole milk
- 3 tablespoons flour
- ¼ teaspoon mustard powder
- ¼ teaspoon salt
- Paprika to taste

YIELD: 6 servings

TIME: 10 minutes to prepare the dough, 10 minutes to prepare the filling, at least 60 minutes to chill the dough, and about 45 minutes to cook the quiche

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The crust, made from perennial wheat, is also an excellent base for a sweet or fruit pie.

Recipe continues on the next page

Mushroom quiche with perennial wheat crust

(continued)

INSTRUCTIONS

Make the crust:

1. Combine flour, sugar, and salt in a bowl.
2. Cut the butter into small chunks, and incorporate using a stand mixer or your hands until the mixture resembles coarse sand.
3. Add cold water and mix until the dough comes together.
4. Chill the dough before rolling it out, at least 60 minutes or as long as overnight. Place in a 9-inch pie pan.

Make the filling:

1. Heat the oven to 375 degrees.
2. Sauté the onion, mushrooms, and spinach in the butter over medium heat until soft, about 4 to 5 minutes. Season with salt and pepper to taste.
3. Sprinkle the cheese over the crust, spreading it evenly. Layer the onion, mushroom, and spinach mixture over the cheese.
4. In a bowl, combine the eggs, milk, flour, mustard powder, and salt. Pour the mixture into the crust.
5. Sprinkle paprika over the filling, then bake for 45 minutes. Serve warm or at room temperature.

Insalata caprese with ‘moo-less’ mozzarella

This recipe originally appeared on Grist in 2022.



Naoki Nitta

INGREDIENTS

- 6 medium ripe tomatoes, rinsed and sliced
¼-inch thick
- 12 ounces moo-less mozzarella cheese, sliced
¼-inch thick
- ½ cup fresh basil leaves, small to medium in size
- ¼ cup extra-virgin olive oil
- Fine sea salt to taste
- Freshly ground pepper to taste

INSTRUCTIONS

1. Arrange alternating slices of tomatoes and mozzarella with the basil leaves on four salad plates. Drizzle olive oil over each serving and season with salt and pepper.

YIELD: 4 servings

TIME: 10 minutes

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This recipe calls for “moo-less” mozzarella cheese, which will become available in the very near future. In the meantime, cow, buffalo, or plant-based versions may be substituted. Given the simplicity of the salad, fresh ingredients are paramount. Sweet, vine-ripened tomatoes and high-quality extra-virgin olive oil are a must — let the oil mix into the juices to form the dressing.

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