

MEMORIES of MO'HUBB's

2004/2005



Reflections, Rare Photos, and Incredible Vegan Recipes

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COOKING AS A DISCOVERY

When we set off on a journey, we seek a direction and need a map to orient us. Cooking is also a journey of discovery. For it, we need some recipes and guidelines, born from the experience of others. This helps us avoid the terrible/funny error of cooking something inedible: as a creative child who decides to mix sand and blueberries, with soy sauce might. Yet, how terrible is that really? What joys this child might feel in his discoveries.

Yes, you might say, but then there is the grumbling stomach after work, the in-laws are coming, and they expect something special...and we are no longer children to afford ourselves such luxuries as abandoned play.

Well, if you aim solely to please others and/or want predictable results and you want them now, then I suggest you follow all recipes to the letter. But, if you really want to learn something new and develop your own culinary aesthetics - treating cooking as an art of discovery - then you need to begin by engaging in your own explorations. Being fully in our own senses: licking, tasting and discovering by chance and through direct contact. Hmm. Yuck. Ahh. Ugh. Yesss! This is the way to discovery as a creative cook, a culinary explorer, and a taste artist.

The best foods are so simple...

Pita Crisps

Pita bread (favorite kind)	1 per four slices
Garlic	A large clove or more
Olive Oil	Splashes everywhere
Cayenne	A few pinches
Basil	A handful or more
Oregano	A bit less than the basil
Thyme	Just enough to smell it
Salt	Yes, sprayed over

Pre-heat oven to bake at 375 degrees.

Open the pita: peeling the middle, so one side is smooth outside and the other is the tender inside. Cut the two round halves into pizza like wedges. Oil a baking tray well and douse the wedges in oil on both sides.

Mix all the seasoning in a bowl or if you have one, in a spice shaker with big enough holes. Now spray the oiled pitas on both sides and place on a clean tray into the oven. Turn over when they golden (3-8 minutes). Enjoy the crispy savouriness with dips, spreads and roasted veggies!!!

Knowing your roots! Part 1

Do you ever wonder about where your food comes from? As you handle the fruits and vegetables at the supermarket, do you know who they were picked and farmed by? Do you consider that children, immigrants, and low wage workers may have done this work, under dangerous and unjust conditions. Do you wonder about how the food was treated, before it got to your table? Do you know what effects sprayed pesticides have on your health? So many questions to answer. Yet, so many choices and alternatives...

Veggies: Roast 'em good!

Garlic	Yup
Onions	Uh huh
Mushrooms	Oh yeah
Peppers	Many
Root veggies (yams, potatoes, etc)	Bring them on!

You can bake so many veggies. Just scrub and wash off any dirt. Cut into pieces, making veggie no thicker than a thumb (so that they bake in reasonable time). Oil the pan, and heat the oven to broil at 375 degrees. Watch 'em to check readiness. Root veggies take longer. Mushrooms are fast. Savour and enjoy their natural smells. You can season them with the same as the pita crisps before or afterwards. I enjoy them as nature made them!

Knowing our roots! Part 2

Do you assume that the realities of chemical farming, labour abuses, and our society's impact on the environment are issues outside of your personal control and for our governments to resolve? However bold this may strike you, our individual and collective consumer choices do have an enormous impact on: encouraging changes in the treatment of workers, the cultivation of land, pesticide spraying of foods, and how food is packaged: all of which are concrete ways we as individuals can change the world. So... Let us ask questions, read labels, and find alternative answers. Let us make the best informed choices for our planet, ourselves, and future generations. It all starts right now, one meal at a time!

Cucumber Tao-ziki

Tofu (med to soft)	A brick for two
Cucumbers	One or two
Garlic	As much as you like
Lemons (juice)	1 lemon is enough
Dill	A good spoonful
Cayenne	A pinch
Salt	To taste
Pepper	A good grind
Vegetable oil (canola or sunflower)	A splash

Everything is processed (ground in processor)
EXCEPT for the cucumber, which I prefer to grate into the larger grated pieces and the garlic, which I grate into smaller mush. It is all mixed together in a bowl then. To get a preferred spread consistency, add water or soy milk to thin or corn starch to thicken. So cool and delightful!

I love to challenge the portions and combinations which others suggest or even which I have used prior. I strive to re-invent a meal, each time anew, in order to re-discover the joys that come from being creative, from diving into the present, and just playing with my food..

Mo' Hubb's Famous Hummous

Chick Peas (preferably fresh cooked and soft: easier to whip up)	1 Can for two stomachs
Lemon juice	Plenty
Fresh Garlic	As much as you can handle
Fine Olive Oil	good to splurge
Tahineh	A little less than the chick peas, but a close second spoon/half litre
Cumin and/or curry (which has cumin in it)	
Coriander	half a spoon
Salt	A good dash

Grind/process all together like there is no tomorrow!

*Note: play with the consistencies to find the right one for you. For example, more lemon juice gives it tang and drip. More tahineh will thicken it and smooth it out.

*SPECIAL NOTE: Add either roasted veggies or fresh leaf veggies to create various flavours like: garlic, onion, red bell pepper, spinach, basil, and coriander.

* *Some days I make cooking a sacred task: a communion with my body, the universe, and those whom I will serve. I seek to infuse the food itself with the best of my own intentions and qualities. Of course, I might begin by feeling greedy, anxious, or wanting to out do a feeling of inadequacy, but as I work to clear through such motivations (the garlic helps), what remains always turns out damn delicious!!!*

Holy Guacamole!!

Avocados	Yes, as many as you can get
Pears	About 1/2 to par with avocados
Garlic	I like a handful or more: Yow!
Lemons	Fresh, can't use too many
Olive Oil	Dashes and splashes
Cayenne	Yeaah! a bit is enough
Cilantro and/or	Either/or is good. Add
Basil or	as much without taking over
Mint	the subtly sweat taste of pears
Salt	Pinches

This guacamole comes from divine inspiration! Let it inspire you to turn some of the traditional favorites upside down.

I cut the avocados and pears into cubes. It is also a good idea to then mash the avocados and pears together. You decide, according to the texture you like; the second option is definitely smoother. Squeeze in some fresh lemon juice, spraying it well. Then, add the olive oil, spices, and... enjoy! Before it disappears.



Spinach Bean Dip

White Beans	3 cans
Spinach	1 bag
Garlic	Never enough
Lemon (Juice)	1/2 is enough
Olive Oil	Big spoonful
Salt	1 pinch or 2

All is processed as with the other spreads, but the spinach needs to be chopped up so finely so that it doesn't clog up your processor. Also grate finely the garlic, prior.

Now, the magic begins! Process everything first. Then slowly add the chopped spinach, patiently. Stick a spoon in often and let your friends taste it. Add salt, thinners, or thickeners as needed.

Favaliscious Stew

Fava Beans	1 can for every two folks.
Parsnips	2 per can of fava
Cilantro	As much as you can spare
Onions	A quarter of the whole.
Garlic	As much as you desire
Zucchini	1/2 in relation to how many beans you got!
Salt & Pepper	Add to Taste
Cumin	A healthy dash
Paprika	Half a spoon
Cayenne	A pinch to keep the cold away!

In a pot, sauté the onions (both small chopped and large juicy sweet slices) with garlic (fine chopped, melting into the air and the oil) until golden.

Add the beans, spices and cilantro: cooking on low, simmering...

In a frying pan, sauté the zucchini (in long slices) and the parsnips (rounds) also 'till golden, adding them to the pot. Let it simmer for a while longer and enjoy.

*Adding red wine never hurt anyone!

Sweet Peanuty Delight

Squash	One is a good start
Yams	Two are a delight
Carrots	Three or more I like
Onions	Some company, but not to crowd the sweet ones above
Fresh Ginger	Bring in the zing!
Peanut Butter	Beaucoup! A litre to start
Fresh Coriander	A handful in stew is better than any left over

Cube (cut large pieces) the orange veggies.

Boil the orange veggies 'till they are soft but still crisp, not to soft.

Then drain half the stock (which can be saved for soup stock), leaving the remainder as a sauce base.

Sauté the onions.

Grate the fresh ginger.

Chop the fresh coriander finely.

Stir in the peanut butter. As much as is needed to make a sauce that will be the right consistency (thick to thin, we prefer thick, you decide). Note: keeping the extra stock on hand will allow you to play around to get the right consistency.

Add the onions, ginger and coriander.

Heat under medium low temp to soak in flavours for a while (until you cannot resist the smells and the call of your belly).

Scrambled Tofu

*Heartily fills da belly for brunch,
Always delights the salty & savory bunch.*

Tofu	One ½ kg block per 2 stomachs
Mushrooms	A douzen or more
Onions	A couple big ones
Garlic	As much as you desire
Carrots	Two or three
Parsnips	Two is enough
Sweet Peas	A handful
Curry	A large spoonful
Salt	To taste at end
Pepper	A good couple of grinds
Cayenne	A pinch
Basil	A teaspoonful
Vegetable oil	Enough to grease pan
Olive Oil	To taste

Preparation: cut the veggies into slices not too large. Grate the garlic. Break up the tofu with your hands or a masher until it is crumbled into small bits. Heat the pan to med-high and mix the curry into the oil.

Begin sautéing with the carrots and parsnips first (as they take longer). As they begin to crisp and soften (a couple of minutes) add the mushrooms and peas with the onions and garlic. Then the tofu is tossed in, with rest of the spices. Scramble it often to avoid dry burning, until it is golden and hissing: sssso tasty!!

Sweet Red Bean Beets

Red Beans	Can per two folks
Beets	Whole, with stalks
Onions	One per two folks
Garlic	As much as you desire
Honey	With favorite large spoon
Cayenne	Yes!
Salt	A bit

Boil Red Beans, with extra water and dashes of salt. Add Beets, quarter sliced beets with stalks (often overlooked delicacies) chopped into fine bits.

Cover and let boil and steam. Nothing to do, but pinch over some cayenne.

Stir-frying in hot pan with your keen appreciation, large moon like onion slices and fresh garlic chopped finely. Add this to the pot.

Add honey always for love and to convert even the most stubborn beet detractors.

That's it! It creates a simple, sweet, and a striking rich red colour. Watch your clothes for bloodlike (in colour and staining power) splashes. It's a natural dye, used by Natives from way old times. Make this dish as a Halloween treat. Also, you could play with your food: put some colour on your cheeks. Oh, and it's so good for those dry cold winter days: another beet advantage is that it improves your circulation. It also makes your pee bright orange. I love my beets!



Apple-Zucchini Lentil Stew

Lentils	Can per two folk
Zucchini	Two per can
Apples	One per zucchini
Onions	One per zucchini
Garlic	Yes, lots
Cumin	Spoon per can lentil
Fresh coriander	A cup is fine
Salt	Dashes
Pepper	Sprints

Heat the lentils. If lentils are dried: boil in water that is double volume of the lentils with salt, until soft, melting in your mouth. Add spices and let it cook on and on...

Meanwhile, stir fry the onions (sliced moon shape), garlic (grated), zucchinis (long cut), and apples (slices). Add them into the pot and let it all blend together.

Teriyakied T.V.P.

T.V.P.	One cup per two
Mushrooms	A hand full
Carrots	Two to three
Broccoli	1 head's good start
Garlic	As much as you desire
Ginger	Likewise
Onions	Lots
Soy Sauce	Splashes
Cayenne Pepper	Pinches
Honey	Licking spoonful

T.V.P.? that's Texturized Vegetable Protein, a form of soy, which looks and can be transformed to taste like ground meat. But we aren't interested in imitation so let's laud TVP for it's other qualities: it's chewy and brown and tastier than tofu, yum!... So this TVP needs to soak in a Teriyakied mixture of soy sauce, grated garlic and ginger, cayenne, and honey. Just soaking it all in. Have a drink, call a friend... take a bath...

When all is ready, let's sauté the broccoli and carrots followed by the onions and mushrooms well to golden land. Then, get ready, turn up the heat, stir in the teriyakied mix and stir-fry it until the TVP is somewhere between crunchy and chewy.

* Goes well with rice noodles, rice, in shepherd's pie or in the recipe following.

Royally Stuffed Red Peppers

Red Peppers	One per person
T.V.P.	One cup to stuff per pepper
Mushrooms	A hand full
Garlic	As much as you desire
Ginger	Likewise
Onions	Lots
Soy Sauce	Splashes
Cayenne Pepper	Pinches
Honey	Licking spoonful

Firstly, the peppers need to be emptied of seeds and that white stuff inside. This job is done best from carving out the top, like in a pumpkin. Then place 'em in the oven to broil at 350 degrees for a while (just 'till they start to sweat and sweeten).

Secondly, make the Teriyakied TVP (page prior).

Last stage—the best rewards come in the end—stuff the peppers and let them sit in the oven for a wee bit, just long enough so that you know that the pepper and the stuffing are baked together. Reasons being: so that their flavours melt into one other and so that, when you open the oven to show your guests, the sweat spicy & nutty smell will wift around their noses and the appearance will evoke delight and spark interest. Yes!

*Goes well with pasta sauce and rice.



* Apple Spiced Rice *

Rice	Serving? 1 cup per 2 people
Apples (your favorite kind; I love Royal Gala)	½ to equal portion of rice
Cinnamon	A great dash of
Cloves	A hint of
Honey	A touch of or more
Lemon juice	A splash of

Peel and cut apples into moon shapes.

Boil some water in a pot with rice, leaving a ¼ extra water. As rice boils, half way (ten minutes in) add apple slices and spices. This way the apples are firm and not completely mushy. When rice is done, drain any extra water, if need be. Adding honey takes it from spiced to spicy/sweet. Give a splash of lemon juice on top. Enjoy.

Orange Ginger Stir-Fry

Chick Peas	A can's worth for two
Carrots	Many
Turnips	Less
Parsnips	A good bunch
Bok Choy or Gai Lan	As much as carrots
Onions	One large per family
Fresh Ginger	As much as you like
Fresh Mint	A handful
Orange juice (fresh squeezed or non-concentrated)	A glass per two folk.

Heat the chick peas well and long enough.

Meanwhile, slice and dice the veggies, ginger and the mint up into long slices, strips and other interesting shapes. Then stir-fry with wild abandon.

Add the veggies to the chick peas and mix in the orange juice. The green and orange display is striking while the taste is all tangy, hearty and sweet.

Serve: on Glass (Mung Bean) Vermicelli Noodles: place in boiled or near boiled water. Remove from heat and let sit for 10 minutes. Drain water and all is ready to serve!

Spring Plum To-fry

Tofu	Brick per two folks
Fresh Plums	Two per folk
Green Onions	A stalk or two
Bean Sprouts	A handful
Carrots	Another one please
Peas	A handful
Garlic	As much as you want
Honey	A spoon per two folk
Salt	Just a dash here and there

The tofu need be sliced into thin like strips, so as to be fried well and easily. The carrots and onions are recommended to be sliced length wise into long strips, so as keeping their distinct tastes and freshness. Now you can stir-fry like crazy, everything (but the plums and honey).

The plums need be cut and boiled in small amount of water. When they soften, blend them. Add extra fresh grated garlic and honey. To thicken, add: soy milk or corn starch.

Mix the stir-fry with the plum sauce and let it simmer. We received a surprising response the first time we made this recipe; which was served in a hurry. People came back commenting on how they came for vegan food, not for pork! I guess that when the fried tofu simmers in plum sauce, it acquires a distinctly pink appearance, convincing even meat eaters of being pork, in taste and look. In my mouth, it tastes sweet and sour.

Super Flax-Cakes

Whole Wheat Flour	Cups full
And/or Buckwheat Flour	Good to mix 'em
Vegetable Oil	Healthy splashes
Flax seeds	A lot
Maple Syrup	Hmmm,mmm
Salt	Just a bit
Soy/Rice Milk	Cups
Baking Powder	Yes

Okay, so I know that when making pancakes, we need to follow recipes more closely—which I don't like to do. Yet, I can't seem to ever remember to measure the proportions. Though I wish I did, once the perfect balance is struck. In lieu of instructions, I'll try to guide you to find this balance yourself. It'll be fun. The main keys are:

Firstly: Mix the dry stuff together first: about one cup of flour per teaspoon of baking soda, and a pinch of salt.

Secondly: Adding about ¼ of the whole dry mix as flax seeds, which need to be ground (coffee grinders do well).

Thirdly: Add in the milk of choice, gradually while you stir or whisk the mixture. Now, this is the only critical bit! I emphasize that you watch the consistency here! If you add too much milk, the mix might not fry well, not holding together. If you don't add enough that will explain when the pancake is more of a dry flatbread or sticking to your ladle. But, no worries! You can always restore balance by adding more flour or milk. Phew!

You will know you have reached a good balance when the mixture is somewhat liquidy (drips between the spaces in a fork) yet also gooey? enough that when you pour it on the frying pan/skillet it will hold together.

Contd...

Contd...

Fourthly: Don't forget to add and mix in the oil (about a tablespoon per 2 cups) and the maple syrup (same as oil or more if you have sweet tooth-a-titis).

Fifthly: Ready, set, and make 'em! On a frying pan/skillet lightly oiled and heated to med-high to high temperatures.

A tip: pour some in the center of pan about the size of grapefruit. Then using the round side of a spoon, spiral out from the center of the mix, to expand the forming pancake to take up the whole pan. It will cook fast. So be ready to flip it!

Finally: once you have discovered how to tell when a pancake mix is the right consistency (through a bit of this experimentation) you will be able to make a super pancake out of any ingredients.

Fried Spiced Fruit

Choice of Apples,	Lots
Bananas, Berries...	
Cinnamon	Spoon per bowl of fruit
Coriander	Half the above
Nutmeg	Same
Maple Syrup/Honey	Yes, a spoon per bowl

Grease a frying pan with vegetable oil. Slice and fry the fruit, with spices and lemon juice mixed together..

Serve over crepes, pancakes, rice, anything you wish to sweeten up as dessert, or breakfast treat.

Sweet Tahineh Heaven

Tahineh

H₂O

Veg. Oil

Lemon Juice

Honey or Maple Syrup

This is a can't go wrong, fast and fail safe, boring palette saviour. Just mix it all together. You may need to thin the Tahineh with water. Again, I say find your own consistency and flavour balance. Oh, and don't forget to add some love...

Putting it all together!

It can be said that the art of food preparation is just about putting together all the things we love in a way that they complement each other. Oh, how leaves of baby lettuce look and taste when doused with grated carrots and strawberry spiced marinade! That is to me a fresh heaven! So... What are your favorite foods? How could you mix, arrange, and prepare them to give yourself pure satisfaction? I say: follow your whim, follow you desire and all will be well!

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A welcoming place to meet people and eat great food. – Anon.

Keeps me off the streets! – Mike (AKA: Dip Meister)

Today is a very special day in my life.

Thanks for the chance. – Quan Li

Good food is made with care and good friends. – Shira Aviel

*Mo'Hubb's has tamed my carnivore tendencies. He he.
Without a doubt, it has been an absolute blast working with such
down to earth people. -- Andria Chase (AKA: Stew Mamma)*



Mo' Hubb's! Mo' Love! – Will (AKA: The Wild Taster)

Best Resto in town. – Ben (AKA: The Dish Magnet)

It's better than class! -- Alex (AKA: The Rogue Server)

*I like the special friends (many potential soul mates) I made at
Mo'Hubb's – Al & Nisha*

*Umm, Umm, OK! Don't cry cause it's over. Be happy
'cause it happened." – Paul (quoting Dr. Suess)*