

Living the Farm Sanctuary Life

Living the Farm Sanctuary Life by Gene Baur with Gene Stone is the “ultimate guide to eating mindfully, living longer and feeling better everyday.” The book tells the story of Farm Sanctuary, which was established in

1986, includes actionable advice on going cruelty-free, and improving the health of planet Earth. Here are a few of the recipes featured in the book, courtesy of chef Jason Wyrick, The Vegan Taste and author of Vegan Tacos.

Blood Orange, Olive, and Basil Salad

Says Jason: “This salad, typically made with whatever fresh oranges are on hand and made with blood oranges here, is a popular winter dish throughout the south of Italy.

Fennel and red onion are popular additions, but my favorite version (this one) concentrates on the interplay of the sweetness of the oranges, the saltiness of the olives, the pop of the basil, and the smoothness of the olive oil. It showcases one of the quintessential elements of Italian cuisine, namely that you don’t need complicated recipes to make outstanding food. You only need outstanding ingredients and the willingness to let them speak for themselves.”

Makes 2 servings
Time to Make: 10 minutes

4 blood oranges or oranges of your choice, peeled and carefully chopped into bite size pieces
3 tablespoons chopped oil cured pitted black olives or ¼ cup chopped pitted kalamata olives
¼ cup finely sliced basil leaves
¼ teaspoon ground black pepper
2 tablespoons good-quality extra-virgin olive oil (preferably with a peppery finish)
¼ cup thinly sliced fennel, if in season, optional

In a large bowl, toss together the oranges, olives, basil, pepper, oil, and fennel, if using. Let the salad sit for 5 minutes before serving. Make it low fat by omitting the oil.

Pancakes with Orange Moscato Syrup and Pine Nuts

Says Jason: “I created this recipe

when I was leading a vegan food tour in the south of Italy. Everyone really wanted pancakes for breakfast, but I wanted to utilize some of the exceptional ingredients we had. That included a bottle of orange moscato, fresh pine nuts, and oranges picked directly from the orchard outside the villa where we stayed. It’s quintessential Italian. Not a lot of ingredients so the ones that are there can really shine. Best of all, this is a fancy breakfast that doesn’t take any more effort than making regular pancakes.”

Makes 4 servings
Time to Make: 15 minutes
3-4 tablespoons pine nuts
½ cup whole wheat pastry flour
¼ teaspoon salt
2 teaspoons baking powder
¾ cup almond milk
2 teaspoons olive oil
grated peel of 2 oranges
¼ cup agave nectar
3 tablespoons orange moscato*

In a medium skillet over medium heat, toast the pine nuts for 1 minute.

In a mixing bowl, combine the flour, salt, and baking powder, making sure they are evenly distributed. Whisk in the almond milk and oil until you have a thin batter.

Bring a medium skillet to just above medium heat. Add a very thin layer of olive oil and wait about 30 seconds for it to heat. Pour about ½ cup of the batter into the skillet and quickly rotate it a couple of times to get the batter to spread out. Cook the pancake for 2 minutes, then flip it and cook for 2 minutes. Remove and keep it warm.



Repeat until you are out of batter. In a medium bowl, combine the orange peel, agave, and moscato.

Plate the pancakes, pour the syrup on them, and top with the toasted pine nuts.

*Skip the moscato and add 2 tablespoons fresh orange juice and 1 tablespoon white wine.

Tacos with Salted Grilled Plantains, Salsa Verde, and Pepitas

Says Jason: "If the tortilla is the soul of a taco, then the filling is the body, and fresh lime and spicy salsa are the life of it. It's the fusion of all three of these components that makes tacos the perfect handheld meal. Because the traditional tortilla for a taco is only about 5½" in diameter, one serving is usually two or three tacos—or four if you're hungry!"

Makes 12 tacos

Time to Make: 25 to 35 minutes

2 cups fresh masa (corn dough for making tortillas) or 12 small premade corn tortillas
2 medium semi-ripe plantains, peeled
1 tablespoon garlic-infused oil
grated peel and juice of 2 limes
1 teaspoon salt
1 teaspoon ancho chile powder
1 ½ cups salsa verde
¾ cup toasted pepitas
2 cups shredded red cabbage

Heat a grill, preferably using mesquite wood. If using a gas grill, bring to medium heat and add soaked mesquite chips in the smoking box.

While the grill is coming to temperature, make the tortillas. Bring a griddle or comal to medium heat. Lay plastic wrap over the bottom flap of your tortilla press.

Take 2 to 2½ tablespoons of the masa and form it into a ball. Lay this on the plastic wrap, just



slightly off center toward the hinges of the press. Lay a sheet of plastic wrap at least the size of the tortilla press flap over the masa ball. Press down firmly until the masa is flat and you have a tortilla ready to be cooked. This takes a little practice, so if your first few tortillas don't turn out right, simply re-form the dough into a ball and press it again. Make as many uncooked tortillas as your griddle can handle before laying them on the hot griddle. Typically this will be 2 to 4 tortillas. Make sure to press each tortilla in its own plastic wrap and keep them in the wrap until you are ready to lay them on the griddle.

Remove the top layer of the plastic sheet. Flip the tortilla over and remove the other layer. Gently lay it on your griddle. Cook the first side for 30 seconds to 1 minute, or until you see the edges of the tortilla change color.

Flip the tortilla over and cook for 1 minute. Flip it back over one more time and cook it for another 30 seconds. Remove the tortillas from the heat, stacking them and keeping them covered so they don't dry out.

Brush the plantains with the oil. Grill them until they are heavily browned on both sides. Remove them from the grill and chop into bite-size pieces.

Immediately toss them with the lime peel and juice and then the salt and chile powder.

To each tortilla, add the plantains, 2 tablespoons of the salsa verde, 1 tablespoon of the pepitas, and the cabbage.

