



THE CELIAC SHACK KITCHEN





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A Treasury of Naturally Gluten-Free, Whole-Food Recipes

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LEAN-TO PRESS

The Celiac Shack Kitchen: A Treasury of Naturally Gluten-Free, Whole-Food Recipes

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First Edition

The recipes and information in this book are offered for general educational purposes only. They are not medical advice and are not intended to diagnose, treat, cure, or prevent any disease. Nothing here has been evaluated by the Food and Drug Administration. Consult your own physician or licensed practitioner regarding your health, and before making changes to your diet, particularly if you have celiac disease, another autoimmune condition, or a diagnosed food allergy.

Every recipe in this book was developed to be free of gluten-containing ingredients. Ingredient formulations and manufacturing practices change without notice. Always read the label on every product you bring into your kitchen.

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For my husband and our five children,

*who have eaten every experiment in this book,
including the ones that did not work.*

A WORD BEFORE YOU COOK

This is not a book about what you cannot have.

When I was first diagnosed, nearly every gluten-free resource I found was written as a list of losses. Here is the bread you cannot eat. Here is the gum you cannot chew. Here is the restaurant you should stop going to. It was accurate and it was exhausting, and it left me feeling like my kitchen had become a place of permanent subtraction.

So this book starts somewhere else. Every recipe in it is built from food that was never going to contain gluten in the first place. Fruit. Vegetables. Meat and fish. Legumes, seeds, and nuts. Herbs and spices. Fat that comes from an olive or a coconut or an avocado. Sweetness that comes from a date, a bee, a maple tree, or a stevia leaf. Nothing here is a substitute for something else. Nothing here is pretending.

How the book is arranged

Nine sections, and every recipe gets a full spread: the recipe on the left page, the photograph on the right. You can lay the book flat on the counter and read it from across the kitchen without losing your place.

About cross-contact

Naturally gluten-free food can still make you sick if it is handled carelessly, and the ingredients that surprise people most are the plain ones. Dried lentils and beans are frequently stored and shipped alongside wheat. Spice blends use flour as an anti-caking agent. Oats are almost always grown in rotation with grain. Soy sauce is brewed with wheat. Buy certified products when they exist, sort your legumes on a pale sheet pan, and read every label every time, because formulations change without warning.

About the sweeteners

You will find four in this book and no others: raw honey, pure maple syrup, whole dates, and whole leaf stevia powder. Whole leaf stevia is the dried, ground leaf itself, green rather than white, and it is not the refined extract sold in packets. It is powerful. An eighth of a teaspoon will sweeten an entire pitcher.

Faith over fear. Joy over restriction.

Steffi



BEFORE YOU COOK

THE FOUNDATIONS

Before a single recipe, a few things are worth setting down properly. The first is how to keep your kitchen from making you sick, which is a question of equipment and habit far more than it is a question of ingredients. The second is what actually belongs on your plate, and why, so that you are choosing food rather than following a list. The rest is the older wisdom underneath all of it: which animals we eat and why, the fermented foods every traditional culture kept on hand, and the organ meats our great-grandmothers would be astonished to find us throwing away. Everything in this part of the book is general education, not medical advice, and none of it replaces the guidance of your own physician or dietitian.

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WHY I COOK THIS WAY

For a while after my diagnosis I did what almost everyone does. I went to the store, found the gluten-free aisle, and bought the bread, the crackers, the pasta, the cookies, the pizza crust, and the boxed mixes. I was following the instruction I had been given, which was to avoid gluten, and I was following it carefully. I was also getting worse.

What I did not understand then is that removing gluten from a processed food does not make it a whole food. It usually makes it more processed, not less. Take the wheat out of a bread and something has to hold it together, so in goes refined rice flour, potato starch, tapioca, gums, and sugar. Pound for pound, a great many gluten-free products carry less fiber, less protein, and more sugar than the wheat products they replaced. I had traded one problem for a different one and I felt virtuous about it.

The waiting list

Then the symptoms got frightening. I will not catalog them here except to say that they were neurological, they were not improving, and my doctors were concerned enough to refer me on. I was put on a waiting list to see the multiple sclerosis specialist. That is a particular kind of waiting, and anyone who has done it knows exactly what I mean.

While I waited, I read. And somewhere in that reading I came across the research on ultra-processed food, and the connection between a diet made mostly of packaged products and a whole range of outcomes nobody wants. I looked in my pantry and I understood that almost everything in it had come out of a factory, and that the gluten-free label on the front had made me feel safe about that.

So I threw it out. All of it. And I started cooking from vegetables, meat, fish, fruit, nuts, seeds, and herbs, which is exactly what is in this book.

About four months later I called and cancelled the appointment with the neurologist.

WHY I COOK THIS WAY, CONTINUED

Now here is the part I want to be careful about, because it matters more than the story does.

I was never diagnosed with multiple sclerosis. I was on a waiting list, which is not the same thing at all. I do not know what was happening in my body during those months and I never will, and it would be dishonest of me to stand here and tell you that food cured a disease I was never confirmed to have. What I can tell you is what happened in the order it happened: I was frightened, I changed what I ate, and I got better, and I have stayed better for years.

I am not telling you to cancel an appointment. Please do not do that on my account. Go to the neurologist. Keep the referral. Take the medication your doctor prescribed. What I am telling you is that what you put on your plate three times a day is not nothing, and that it is worth taking seriously alongside everything else your medical team is doing rather than instead of it.

What I found later

Years afterward I came across the work of Dr. Terry Wahls, a physician at the University of Iowa who was diagnosed with progressive multiple sclerosis, declined into a wheelchair, and then rebuilt a way of eating around vegetable density and nutrient variety and recovered a great deal of her function. She has since spent years running actual clinical research on the question rather than resting on her own recovery, which is what earned my respect.

I want to state the evidence honestly, because she does. Her own case is one case. The trials that have followed are small and early, and what they have shown most consistently is improvement in fatigue and quality of life rather than reversal of disease. Diet is not an established treatment for multiple sclerosis and nothing in this book is offered as one. But the direction she points, toward volume and variety of vegetables, toward organ meat and wild fish and colored plants, is the same direction I had already stumbled into in my own kitchen, and finding a physician who had gotten there through research was a considerable comfort.

So that is why the recipes in this book look the way they do. Not because anything is forbidden. Because this is what put me back together.

A KITCHEN THAT WILL NOT MAKE YOU SICK

Here is the part nobody warns you about at diagnosis. You can buy every certified product on the shelf, read every label twice, and still get sick in your own kitchen. Not from what you bought. From what your equipment remembers.

The technical word for this is cross-contact, and it is different from cross-contamination in the food safety sense. Nothing is spoiled and nothing smells wrong. A trace of gluten simply moves from one surface to your food, and for a person with celiac disease that trace is enough to matter.

The rule that decides everything

Porous holds. Smooth releases.

That single line will answer almost every question you have about your own kitchen. Anything with pores, scratches, grooves, seams, or a seasoned surface can hold protein residue that survives a normal wash. Anything smooth, hard, and nonporous will give up that residue in hot soapy water and be genuinely clean afterward.

Wood, well-seasoned cast iron, scratched plastic, mesh, and worn nonstick all hold. Glass, stainless steel, glazed ceramic, and enameled cast iron all release. Once you have that sorted in your head, you can walk through your own cabinets and make the calls yourself.

The one that surprises everyone: airborne flour. Wheat flour thrown into the air by a mixer or a bag being opened stays suspended for hours and then settles on every counter, handle, and clean dish in the room. If someone in your house bakes with wheat, that is the single largest risk in your kitchen, and no amount of careful label reading touches it.

WHAT HAS TO BE YOURS ALONE

These are the items I do not share, do not borrow, and do not compromise on. Most of them are cheap. All of them are cheaper than a week of feeling terrible.

DEDICATED, NO EXCEPTIONS

- Your own toaster, labeled and stored separately
- Your own cast iron, if you cook in cast iron
- Wooden cutting boards
- Wooden spoons and spatulas
- Colanders and mesh strainers
- Scratched or worn nonstick pans
- Silicone spatulas with worn or cracked edges
- Pizza stones and unglazed bakeware
- Bread machines, sifters, and flour canisters
- Grill grates, or a dedicated grill mat
- Rolling pins and pastry brushes
- Condiment jars: butter, nut butter, jam, mayonnaise

Why cast iron specifically

A seasoned cast iron surface is not a coating sitting on top of the metal. It is polymerized oil bonded into a microscopically textured surface, and that texture is exactly the kind of place gluten protein can lodge and stay. A cast iron pan that has cooked breaded chicken is not made safe by washing. It can be made safe by stripping the seasoning entirely, scrubbing to bare metal, and re-seasoning from scratch, which is a real afternoon of work. It is far simpler to buy a second pan and put a strip of tape on the handle.

Why the condiment jars

A knife goes into the butter, onto the toast, and back into the butter. That is the whole mechanism, and it happens in about four seconds in a busy house. Squeeze bottles solve it. So do two jars with two labels and a rule that everyone in the family knows.

WHAT YOU CAN SAFELY SHARE

This is the good news, and it is a bigger list than most newly diagnosed families expect. Nonporous items genuinely come clean. You do not need a second kitchen.

SAFE TO SHARE, WASHED THOROUGHLY

- Glass bowls, jars, and baking dishes
- Stainless steel pots, pans, and sheet pans
- Stainless steel silverware
- Glazed ceramic plates, bowls, and mugs
- Enameled cast iron, if the enamel is unchipped
- Glass and stainless measuring cups
- Metal whisks and tongs
- Blender and food processor jars, disassembled
- Smooth, unscratched plastic storage containers
- Knives, washed at the blade and the handle join

How to wash so it actually counts

- Run shared items through the dishwasher on a hot cycle whenever you can. Machine washing outperforms hand washing here, and it is not close.
- If you hand wash, use fresh hot soapy water and a clean sponge, not the sponge that just did the pasta pot. Sponges and dishrags carry residue better than almost anything else in the room.
- Scrub the seams, the rivets where a handle meets a pan, the ring under a blender blade, and the gasket of a storage lid. Residue hides where water sits.
- Wash your hands and change your apron after handling wheat flour, and wipe the counter with a fresh cloth rather than a wiped-and-reused one.

A word about storage

Keep your food on a shelf above the gluten-containing food, never below it. Crumbs and flour fall down. This costs nothing and it removes an entire category of accident.

None of this needs to become anxiety. A dedicated toaster, a dedicated pan, a dedicated board, your own butter, and a shelf on top is most of the work. Set the system up once, teach it to your family, and then go cook.

SMALL APPLIANCES, REAL CAUTIONS

Every guide to a gluten-free kitchen covers the toaster and the cutting board. Almost none of them cover the three appliances that now sit on most counters, and all three have a part that fails the porous-holds test from the previous pages.

The pressure cooker gasket

The silicone sealing ring in an electric pressure cooker is soft, porous, and famously absorbent. Everyone who owns one already knows it holds smells, which is why people complain that their oatmeal tastes faintly of chili. If it holds aroma compounds, it can hold protein residue, and it sits directly in the steam path of everything you cook.

Replacement rings cost a few dollars and come in colors. Buy your own, keep it in a labeled bag, and swap it in. If your household cooks wheat pasta or barley soup in the same pot, this is the single cheapest piece of insurance in your kitchen.

The air fryer basket

Air fryer baskets are nonstick coated, and that coating scratches. A scratched nonstick surface is already on the dedicate-it list a few pages back, and an air fryer basket that has crisped breaded nuggets and frozen fish sticks has scratches full of exactly what you are avoiding.

If the household air fries breaded things, get your own basket or your own machine. Baskets are sold separately for most models and cost far less than the appliance. Check the crumb tray and the heating element cover too, since crumbs travel upward in a convection appliance.

The blender gasket

The rubber ring under a blender blade assembly unscrews, and almost nobody unscrews it. Residue collects in that groove and stays through many washes. Take the base apart and wash the gasket separately whenever the machine has been used for anything questionable.

The rule does not change with the technology. Porous holds and smooth releases, whether the porous thing is a wooden spoon or a silicone ring. The stainless inner pot of a pressure cooker, the glass jar of a blender, and the metal rack of an air fryer are all perfectly safe to share. It is the soft parts that need to be yours.

WHY HEALTHY FATS

For about thirty years we were told that fat was the problem, and an entire generation of gluten-free products was built on that idea: low fat, high starch, and sweetened to make up for what was missing. It is worth saying plainly that the food got worse and nobody got healthier.

Fat does specific, non-optional work. It is structural material in every cell membrane in your body. It is the transport system for vitamins A, D, E, and K, which means a salad dressed in oil delivers nutrients that the same salad dry does not. It slows how quickly a meal leaves your stomach, which is a large part of why a plate with real fat on it keeps you satisfied for hours and a plate without it does not.

That last point matters enormously in a gluten-free kitchen. The most common complaint I hear from people six months into this diet is that they are eating constantly and never full. Nine times out of ten they have replaced bread with rice-and-starch products and stripped the fat out at the same time. Put the fat back and the hunger settles down.

Why only three oils

Every recipe in this book uses extra virgin olive oil, avocado oil, or coconut oil, and nothing else. Those three are pressed from a whole fruit or a whole nut, they can be produced without industrial solvent extraction and heavy refining, and they are stable enough to cook with. That is the standard I hold, and it is a simpler standard than trying to evaluate a shelf of twelve seed oils.

In fairness to you: the research on refined seed oils is genuinely contested, and honest scientists disagree about how much the omega-6 content matters in the context of a whole diet. My choice here is about the degree of processing more than about any single claim, and I would rather tell you that straight than pretend the science is settled when it is not.

THE FAT LIST

WHOLE-FOOD FATS

- Avocados
- Olives, all colors
- Coconut, fresh, flaked, or canned milk
- Almonds and almond butter
- Walnuts
- Pecans
- Pistachios
- Macadamia nuts
- Hazelnuts
- Brazil nuts
- Cashews and cashew butter
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds and tahini
- Chia seeds
- Ground flaxseed
- Hemp hearts
- Salmon, sardines, mackerel, anchovies
- Egg yolks from pasture-raised hens
- Cacao nibs and unsweetened cacao

The three cooking oils, and what each one is for

OIL	BEST USED FOR	APPROXIMATE SMOKE POINT
Extra virgin olive oil	Dressings, finishing, roasting up to 375 F	350 to 410 F
Avocado oil, refined	Searing, high-heat roasting, anything over 400 F	480 to 520 F
Virgin coconut oil	Gentle sauteing, baking, anywhere you want the flavor	About 350 F
Refined coconut oil	Medium-high heat when you do not want coconut flavor	400 to 450 F

Buy avocado oil carefully. Independent testing has repeatedly found bottles on American shelves that were rancid or cut with cheaper oils. Buy a brand that publishes a harvest or press date, keep it away from light and heat, and if it smells like crayons rather than like avocado, it has gone off. Extra virgin olive oil deserves the same treatment: dark bottle, dated, stored in a cupboard rather than beside the stove.

THE FAT LIST (CONTINUED)

How much

One to two tablespoons of oil across a meal, plus whatever comes along in the whole foods themselves. A quarter of an avocado, a small handful of nuts, or a spoonful of seeds is a serving. Fat is satisfying precisely because it is dense, and that density is the point rather than the problem.

WHY HEALTHY PROTEINS

Protein is the one macronutrient you cannot store. Your body takes apart and rebuilds its own proteins every single day, and the raw material for that has to arrive on your plate. It is also the most satisfying thing you can eat by a wide margin, which makes it the practical answer to mid-afternoon hunger.

For people recovering from celiac damage, protein carries an extra weight. The lining of the small intestine turns over faster than almost any tissue in the body, and rebuilding it after years of damage takes material. This is one of the reasons a newly diagnosed person often feels better on a plate that looks like meat and vegetables than on one built out of gluten-free bread.

Grass-fed and pasture-raised

The difference between grass-fed and conventionally finished beef is real and it is measurable. Grass-finished beef consistently carries a higher proportion of omega-3 fatty acids, more conjugated linoleic acid, and more vitamin E and beta-carotene, which is why the fat is more yellow. Pasture-raised eggs show similar differences in the yolk.

I will be honest about the scale of it, because the marketing rarely is. The absolute amounts are modest. Grass-fed beef is not a serving of salmon in disguise, and a person eating conventional beef is not eating something dangerous. What you are buying is a better fatty acid profile, usually a better life for the animal, and often a better-tasting piece of meat. Those are good reasons. They are just not miracle reasons.

Wild-caught and farmed

Wild salmon is leaner, deeper in color from its natural diet, and generally carries fewer contaminants than farmed salmon did twenty years ago. Farming practices have improved considerably since then, and farmed salmon is often higher in total fat and total omega-3 simply because the fish are fatter. Wild is my preference and it is what these recipes assume. If farmed is what you can find or afford, cook it and do not feel badly about it.

If the budget only stretches so far, spend it here first: eggs, then ground beef, then chicken. Those are the three you eat most often, so they are where the upgrade actually reaches your plate.

A WORD ABOUT CLEAN AND UNCLEAN

You will notice something as you move through the protein pages. There is no pork in this book, and there is no shellfish. That is a deliberate choice and it deserves an explanation rather than a silent omission.

Our family cooks, most of the time, within the dietary pattern laid out in Leviticus 11 and Deuteronomy 14. It is an old framework and a simple one. For animals that walk on land, the standard is given in a single line: *Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat.* For everything that lives in water, the standard is fins and scales. For birds, no rule is given at all, only a list of the ones to leave alone, and every bird on that list is a scavenger or a bird of prey.

What strikes me about that framework, reading it as a cook rather than as a scholar, is how much of it lines up with how animals eat. The clean land animals are ruminants that live on grass. The clean fish are, by and large, the ones that do not feed along the bottom. The birds set aside are the ones that eat carrion. Whatever else is going on in those chapters, there is a pattern in them about what an animal eats before you eat the animal.

My honest practice

I will tell you plainly that I am not perfectly consistent about this. I eat shellfish occasionally and I eat pork occasionally, and I am not going to write a book that pretends otherwise. What I have chosen is to build this collection entirely from the clean list, so that it works for the families who keep this pattern strictly, and so that the everyday backbone of our own table is built the way I believe it should be.

My coach, a twenty-one-time world champion natural bodybuilder, keeps to it without exception and has for decades. Watching someone compete at that level for that long, on that framework, is a large part of why I take it seriously.

A note for my Latter-day Saint readers, since I am one of you. I am not presenting this as doctrine, and I know very well that the law of Moses is understood to have been fulfilled in Christ. I offer it the way I would offer any other framework for eating well: as a pattern our family has found wholesome, which sits comfortably beside the Word of Wisdom's counsel toward herbs, fruit in the season thereof, and flesh used sparingly. Cook the way your own conscience directs. There is no judgment in this kitchen.

THE CLEAN LIST

Everything in this book comes from the lists below. If you keep this pattern, you can cook from any page without checking. If you do not, you have simply been handed a very good list of grass-fed ruminants and clean-water fish.

LAND ANIMALS: SPLIT HOOF AND CHEWS THE CUD

- Beef and veal
- Bison and buffalo
- Lamb and mutton
- Goat
- Venison and elk
- Moose and caribou
- Antelope and gazelle
- Ibex and mountain sheep

WATER: FINS AND SCALES

- Salmon
- Trout and char
- Cod, haddock, pollock
- Halibut, sole, flounder
- Tuna and mahi mahi
- Sardines and anchovies
- Herring and mackerel
- Bass, perch, snapper
- Tilapia and whitefish
- Grouper and mullet

BIRDS

- Chicken
- Turkey
- Duck and goose
- Quail and pheasant
- Dove and pigeon
- Their eggs, all of the above

What is left out, and why

Pork, because the pig has a split hoof but does not chew the cud. Rabbit, hare, camel, and horse, for the reverse reason or for failing both halves. Catfish, shark, eel, sturgeon, and swordfish, which lack true scales. All shellfish and crustaceans, including shrimp, crab, lobster, clams, oysters, mussels, and scallops, along with squid and octopus. Birds of prey and scavengers, which nobody was likely to serve for supper anyway.

A WORD ABOUT RAW FISH

There are poke bowls and a ceviche in this book, and raw fish deserves a straight explanation rather than a cheerful assumption that you know what you are buying.

Sushi grade means nothing

The term is not regulated by anyone. There is no agency that inspects a fish and grants it that title. It is a marketing word that a good fishmonger uses honestly and a careless one uses to move product.

What actually makes fish safe to eat raw is freezing, which kills parasites. The Food and Drug Administration standard is freezing at minus four degrees Fahrenheit or below for seven days, or minus thirty-one degrees until solid and held there for fifteen hours. Certain large tuna species are exempt because of how they are handled, and some farmed salmon raised on controlled feed is treated differently.

Here is the part that matters in your kitchen: a home freezer runs at about zero degrees Fahrenheit, which is not cold enough to meet that standard. You cannot make raw fish safe at home. Buy fish that was already frozen to specification, ask the counter directly whether it was and for how long, and buy somewhere that can answer the question without guessing.

Who should not eat it

Raw fish is not for everyone, and this is not a place for optimism. Skip it if you are pregnant, if you are feeding young children, if you are over sixty-five, if you are immunocompromised, or if you are in the early stages of celiac recovery with a gut lining that has not healed yet. Every poke recipe in this book has a seared or cooked version in its notes, and they are genuinely good rather than a consolation.

The gluten questions specific to raw fish

- Soy sauce is brewed with wheat and it is in nearly every poke marinade on earth. Coconut aminos throughout this book instead.
- Imitation crab is made with wheat starch. It is common in poke shops and it is never safe.
- Ponzu, teriyaki, eel sauce, and most bottled poke sauces are soy-based. Assume no unless the label says otherwise.
- Ask about the knife and the board at a counter that also handles breaded fish.

A WORD ABOUT RAW FISH (CONTINUED)

One note on the clean list a few pages back. Traditional poke very often features octopus, and shrimp and crab turn up constantly at a poke counter. None of those have fins and scales. The bowls in this book are built on ahi tuna, salmon, and yellowtail, which do.

THE PROTEIN LIST

FROM ANIMALS

- Grass-finished beef and bison
- Lamb and goat
- Venison and elk
- Pasture-raised chicken and turkey
- Duck and goose
- Pasture-raised eggs
- Wild-caught salmon
- Sardines, mackerel, herring, anchovies
- Cod, halibut, snapper, sole
- Trout, bass, perch
- Beef liver and heart
- Bone broth, homemade or certified

FROM PLANTS

- Lentils, red, green, and black
- Chickpeas
- Black beans
- Cannellini and butter beans
- Pinto beans
- Split peas
- Green peas
- Hemp hearts
- Pumpkin seeds
- Almonds and almond butter
- Sunflower seeds
- Peanuts, if they agree with you

The label checks that matter here

- Dried legumes are routinely grown, harvested, and stored alongside wheat. Buy certified when it is available and sort them on a pale sheet pan every time regardless.
- Pre-sliced deli meat, flavored or marinated meat, sausage, and anything labeled seasoned should be treated as suspect until the label says otherwise. Whole-muscle cuts sliced in front of you are the safer buy.
- Broth and bouillon frequently contain wheat-derived ingredients. This is one of the most common places a careful cook gets caught.
- Bouillon cubes, gravy bases, and anything labeled seasoned or marinated are frequent hiding places for wheat. Read them every time, because formulations change.

WHY HEALTHY CARBOHYDRATES

Carbohydrate is not the enemy and it is not a category you have to escape. What it is, is the macronutrient where the difference between forms is the most dramatic. A cup of blackberries and a cup of tapioca starch are both carbohydrate. They do not behave remotely alike inside you, and fiber is most of the reason.

Fiber feeds what lives in you

The bacteria in your large intestine cannot use most of what you eat. Fiber is their food, specifically the fermentable kind found in vegetables, legumes, fruit, seeds, and nuts. When they ferment it they produce short-chain fatty acids, and butyrate in particular is the preferred fuel of the cells lining your colon. This is one of the better-established findings in modern nutrition science, and it is a good reason to build meals around plants rather than around starch.

It is also a reason gluten-free eating deserves attention. Fiber intake tends to drop after diagnosis, because the products people reach for are built from refined rice flour, potato starch, and tapioca, all of which are nearly fiber-free. Whole vegetables and legumes solve this completely.

Fiber slows the release

Fiber also changes the pace of a meal. It thickens what is in your stomach, slows gastric emptying, and physically slows the enzymes reaching the starch, so glucose arrives in the bloodstream as a gentle rise rather than a spike. A whole apple and a glass of apple juice contain similar sugar. They are not similar meals.

The practical version

Put the non-starchy vegetables at the center of the plate and let the starchy ones play a supporting role. Eat fruit whole rather than juiced, and lean on berries, which carry the most fiber for the least sugar. Include a legume most days. Pair any starch you eat with fat and protein, which is what nearly every recipe in this book quietly does.

THE CARBOHYDRATE LIST

NON-STARCHY VEGETABLES, EAT FREELY

- Spinach, kale, chard, arugula
- Romaine and butter lettuce
- Broccoli and broccolini
- Cauliflower
- Cabbage, green and purple
- Brussels sprouts
- Zucchini and summer squash
- Bell peppers, all colors
- Asparagus
- Green beans
- Celery and cucumber
- Mushrooms
- Onions, leeks, garlic
- Tomatoes
- Radishes and fennel
- Eggplant and okra

STARCHY VEGETABLES, IN SUPPORTING ROLES

- Sweet potatoes and yams
- Butternut and acorn squash
- Pumpkin
- Beets
- Carrots and parsnips
- Potatoes, all varieties
- Plantains
- Turnips and rutabaga
- Peas and corn
- Winter squash of every kind

FRUIT, WHOLE RATHER THAN JUICED

- Blackberries, raspberries, blueberries
- Strawberries
- Apples and pears, with the skin
- Oranges, grapefruit, lemons, limes
- Peaches, plums, apricots, cherries
- Kiwi and pomegranate
- Melon
- Bananas, on the green side
- Mango, pineapple, papaya
- Dates, figs, and dried fruit, sparingly

Add fiber gradually if your diet has been low in it. Going from very little to a great deal overnight is uncomfortable for anyone, and a gut still healing from celiac damage is less forgiving than most. Increase over a few weeks and drink more water while you do.

SWEET POTATO AND POTATO: AN HONEST COMPARISON

This is the comparison everyone asks about, and most of what gets written about it online is half right. Here are the actual numbers, per one hundred grams, baked in the skin.

PER 100 G, BAKED IN SKIN	SWEET POTATO	RUSSET POTATO
Calories	90	93
Total carbohydrate	20.7 g	21.4 g
Fiber	3.3 g	2.3 g
Natural sugars	6.5 g	1.2 g
Vitamin A	961 mcg RAE	trace
Vitamin C	19.6 mg	9.6 mg
Potassium	475 mg	550 mg

What the numbers actually say

The sweet potato wins clearly on fiber, on vitamin C, and overwhelmingly on vitamin A, where a single serving carries more than a full day's worth in the form of beta-carotene. That orange color is the nutrient. It also brings antioxidants that the white potato does not have.

But look at the rest of the table. The calories are nearly identical. The total carbohydrate is nearly identical. The potato actually carries slightly more potassium and, curiously, far less sugar. The white potato is not junk food, and I have watched a lot of people give it up on the assumption that it was.

The part that usually gets left out

The common claim is that sweet potatoes are low glycemic and potatoes are high. The truth is that how you cook them matters far more than which one you choose. A boiled sweet potato has a substantially lower glycemic index than a baked one, because the long dry heat of baking breaks starch down into simpler sugars. A baked sweet potato tests high. Boiling, steaming, and roasting at moderate heat all keep the number down.

There is one more piece worth knowing. Cooking a potato and then cooling it fully converts some of its starch into resistant starch, which behaves much more like fiber than like sugar, feeds your gut bacteria, and produces a noticeably gentler blood sugar response. This is why a cold potato salad is a different food than a hot baked potato, and it holds even after gentle reheating.

So what do I do

Cook both. Reach for the sweet potato most often, because the vitamin A and the extra fiber are genuinely worth having. Boil or roast rather than bake it long and dry. Keep the white potato in your rotation, cook it and cool it when you can, leave the skin on either one, and always eat it alongside fat and protein rather than alone.

That is the whole method of this book: not a list of forbidden things, but a handful of reasons good enough to cook by.

A WORD ABOUT RICE

The question I am asked most often about rice is whether there is a non-GMO version. There is, and it is all of it. No genetically modified rice is grown commercially anywhere in the world, and the nine GMO crops actually in American production are soybeans, corn, canola, cotton, alfalfa, sugar beets, summer squash, papaya, and potatoes. Rice is not among them and never has been. A non-GMO seal on a bag of rice is charging you for something you already had.

So that one you can stop worrying about. There is a real question about rice, though, and almost nobody raises it.

Arsenic, and why rice specifically

Rice is the only staple crop grown in flooded fields, and standing water changes the chemistry of the soil in a way that makes arsenic mobile and available to the plant. The result is that rice takes up roughly ten times more arsenic than other crops grown in the same ground. This is not contamination or a scandal. It is simply how the plant and the paddy work together.

Where it was grown matters enormously. Much of the rice acreage in the American South sits on land that grew cotton a century ago and was treated with arsenic-based pesticides, and that arsenic is still in the soil. Rice from California tests lower. Imported jasmine from Thailand and basmati from India and Pakistan test lower still. Within any type, brown rice carries more than white, because arsenic concentrates in the bran that milling removes.

TYPE	AVERAGE INORGANIC ARSENIC	NOTES
Basmati	55 ppb	Lowest tested; India, Pakistan, California
Sushi rice	57 ppb	Also consistently low
Arborio	64 ppb	Middle of the range
Jasmine	87 ppb	Thai-grown tests lower than domestic
Long and short grain	101 ppb	Usually American-grown
Parboiled	101 ppb	Among the highest tested

A WORD ABOUT RICE (CONTINUED)

Why this matters more after a celiac diagnosis

Because the gluten-free aisle is built almost entirely out of rice. Rice flour, rice pasta, rice cereal, rice crackers, rice milk, rice syrup, and the starch base of nearly every gluten-free bread on the shelf. A person eating a standard diet has rice a few times a week. A person eating a packaged gluten-free diet can have it in every meal without ever eating a bowl of it, which means the cumulative exposure is simply higher for us than for everyone else. There is currently no federal limit for arsenic in rice itself, though there is one for infant rice cereal.

How to cook rice so this stops being a question

- Rinse it in a fine strainer until the water runs clear. This alone removes about ten percent and it takes a minute.
- Then cook it like pasta. Six cups of water to one cup of rice, boil until tender, and drain the excess. This removes roughly forty-five percent of the inorganic arsenic.
- Or use the parboil-and-absorb method, which is the most effective one tested: boil the water first, cook the rinsed rice in it for five minutes, drain it, then return it to the pot with two cups of fresh boiling water per cup of rice and let it absorb. This removes up to three-quarters of the arsenic in white rice and about half in brown.
- Buy Thai jasmine or Indian basmati rather than unspecified domestic long grain, and vary your starches so rice is one of several rather than the foundation of everything.

I want to be careful with how this lands, because fear is not the point of anything in this book. Rice is not dangerous and you do not need to give it up. It is a food with one quirk worth knowing about, and the fix is a strainer and a bigger pot of water. Rinse it, cook it in plenty of water, eat it a few times a week alongside vegetables and protein, and go on with your life.

A WORD ABOUT OATS

Oats are the one gluten-free grain I cannot give you a clean answer about, so I am going to give you the complicated one instead.

Two separate problems, often confused

The first is cross-contact, and it is the bigger of the two. Oats are routinely grown in rotation with wheat, cut with the same combine, hauled in the same truck, stored in the same bin, and milled on the same equipment. Testing has repeatedly found meaningful gluten in ordinary oats. This problem is solvable, and the solution is buying oats that carry a gluten-free certification.

The second problem is the oat itself. Oats contain a protein called avenin, which belongs to the same family as the gluten proteins in wheat, barley, and rye but is structurally different enough that most people with celiac disease tolerate it without any reaction at all. Most, not all. A minority of celiac patients, commonly estimated at somewhere around five to eight percent, mount an immune response to avenin itself, and for those people no amount of purity in the sourcing helps.

Not all certified oats are certified the same way

There are two approaches, and the label rarely explains which one you are holding. Purity protocol oats are grown from dedicated seed, in dedicated fields, harvested and transported and milled on dedicated equipment, and tested at every stage. Sorted oats are ordinary oats run through mechanical and optical sorting to pull out stray grain, then tested to confirm they come in under twenty parts per million. Both can legally carry a gluten-free label. Purity protocol is the stricter standard, and it is the one I would want if I were newly diagnosed or particularly sensitive. Brands that follow it usually say so on the package, because it costs them more.

How to introduce them, if you want to

- Wait until you have healed. Most clinicians suggest at least six to twelve months of a strict gluten-free diet with antibody levels back in normal range before trying oats at all.
- Start small, with a quarter cup of certified oats, and eat nothing else new that week.
- Watch for two to three weeks before deciding. An avenin reaction is not always immediate.
- Tell your doctor you are doing it, and if you are introducing oats to a child with celiac disease, ask the pediatric gastroenterologist first rather than after.

A WORD ABOUT OATS (CONTINUED)

Only three recipes in this book use oats, they are all marked, and every one of them works without oats if you would rather leave them out. If you already know oats do not agree with you, you have lost nothing. Millet, quinoa, and toasted nuts and seeds do the same work in every one of them.

GETTING TO KNOW MILLET

I will confess something. For most of my life the only millet in my house was in the bird feeder, and I suspect I am not alone in that. So here is what I have learned since I started cooking with it, which is that we have been handing one of the world's oldest cultivated grains to the sparrows.

It is the same grain, hulled

The millet in birdseed is usually proso millet with the hull still on, which is exactly what a bird wants and exactly what your teeth do not. Culinary millet is the same seed with the hull removed, which is why it looks like tiny pale gold beads rather than the striped little husks in the feeder. Nothing else about it is different.

Millet is not one plant but a family of small-seeded grasses, all naturally gluten-free: proso, foxtail, pearl, and finger millet, which is called ragi in India. It fed northern China before rice arrived there and it still feeds a great deal of West Africa and southern India. It is also low in arsenic, which after the previous page may be reason enough to keep some in the cupboard.

The one technique that matters

Toast it dry before you add any liquid. Three or four minutes in a dry pan over medium heat, shaking often, until it smells warm and nutty and a few grains begin to pop. Skip this and millet tastes like almost nothing. Do it and it tastes like a cross between corn and toasted sesame. Every single recipe on the following pages begins this way.

Three foods from one grain, decided entirely by the water

WHAT YOU WANT	MILLET TO LIQUID	METHOD
Fluffy pilaf	1 to 2	Simmer covered 18 minutes, rest 10 off the heat, fluff with a fork
Creamy porridge	1 to 3 1/2	Simmer uncovered 25 minutes, stirring often, like a risotto
Firm and sliceable	1 to 3	Cook creamy, pour into a pan, chill until set, then cut and sear like polenta

GETTING TO KNOW MILLET (CONTINUED)

Buy it in small amounts and keep it in the freezer. Millet carries more fat than most grains, which is part of why it tastes good, and it is also why it turns bitter and soapy when it sits too long on a warm shelf. If a batch tastes off before you have done anything to it, the grain was old. That is not your cooking.

GLUTEN - FREE PASTA , H O N E S T L Y

Not all gluten-free pasta is the same food, and the differences matter more than the box lets on. Some of it is genuinely better for you than the wheat pasta it replaced. Some of it is refined starch shaped like a noodle. Here is how I sort them.

MADE FROM	WHAT IT IS GOOD AT	WHAT TO WATCH
Chickpea or red lentil	Real protein and fiber, holds a sauce, most nutritious by a wide margin	Overcooks in about ninety seconds and turns to mush
Brown rice	Closest texture to wheat pasta, mild flavor, widely available	Gets gummy if it sits; see the rice page on arsenic
Cassava or tapioca	Best texture of any of them, behaves like wheat	Nearly pure starch, very little fiber or protein
Spaghetti squash	An actual vegetable, low starch, endlessly forgiving	It is squash, not pasta. Do not expect otherwise
Hearts of palm	Almost no starch, no cooking required, keeps in the pantry	Briny out of the jar and must be rinsed well

Where I land

Legume pasta most nights, because it carries eight to fourteen grams of protein and five to eight of fiber per serving, which is more than the wheat version ever did. Brown rice pasta when I want something that behaves like the pasta of my childhood. Spaghetti squash and hearts of palm when I want the sauce and the vegetables to be the meal, which is often.

How to cook it, because the rules are different

- Salt the water like the sea and use plenty of it. Gluten-free pastas release a great deal of starch and a crowded pot turns into paste.
- Set a timer two minutes short of the box and start tasting. Legume pasta goes from firm to disintegrating faster than you can drain it.
- Save a cup of the cooking water before draining. The starch in it is the best sauce thickener you will ever have and it costs nothing.

GLUTEN-FREE PASTA, HONESTLY (CONTINUED)

- Finish the pasta in the sauce for the last minute in the pan, never sauced on the plate. This is true of wheat pasta too and it matters more here.
- Do not rinse legume pasta; that starch is doing work. Do give brown rice pasta a very quick rinse, which is the one exception and the fix for its gumminess.
- Serve it immediately. Gluten-free pasta does not sit patiently in a colander the way wheat does.

Read the box even on a product that seems obvious. Plenty of brown rice pastas are cut with wheat starch, and some legume pastas are milled in facilities that also run wheat. Buy one that carries a gluten-free certification rather than one that simply lists gluten-free ingredients.

THE WAY I START THE DAY

People ask me what I eat in a day far more often than they ask me for a recipe, so here is the first hour of mine. None of it is complicated and all of it is a habit rather than a decision, which is the only reason any of it has lasted.

First, outside

Before anything else I go outdoors and get, as I tell my children, my eyeballs in the sun. Ten or fifteen minutes, facing east, no sunglasses. On a gray Utah morning I stay out a little longer. Then I come in.

Then, a large glass of water

Before anything else goes in, a full glass of water with a wedge of lemon or lime in it for taste. You have gone seven or eight hours without a sip and this is the easiest deficit of the day to close.

Then, the morning glass

This is the one that does the real work, and it goes in the blender: my omega-3 oil, a scoop of fiber, half a cup of berries, a scoop of collagen, and water. Thirty seconds on high. It is not a meal and it is not meant to be. It is a delivery system for the four things I do not want to leave to chance.

I drink it standing at the counter and take my supplements with it, the ones I keep for immune support. Then the day starts and I do not have to think about any of it again.

Every one of these habits gets its own page over the next few, with what is actually established behind it and what is simply my own experience. I would rather you know which is which than take my word for the whole lot of it.

LIGHT FIRST, THEN EVERYTHING ELSE

Of all the small habits in this book, morning light is the one with the most real science behind it and the least attention paid to it.

How it works

Your eyes contain a set of cells that have nothing to do with vision. They are called intrinsically photosensitive retinal ganglion cells, they carry a pigment called melanopsin, and their entire job is to report the brightness of the world to the master clock in your brain. That clock sits in the hypothalamus and it sets the timing of nearly everything: when you get sleepy, when your body temperature falls, when cortisol rises in the morning and melatonin rises at night.

Those cells respond to intensity, and this is where most people go wrong. A well-lit room measures a few hundred lux. An overcast morning outdoors measures ten thousand. A clear one measures far more than that. Sitting by a window is not the same thing and it is not close. You have to go outside.

What it is reasonably understood to do

- Anchors the circadian clock, which is what makes falling asleep at a consistent hour possible
- Supports the natural rise in cortisol that is supposed to happen shortly after waking
- Bright light in the morning is well established as a treatment for seasonal mood changes and is used clinically for exactly that
- Helps the body produce melatonin at the right time that evening, roughly fourteen to sixteen hours later

How to do it

Go outside within an hour of waking. Ten to fifteen minutes on a bright morning, longer if it is overcast. Face east if you can. Leave the sunglasses inside, since they are designed to do precisely the opposite of what you are trying to accomplish. Ordinary eyeglasses and contact lenses are fine. Through a closed window does not work, because glass filters out much of what those cells are looking for.

One thing I say to my children every single time, and I will say it to you. Do not look at the sun. Get your eyeballs in the sunlight, not pointed at the sun itself. Staring directly at it will burn the retina permanently and there is no treatment for that. Face the brightness of the sky, look at the trees and the mountains and the light on the grass, and you will get every bit of the benefit.

DRINK YOUR WATER

Most people I coach are mildly dehydrated most of the time and have simply gotten used to how it feels. It shows up as afternoon fatigue, as headaches, as hunger that is not really hunger, and as a general dullness that gets blamed on age or on work. It is the cheapest thing on this list to fix and the one most often skipped.

How much, actually

The commonly repeated figure of eight glasses a day is not from any study. It appears to be a piece of folklore that stuck and then got printed on enough water bottles that everyone assumed it came from somewhere. The actual guidance from the National Academies is a total water intake of roughly 2.7 liters a day for women and 3.7 for men, and that total includes what comes from food and from every beverage you drink, not just plain water.

Fruit and vegetables carry a great deal of water, which means the way of eating in this book is quietly doing some of the work for you. A person living on packaged food has to drink considerably more than a person eating nine cups of produce.

The practical version

- Drink when you are thirsty, and drink more in heat, at altitude, and around exercise.
- Check the color. Pale straw is the target. Consistently dark means you are behind. Consistently clear may mean you are overdoing it.
- Have a glass before each meal rather than only during. Thirst is regularly mistaken for hunger, and this one habit sorts it out.
- Keep water where you already are. A pitcher on the counter and a bottle in the car will do more than any amount of resolve.

Make it taste like something

If plain water bores you, and it bores most people, put a wedge of lemon or lime in it. That is the whole reason I do it. It makes a glass of water pleasant enough that I actually finish it, and finishing it is the entire point.

Cucumber, mint, a few crushed berries, a slice of ginger, or a sprig of rosemary all work the same way. There is a pitcher on the drinks pages built exactly for this.

DRINK YOUR WATER (CONTINUED)

One small note if you add citrus regularly. Citric acid softens tooth enamel, and enamel does not grow back. Use a straw when it is convenient, rinse your mouth with plain water afterward, and do not brush your teeth for at least thirty minutes, because brushing softened enamel is how people wear it away. My dentist explained this to me after several years of doing it wrong.

OMEGA - 3 AND OMEGA - 6

This is the piece of nutrition I most wish someone had explained to me twenty years ago, because it is not about eating less of something. It is about a ratio.

Two families, one set of tools

Both omega-3 and omega-6 are essential fats, meaning your body cannot make them and must get them from food. Both are necessary. The complication is that your body processes them using the same enzymes, so the two families are in direct competition for the same machinery. Flood the system with omega-6 and there is less of that machinery available to convert omega-3 into the forms your body actually uses.

The forms it uses are EPA and DHA. Your body can make them from the plant form, called ALA, which is what is in flax and chia and walnuts. But the conversion is poor. Estimates generally put ALA to EPA at somewhere under ten percent and ALA to DHA at well under one percent. This is why a spoonful of ground flax, good as it is, is not a substitute for a serving of salmon.

The ratio, and how far it has moved

Estimates of the ancestral human diet put the ratio of omega-6 to omega-3 somewhere in the neighborhood of one to one, perhaps up to four to one. The modern Western diet is commonly estimated between fifteen and twenty to one. That shift came from refined seed oils, which are in nearly every packaged and restaurant food, and from grain-fed animals, which carry a different fat profile than pasture-raised ones.

You do not fix this by eating no omega-6, which would be neither possible nor wise. You fix it by pulling the denominator down and pushing the numerator up: fewer refined oils, more fatty fish, pasture-raised meat and eggs, and the three whole-food oils in this book.

Where to get EPA and DHA

- Wild salmon, sardines, mackerel, herring, and anchovies, two or three times a week
- Pasture-raised eggs and grass-finished meat, which carry modest amounts
- Flax, chia, hemp, and walnuts for ALA, which is worth eating even knowing what conversion looks like
- A supplement, if the fish is not happening, which for most families it is not

CHOOSING AN OMEGA-3 SUPPLEMENT

I take one daily and it goes into the blender with my morning glass. If you eat oily fish three times a week you may not need one. Most of the families I work with are not eating oily fish three times a week and are not going to start, and for them a supplement is the practical answer.

What to look for on the label

- EPA and DHA listed separately in milligrams, not just total fish oil. A capsule can say one thousand milligrams of fish oil and contain three hundred of what you are buying it for.
- Third-party testing for purity and freshness. Look for an independent certification mark rather than the manufacturer's own claim.
- Freshness, which matters more than almost anything else. These are fragile fats and they oxidize. A rancid fish oil is worse than no fish oil. Break one open and smell it: it should smell faintly of the sea and not of old paint.
- Triglyceride form rather than ethyl ester, if the label says. It is somewhat better absorbed and it costs a little more.
- Algae-derived oil if you do not eat fish. This is where the fish get it in the first place and it delivers DHA directly.
- Store it in the refrigerator once opened and pay attention to the date.

Please talk to your doctor before starting one, particularly if you take a blood thinner, if you are scheduled for surgery, or if you are pregnant. Omega-3 supplements are generally very well tolerated and they are still something your physician should know you are taking. Nothing on this page is a treatment for any condition, and it has not been evaluated by the Food and Drug Administration.

A WORD ABOUT FIBER

The average American gets somewhere around fifteen grams of fiber a day. The general recommendation is twenty-five for women and thirty-eight for men. Almost nobody is close, and people eating gluten-free are usually further behind than everyone else, because the products that replace bread and pasta are built from refined starches with the fiber milled out.

Food first, always

Everything in this book is designed to solve this without a scoop of anything. A single serving of the black bean soup, the lentil soup, or the white bean bowl carries more fiber than most people manage in a day. Berries, avocado, artichokes, split peas, chia, and flax are the heavy lifters. If you are eating this way, you very likely do not need a supplement at all.

When a supplement makes sense

If you are traveling, if you are in a season where cooking is not happening, if you are transitioning off a packaged diet and the change is slow, or if your doctor has told you to increase fiber for a specific reason, a supplement bridges the gap. I use one in my morning glass, and I use it as a floor rather than a ceiling.

- Psyllium husk is the most studied and the most useful for regularity. It is a soluble fiber that forms a gel and it is genuinely effective.
- Ground flaxseed is food rather than supplement and does much the same work. Grind it fresh; pre-ground goes rancid quickly.
- Acacia fiber and partially hydrolyzed guar gum are gentler options for people who find psyllium too much.
- Check for a gluten-free certification. Fiber supplements sometimes carry wheat dextrin, which is a wheat derivative and belongs nowhere near you.

Two rules and they are not optional. Start low and increase slowly over several weeks, because going from very little fiber to a great deal overnight is genuinely miserable. And drink a full glass of water with any fiber supplement and more water through the day. Soluble fiber works by absorbing water. Without enough of it you have made the problem worse instead of better.

NINE CUPS: EATING FOR DENSITY

Most nutrition advice is subtractive. Here is a framework that is entirely additive, and it changed how I plan a week of food more than any other single idea.

It comes from Dr. Terry Wahls, the physician I mentioned at the front of this book. Faced with progressive multiple sclerosis, she went looking for what her cells actually needed and rebuilt her plate around volume and variety of vegetables rather than around what to avoid. The target she arrived at is nine cups of vegetables and fruit a day, and, crucially, not nine cups of whatever is convenient. Three cups from each of three groups.

THREE CUPS OF	WHICH MEANS	WHY THAT GROUP
Leafy greens	Kale, spinach, chard, collards, arugula, romaine, herbs	Vitamins A, C, and K, folate, and minerals
Sulfur-rich vegetables	Cabbage family, onion family, mushrooms, asparagus	Sulfur compounds the body uses in its own detoxification pathways
Deeply colored	Berries, beets, carrots, peppers, winter squash, purple cabbage	The pigments themselves, which is where the antioxidants live

Alongside those nine cups: grass-fed and pasture-raised meat, wild-caught fish for omega-3, organ meat about once a week, and seaweed for iodine. Every one of those has its own pages elsewhere in this book, which is not a coincidence.

Where I have to be honest with you

Her framework at its stricter levels also removes eggs and all grains, and this book keeps both. I have made a different call for my own family and I am telling you so rather than quietly presenting her work as mine. Take the part that serves you.

And the same caution I gave at the front applies here. Her own recovery is a single case. The clinical trials that have followed are small and early, and what they have shown most consistently is improvement in fatigue and quality of life rather than reversal of disease. This is a framework for eating densely. It is not a treatment for any condition, nothing here has been evaluated by the Food and Drug Administration, and it is not a reason to change anything your doctor has prescribed.

NINE CUPS: EATING FOR DENSITY (CONTINUED)

Nine cups sounds impossible until you measure it once. A large salad is three. A pan of roasted vegetables is three. A smoothie with greens and berries is two. You are closer than you think, and the recipes in this book were built with that arithmetic in mind.

SEA VEGETABLES AND IODINE

Iodine is the one nutrient a whole-food, dairy-free, mostly unprocessed way of eating can genuinely come up short on, and almost nobody thinks about it. Your thyroid cannot make its hormones without it, and the two places most Americans get it are iodized salt and dairy, both of which tend to disappear from a kitchen like mine. If you have switched to sea salt, and most of us have, it is worth knowing that sea salt carries almost no iodine at all.

What the sea vegetables are

SEA VEGETABLE	HOW TO USE IT	IODINE
Nori	Toasted sheets, torn over soup or salad, or as a wrap	Modest and safe daily
Dulse	Flakes over eggs, salad, or roasted vegetables	Moderate
Wakame	Rehydrated into salads and broths	Moderate to high
Kombu	One strip dropped into a pot of beans or broth, then removed	Very high
Hijiki	Not recommended, see below	High, plus arsenic

Two cautions that matter

Kombu and kelp are extraordinarily concentrated. A single gram can carry more iodine than the tolerable upper limit for an adult day, and too much iodine causes thyroid trouble just as surely as too little does, in both directions. This is one of the few places in a whole-food kitchen where more is genuinely worse. Use kombu the traditional way, which is one strip in the pot and then taken back out, and do not make kelp a daily supplement without your doctor watching your thyroid numbers.

Hijiki is a separate problem. It concentrates inorganic arsenic to a degree that several national food agencies have advised against eating it at all. It is still sold and it still shows up in recipes. I leave it alone entirely and I would suggest you do the same.

SEA VEGETABLES AND IODINE (CONTINUED)

The easy version

- Keep a jar of dulse flakes by the stove and treat it like a seasoning. It tastes faintly of bacon and it goes on eggs, avocado, and roasted vegetables.
- Tear toasted nori over soups and salads, or hand a sheet to a child as a snack.
- Drop one strip of kombu into every pot of beans. It seasons the pot and traditional kitchens have long held that it makes legumes easier to digest.

If you have any thyroid condition, or take thyroid medication, talk to your doctor before adding sea vegetables regularly. Iodine interacts directly with thyroid function and with thyroid medication, and this is not a place to experiment on your own.

SOAKING AND SPROUTING

A seed does not want to be eaten. It wants to become a plant, and it carries a set of compounds whose whole purpose is to keep it intact and dormant until conditions are right. Soaking and sprouting are how traditional kitchens told the seed that conditions are right.

What soaking does

Nuts, seeds, grains, and legumes carry phytic acid, which binds minerals like iron, zinc, and magnesium and carries some of them out with it, along with enzyme inhibitors that make digestion harder work. Soaking in warm water begins to break both down. It is why the cashew cream in this book is soaked, why the lentils cook better, and why soaked almonds make milk that is creamy rather than gritty.

WHAT	SOAK FOR	THEN
Almonds, hazelnuts	8 to 12 hours	Rinse well and use, or dry in a low oven
Cashews, macadamias	4 hours, or boil 15 minutes	Drain, rinse, blend
Pumpkin and sunflower seeds	4 to 6 hours	Rinse and use, or dry and toast
Dried beans and chickpeas	8 to 12 hours	Discard the water, cook in fresh
Lentils and split peas	2 to 4 hours, optional	Rinse and cook

Always discard the soaking water. That is where what you were trying to remove has gone.

What sprouting adds

Take it one step further and the seed actually germinates, which switches on enzymes, converts stored starch into simpler sugars, and increases some vitamin content. Sprouted lentils are sweeter and considerably easier on a digestive system than cooked ones.

- Rinse a half cup of lentils or mung beans and soak 8 hours in a wide-mouth jar.
- Drain completely, cover the mouth with cheesecloth or mesh, and set the jar on its side or upside down at an angle so it drains and breathes.

SOAKING AND SPROUTING (CONTINUED)

- Rinse and drain twice a day, morning and evening, without fail.
- In two to four days you will see small white tails. When they are about the length of the seed, rinse well and refrigerate. Use within four days.

Sprouts need a real food safety warning and rarely get one. The warm, humid conditions that germinate a seed are also ideal for bacteria, and raw sprouts have been linked to serious outbreaks of foodborne illness. Buy seed sold specifically for sprouting, keep everything scrupulously clean, rinse twice daily, and throw out anything that smells off or looks slimy. If you are pregnant, elderly, or immunocompromised, or if your gut is still healing from celiac damage, cook your sprouts rather than eating them raw.

HERBS IN THE KITCHEN

I have spent a good part of my working life teaching about herbs, so I want to be careful about what this section is and what it is not. This is a cookbook. What follows is about herbs as food: what they do to a dish, when to add them, and how to keep them alive in your refrigerator. It is not a materia medica and it is not a substitute for working with a practitioner.

They are not garnish

Measured by weight, culinary herbs and spices are among the most antioxidant-dense foods there are. Oregano, thyme, rosemary, cloves, and cinnamon test higher per gram than any vegetable in the produce section. You are not eating them by the gram, which is exactly the point of using them by the handful the way this book does. A salad that is half herbs is a different food than a salad with a pinch of parsley on top.

The rule for when to add them

Woody herbs early, tender herbs late. Rosemary, thyme, oregano, sage, and bay have tough leaves and oil-soluble flavor that needs heat and time, so they go in with the onions. Parsley, cilantro, basil, dill, mint, tarragon, and chives carry volatile compounds that cook away in minutes, so they go in off the heat or at the table. Adding basil at the start of a simmer is how you end up with a sauce that tastes of nothing in particular.

Dried herbs are the reverse of what people assume. Drying concentrates them, so use about a third as much dried as fresh, and add dried herbs early where the liquid can rehydrate them. Dried parsley, cilantro, and basil are largely a waste of shelf space; buy those three fresh or skip them.

Keeping them alive

- Tender herbs: trim the stems and stand them in a jar with an inch of water, loosely bagged, in the refrigerator. Basil is the exception and prefers the counter.
- Woody herbs: wrap in a barely damp towel in a bag in the crisper.
- Freeze leftover herbs in ice cube trays with olive oil. They go straight into a hot pan from frozen.
- Buy dried herbs whole where you can and crush them between your palms as they go in. Pre-ground loses its oils within months.

HERBS IN THE KITCHEN (CONTINUED)

A word I would say to anyone, and I say it as someone who teaches this. Herbs are potent, and the fact that something is natural tells you nothing about whether it is safe alongside what your doctor prescribed. Culinary amounts in food are one thing. Concentrated extracts, tinctures, and therapeutic doses are another entirely, and several common herbs interact meaningfully with prescription medication. Tell your physician everything you take, including the things you would not think to mention. Nothing in this book is intended to diagnose, treat, cure, or prevent any disease, and none of it has been evaluated by the Food and Drug Administration.

THE HERB LIST

What each one is for, and when it goes in. Traditional uses are noted where they are worth knowing, and they are offered as history and folk practice rather than as any kind of health claim.

HERB	BEST WITH	WHEN TO ADD
Rosemary	Lamb, chicken, potatoes, root vegetables, honey	Early, with the fat
Thyme	Mushrooms, beans, poultry, tomatoes, broth	Early
Sage	Squash, turkey, pork, brown butter, beans	Early, or fried in oil
Oregano	Tomatoes, lamb, eggplant, vinaigrettes	Early, dried is excellent
Bay	Any long simmer, beans, broth, braises	Early, removed at the end
Basil	Tomatoes, zucchini, stone fruit, olive oil	Off the heat
Parsley	Everything, in quantity	Off the heat
Cilantro	Beans, lime, chiles, fish, cumin	At the table
Dill	Fish, cucumber, eggs, beets, yogurt	Off the heat
Mint	Peas, lamb, melon, cucumber, cocoa	At the table
Tarragon	Chicken, eggs, mustard, spring vegetables	Off the heat
Chives	Eggs, potatoes, avocado, cream sauces	At the table
Ginger	Anything with garlic, fruit, fish, broth	Early or late, both work
Turmeric	Coconut, cauliflower, rice, eggs, broth	Early, with black pepper
Cinnamon	Fruit, sweet potato, lamb, cocoa, coffee	Either end
Cumin	Beans, lamb, carrot, coriander	Early, bloomed in fat

THE HERB LIST (CONTINUED)

A note on the last four. Ginger, turmeric, cinnamon, and cumin sit on the line between herb and spice and all four have long histories in traditional kitchens for reasons that went well beyond flavor. That history is genuinely interesting and it is also not the subject of this book. Use them because they make food taste extraordinary, which they do.

BATCH COOKING SUNDAY

Eating this way falls apart on Wednesday, not on Sunday. Nobody abandons whole food because they stopped believing in it. They abandon it because it was six o'clock, nothing was thawed, and the drive-through was on the way home. The answer is not more discipline. The answer is three hours on a weekend afternoon.

The three-hour plan

TIME	DO THIS	WHICH GIVES YOU
First 15 minutes	Oven to 425, two sheet pans of vegetables in, broth or braise into the slow cooker	Everything cooking while you work
Next 45 minutes	Roast a chicken or a tray of thighs, cook a pot of quinoa or millet	Protein and grain for four meals
Next 30 minutes	Make two sauces: green tahini and green goddess	The thing that keeps leftovers from being boring
Next 30 minutes	Wash and dry greens, chop raw vegetables, build four jar salads	Lunch, solved
Next 30 minutes	Roll and freeze meatballs, bag four smoothie packs	Two more meals in the freezer
Last 30 minutes	Egg muffins into the oven while you clean up	Breakfast for the week

The rules that make it work

- Cook components, not meals. Roasted vegetables, cooked grain, shredded chicken, and two sauces recombine into a dozen different dinners. Six identical containers of one casserole get eaten twice and resented by Thursday.
- Two sauces are the whole trick. The same roasted vegetables under green tahini on Monday and romesco on Wednesday do not read as leftovers.
- Store greens washed, spun completely dry, and rolled in a towel in a bag. Wet greens rot in two days; dry ones last a week.
- Label and date everything going into the freezer. You will not remember. Nobody remembers.

BATCH COOKING SUNDAY (CONTINUED)

- Leave one night unplanned on purpose. A plan with no give in it breaks the first time somebody has a late practice.

Start with one hour, not three. Roast two pans of vegetables and make one sauce, and see what that alone does to your week. The full three hours is where this ends up, not where it starts, and trying to do all of it the first Sunday is how people decide batch cooking is not for them.

THE SAUCE RULE

If one page in this book changes how you cook, I would like it to be this one. Whole food is simple, and simple food gets boring, and boring is the only reason anyone ever goes back to the packaged aisle. Sauce is the answer to that, and it is not complicated.

The formula

Nearly every sauce in this book is the same five things in different proportions. Once you see it, you can build a sauce out of whatever is in the refrigerator without looking anything up.

PART	WHAT IT DOES	REACH FOR
Fat	Carries flavor and coats the food	Olive oil, tahini, avocado, soaked cashews, coconut milk
Acid	Wakes everything up	Lemon, lime, vinegar, tomato
Salt	Makes the other four legible	Sea salt, olives, capers, anchovy, coconut aminos
Aromatic	Gives it a direction	Garlic, shallot, ginger, chile, mustard
Herb or spice	Makes it a specific sauce	Any bunch in the drawer, toasted spice, citrus zest

Fat, acid, salt, aromatic, herb. Change only the last two and the same base becomes a Mexican sauce, a Middle Eastern one, or an Italian one. That is the entire trick.

The two rules underneath it

- Season a sauce harder than tastes right on a spoon. It is going onto a plain roasted vegetable or a piece of unseasoned fish, and it has to carry both. A sauce that tastes perfect alone will taste like nothing on food.
- Make two, not one. Two sauces in the refrigerator turn one pan of roasted vegetables into four different dinners, which is the whole argument of the batch cooking page.

THE SAUCE RULE (CONTINUED)

Sauces already elsewhere in this book

SAUCE	WHERE IT LIVES	GOOD ON
Green goddess dressing	From the Blender	Everything, honestly
Romesco	From the Blender	Fish, cauliflower, eggs, pasta
Blender salsa verde	From the Blender	Eggs, tacos, roasted vegetables
All-purpose cashew cream	From the Blender	The base of half the rest
Green tahini	Lunch	Roasted vegetable bowls
Chimichurri	Dinner	Any grilled meat or fish
Avocado ranch	Salads	Raw vegetables, chopped salads
Lime crema	From the Water	Fish, tacos, sweet potato
Almond-ginger sauce	Lunch	Lettuce wraps, noodles, slaw
Basil pesto	Raw and Living Foods	Noodles, squash, eggs
Olive tapenade	Hors d'Oeuvres	Crudites, chicken, beans
Toasted almond crumb	Pasta and Noodles	Anything missing crunch

Almost every bottled sauce on a grocery shelf is a gluten question: soy sauce, teriyaki, hoisin, oyster sauce, most barbecue sauce, gravy mixes, cream sauces thickened with flour, and a great many salad dressings. Making your own takes five minutes for most of what follows, costs a fraction, and ends the reading of labels entirely.

WHY FERMENTED FOODS

Every traditional food culture on earth ferments something. Cabbage in Germany and Korea. Cucumbers in brine across Eastern Europe. Milk into kefir on the Caucasus steppe. Soybeans into miso and natto in Japan. Cassava in West Africa. Fruit and honey into vinegar nearly everywhere. This is not a coincidence and it was not a health trend. Before refrigeration, fermentation was how food survived the winter.

What our grandmothers were doing without knowing it was cultivating bacteria on purpose. Lactic acid bacteria consume the sugars in a vegetable and produce acid, and that acid preserves the food while it is still raw, still crunchy, and now carrying a population of live organisms that were not there before.

What the research actually shows

This is an area where I want to be careful, because fermented food is currently being sold as a cure for everything. Here is what is reasonably well established. Fermentation partially breaks down the food before you eat it, which is why fermented vegetables are often gentler than raw ones. Live-culture foods deliver organisms and their byproducts into a digestive tract, and a well-run study out of Stanford found that people eating a diet high in fermented foods over ten weeks showed increased microbial diversity and lower markers of inflammation.

What is not established is that any of this cures a condition, replaces a medication, or heals celiac damage. It is good food with a long history and some promising science behind it, and that is enough of a reason without stretching it.

Why this matters more after a celiac diagnosis

Two reasons. The first is that the gluten-free replacement products most people fall back on are close to sterile, refined, and fiber-free, which is not a helpful environment for the bacteria you want. The second is that fermented vegetables are one of the easiest ways to add live cultures and fiber to a meal without cooking anything at all. A forkful beside your eggs takes four seconds.

Three fermented foods that are commonly not gluten-free, and catch careful people all the time. Most traditional miso is fermented with barley koji, so buy one labeled one hundred percent soybean or rice, certified. Malt vinegar is made from barley and is never safe. Kvass in its traditional form is fermented from rye bread, so buy beet kvass rather than bread kvass. Soy sauce is brewed with wheat; use coconut aminos.

FERMENTED FOODS AT EVERY MEAL

You do not need a fermentation project or a shelf of crocks. You need one jar in the refrigerator and the habit of reaching for it. Start with a single tablespoon a day and build from there, because going from none to a great deal overnight is uncomfortable for anyone.

AT THIS MEAL	ADD THIS	HOW
Breakfast	Sauerkraut or fermented pickles	A forkful beside the sweet potato hash, cold, straight from the jar
Breakfast	Coconut yogurt with live cultures	As the base under the chia pudding, or spooned over berries
Lunch	Kimchi	Folded into the chicken lettuce wraps in place of some of the cabbage
Lunch	Raw apple cider vinegar with the mother	Whisked into any vinaigrette in this book, one tablespoon
Dinner	Fermented hot sauce or salsa	Spooned over roasted vegetables or any sheet-pan supper
Dinner	Certified gluten-free miso	Whisked into broth off the heat, never boiled, one teaspoon per cup
Anytime	Water kefir or kombucha	A small glass, unsweetened, in place of an afternoon soda
Anytime	Beet kvass	Two ounces before dinner, the way you would take a bitter

The one rule

Heat kills the cultures. Anything you are adding for the live organisms goes in at the very end, off the heat, or onto the plate cold. Miso stirred into simmering broth is a seasoning. Miso stirred into broth that has come off the burner is a fermented food. Same spoonful, different purpose.

What to look for on the label

- Refrigerated, not shelf-stable. A jar of sauerkraut sitting in the center aisle was pasteurized and has no live cultures left in it.
- Brine, not vinegar. Traditional pickles are fermented in salt water. Most grocery store pickles are simply cucumbers sitting in vinegar and were never fermented at all.
- A short ingredient list. Cabbage and salt. Cucumbers, salt, dill, garlic. If it reads longer than that, keep looking.
- Cloudy brine and a little fizz when you open it. Those are signs of life, not spoilage.

WHY ORGAN MEATS

For most of human history the organs were the prize and the muscle meat was what you did with the rest. The word offal has a sneer built into it now, which tells you how far we have drifted, because there is nothing in a butcher case more nutrient-dense than what most people leave behind.

What is actually in there

Beef liver is the most nutrient-dense food commonly available. A modest serving carries more preformed vitamin A than almost anything else you can eat, along with substantial B12, copper, iron in its most absorbable form, folate, and choline. Heart is rich in coenzyme Q10 and B vitamins. These are not marginal differences over muscle meat. They are differences of an order of magnitude.

This matters after a celiac diagnosis, because iron, B12, and folate are precisely the nutrients most depleted by years of poor absorption.

One real caution, and it is important. Liver is so high in preformed vitamin A that it is genuinely possible to get too much, and excess preformed vitamin A during pregnancy carries a documented risk to the developing baby. If you are pregnant or trying to become pregnant, talk to your doctor before adding liver, and do not eat it daily. This is the rare case where more is not better.

A correction worth making

You will hear that the liver is a filter and therefore stores toxins. That is a misunderstanding of what the organ does. The liver processes and neutralizes compounds; it does not warehouse them. What it does store is nutrients, in remarkable concentration. Buy it from a pasture-raised animal and eat it without worry.

How to actually start

- Begin with heart. It is a working muscle, tastes almost exactly like lean beef, and can be cubed for kebabs or ground into anything. Nobody at your table will notice.
- Grind liver into ground beef at ten to twenty percent. In chili, meatballs, or taco filling it disappears entirely.
- Freeze liver in small cubes and grate it frozen straight into a simmering pot. Or soak it fresh in lemon juice for thirty minutes and pat it dry, which removes most of what people object to.
- Once a week is plenty. Three to four ounces.

Every recipe in this book is dairy-free, and that is on purpose. A great many people with celiac disease cannot tolerate dairy, at least not at first, and I wanted a collection that works for all of them without asterisks. But I am not a dairy-free household, and it would be dishonest to leave this out.

Why the dairy question comes up at diagnosis

The enzyme that digests lactose is produced at the very tips of the villi in the small intestine, which is exactly the tissue celiac disease damages first. This is why so many newly diagnosed people find that milk suddenly bothers them when it never did before. It is called secondary lactose intolerance, and here is the encouraging part: as the villi heal on a strict gluten-free diet, that capacity often returns. Many people who gave up dairy at diagnosis find they can bring some of it back a year or two in.

Aged cheese and butter are where to start if you try. Lactose is largely consumed during the aging process, so a well-aged cheddar or parmesan carries very little, and ghee has essentially none.

What we buy

When we do eat dairy, we want it from cows raised and finished on pasture, and we prefer it raw. Milk from grass-fed and grass-finished cows carries a better fatty acid profile, more conjugated linoleic acid, and more beta-carotene, which is why the butter is yellow in June and pale in February. Raw milk cheese is also, quite simply, better cheese. Nearly every great traditional cheese in the world is made from unpasteurized milk, and under federal rules raw milk cheese aged sixty days or longer is legal to buy in ordinary American grocery stores. That is the easiest entry point by a wide margin.

I will not soft-pedal the other half of this. Raw milk can carry Listeria, Salmonella, E. coli, and Campylobacter, and the consequences of those infections are most serious for pregnant women, young children, adults over sixty-five, and anyone immunocompromised. A person with untreated or newly diagnosed celiac disease has a compromised gut lining and belongs in that cautious category. Know your farmer, see the operation, look at the testing records, and understand that you are accepting a real if small risk in exchange for what you believe you are gaining. Aged raw milk cheese carries meaningfully less risk than raw fluid milk. Laws differ by state and they change; here in Utah, access broadened considerably in 2026.

If you want dairy in these recipes, it goes in easily. Whole milk plain yogurt in place of coconut yogurt, a spoon of cultured cream where I have used cashew cream, butter in place of oil, aged cheese grated over anything roasted. The recipes are written to stand without it. They will not object if you add it.



SECTION ONE

SALADS

A salad is not a punishment and it is not a side dish you eat to earn dessert. Built right, it is a full plate of color, crunch, fat, and protein that leaves you satisfied for hours. Every salad in this section is built on the same four-part frame: something green, something sweet or sharp, something crunchy, and something rich. Learn the frame and you will never need a recipe again.

IN THIS SECTION

Roasted Beet and Orange Salad

Massaged Kale and Green Apple Salad

Shaved Fennel and Orange Salad

Cucumber, Avocado, and Herb Salad

Roasted Cauliflower and Chickpea Salad

Chopped Chicken Salad

Quinoa, Cranberry, and Pecan Salad

Crunchy Broccoli Salad

Winter Kale and Citrus Salad

Millet Salad with Cucumber and Mint

Sprouted Lentil Salad

Cucumber and Wakame Salad

Shaved Brussels Sprout Salad

Chopped Greek-Style Salad

Watermelon, Cucumber, and Mint Salad

Roasted Carrot and Lentil Salad

Roasted Beet and Orange Salad

with toasted walnuts and a honey-thyme vinaigrette

SERVES

4

PREP

15 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

INGREDIENTS

For the salad

4 medium beets, scrubbed and trimmed

2 navel oranges

5 ounces baby arugula

1/2 cup raw walnut halves

1/4 small red onion, sliced paper thin

2 tablespoons fresh mint leaves, torn

For the vinaigrette

3 tablespoons extra virgin olive oil

1 tablespoon apple cider vinegar

1 tablespoon fresh orange juice

1 teaspoon raw honey

1 teaspoon fresh thyme leaves

1/4 teaspoon fine sea salt

Freshly cracked black pepper

METHOD

1. Heat the oven to 400 degrees. Wrap the beets loosely in parchment, then in foil, and set the bundle on a sheet pan. Roast 45 to 55 minutes, until a knife slides into the center with no resistance.
2. While the beets roast, spread the walnuts on a small pan and toast 6 to 8 minutes, until they smell warm and nutty. Watch them closely. They go from toasted to bitter in about ninety seconds.
3. Let the beets cool until you can handle them. Slip the skins off with your fingers or a paper towel, then cut into half-moons about a quarter inch thick.
4. Cut the top and bottom off each orange, stand it upright, and slice the peel and white pith away in strips following the curve of the fruit. Slice crosswise into rounds.
5. Whisk all the vinaigrette ingredients together in a small jar until the honey dissolves completely.
6. Pile the arugula on a wide platter. Arrange the beets and oranges over the top, scatter with red onion, walnuts, and mint, and spoon the vinaigrette over everything just before it goes to the table.

SHACK NOTE

Roast the beets a day ahead and store them peeled and sliced in a covered jar. This salad goes from nothing to beautiful in six minutes if the beets are already done, which is the whole trick to eating this way on a weeknight.

Make it yours. No arugula? Baby spinach or shredded romaine both work. Pecans stand in for walnuts, and pure maple syrup stands in for the honey if you are keeping it vegan.



Roasted Beet and Orange Salad

PHOTOGRAPH TO COME

Overhead on a wide oval platter, natural side light from the left. The beet and orange rounds should overlap in a loose spiral. Scatter a few mint leaves off the platter edge onto the linen.

FILE: photos/beet-orange-walnut.jpg

Massaged Kale and Green Apple Salad

with maple-mustard dressing and toasted pepitas

SERVES

4 to 6

PREP

20 minutes

COOK

8 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

For the salad

1 large bunch lacinato kale, about 8 ounces

1 tart green apple, cored and cut into matchsticks

1/3 cup raw pepitas

1/3 cup dried cranberries sweetened with fruit juice

2 tablespoons finely chopped red onion

For the dressing

3 tablespoons extra virgin olive oil

2 tablespoons fresh lemon juice

1 tablespoon certified gluten-free Dijon mustard

2 teaspoons pure maple syrup

1 small garlic clove, grated

1/2 teaspoon fine sea salt

METHOD

1. Strip the kale leaves from the stems and stack them a handful at a time. Roll the stack like a cigar and slice crosswise into thin ribbons.
2. Whisk the dressing ingredients together in the bottom of a large bowl.
3. Add the kale to the bowl and, with clean hands, work the dressing into the leaves for a full two minutes. The kale will darken, shrink by nearly half, and turn silky. Do not skip this. It is the difference between a salad and a chore.
4. Toast the pepitas in a dry skillet over medium heat for 5 to 6 minutes, shaking the pan often, until they puff slightly and begin to pop.
5. Fold the apple, cranberries, and red onion into the kale. Let the salad sit 10 minutes so the flavors settle.
6. Top with the warm pepitas right before serving so they stay crisp.

SHACK NOTE

This is the one salad in the book that is genuinely better the next day. Massaged kale does not wilt into sadness the way lettuce does, so make a double batch on Sunday and eat off it all week.

Make it yours. Check your mustard label. Many brands are naturally gluten-free, but a few use wheat-derived vinegar or are made on shared lines, so buy one that carries a certification mark.



Massaged Kale and Green Apple Salad

PHOTOGRAPH TO COME

*Three-quarter angle in a shallow wooden bowl, hands mid-toss with wooden servers.
Backlight so the apple matchsticks catch the light. Scatter loose pepitas on the board.*

FILE: photos/massaged-kale-apple.jpg

Shaved Fennel and Orange Salad

with green olives and toasted almonds

SERVES

4

PREP

20 minutes

COOK

6 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

2 large fennel bulbs, fronds reserved
 3 navel oranges
 3/4 cup Castelvetrano olives, torn from the pit
 1/2 cup sliced almonds
 1/4 red onion, sliced paper thin
 1/4 cup extra virgin olive oil
 2 tablespoons fresh lemon juice
 1 teaspoon raw honey
 3/4 teaspoon fine sea salt
 Freshly cracked black pepper

METHOD

1. Trim the fennel stalks and reserve a handful of the feathery fronds. Halve each bulb through the core, cut out the tough triangle of core, and shave the halves as thin as you possibly can. A mandoline is the right tool. A steady knife and patience will also get you there.
2. Drop the shaved fennel into a bowl of ice water for 10 minutes. It curls, crisps, and loses its harsh edge entirely.
3. Toast the almonds in a dry skillet over medium heat for 5 to 6 minutes, until golden and fragrant.
4. Cut the peel and white pith from the oranges following the curve of the fruit, then slice into rounds. Catch any juice that escapes.
5. Whisk the olive oil, lemon juice, honey, salt, pepper, and any caught orange juice together.
6. Drain the fennel and dry it well. Toss with the dressing, then fold in the oranges, olives, and red onion.
7. Top with the almonds and torn fennel fronds just before serving.

SHACK NOTE

The ice water bath is the whole recipe. Raw fennel straight off the knife is aggressive and a little bitter. Ten minutes in ice water turns it sweet, crisp, and mild enough that people who say they do not like fennel will ask what it is.

Make it yours. Grapefruit in place of the oranges makes this sharper and better alongside rich meat. Pistachios work in place of the almonds.



Shaved Fennel and Orange Salad

PHOTOGRAPH TO COME

*Overhead on a wide white platter, pale fennel and bright orange rounds overlapping.
Green olives scattered. Feathery fronds on top. High-key light, minimal shadow.*

FILE: `photos/shaved-fennel-orange.jpg`

Cucumber, Avocado, and Herb Salad

with lime and a great deal of cilantro

SERVES

4

PREP

15 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 English cucumbers, halved lengthwise and sliced into half-moons

2 ripe but firm avocados, cut into large dice

1 cup cherry tomatoes, halved

1/2 cup fresh cilantro, roughly chopped

1/4 cup fresh mint, torn

3 scallions, sliced thin

1 jalapeno, seeded and minced, optional

3 tablespoons extra virgin olive oil

3 tablespoons fresh lime juice

1 garlic clove, grated

3/4 teaspoon fine sea salt

1/4 teaspoon ground cumin

METHOD

1. Salt the cucumber half-moons lightly in a colander and let them drain 10 minutes. Pat dry. This keeps the salad from turning watery within the hour.
2. Whisk the olive oil, lime juice, garlic, salt, and cumin together in a large bowl.
3. Add the cucumbers, tomatoes, scallions, and jalapeno and toss.
4. Fold in the avocado last and with a light hand. Two or three turns of the spoon, no more.
5. Scatter the cilantro and mint over the top and serve within the hour.

SHACK NOTE

This is the salad I make when it is a hundred degrees and the thought of turning on the oven is unbearable. It is also the one my children will eat straight out of the bowl with a fork while standing at the counter.

Make it yours. Add a can of drained white beans and this becomes lunch. A handful of hemp hearts adds protein without changing the flavor at all.



Cucumber, Avocado, and Herb Salad

PHOTOGRAPH TO COME

Overhead in a shallow ceramic bowl, pale green and red. Lime halves and a bunch of cilantro beside it. Bright midday light, crisp shadows.

FILE: `photos/cucumber-avocado-herb.jpg`

Roasted Cauliflower and Chickpea Salad

with lemon tahini and pomegranate

SERVES

4 to 6

PREP

15 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

INGREDIENTS

For the pan

1 large head cauliflower, cut into small florets

3 cups cooked chickpeas, or 2 cans, drained and dried well

3 tablespoons avocado oil

1 1/2 teaspoons ground cumin

1 teaspoon smoked paprika

1/2 teaspoon ground coriander

1 1/4 teaspoons fine sea salt

To finish

1/3 cup tahini

1/4 cup fresh lemon juice

3 to 5 tablespoons warm water

1 garlic clove, grated

1/2 teaspoon fine sea salt

1 cup flat-leaf parsley, chopped

1/2 cup pomegranate seeds

3 cups baby arugula

METHOD

1. Heat the oven to 425 degrees. Dry the chickpeas thoroughly on a towel. Wet chickpeas steam and never crisp.
2. Toss the cauliflower and chickpeas with the oil, cumin, smoked paprika, coriander, and salt on a large sheet pan.
3. Spread into a single layer with space between the pieces and roast 30 to 35 minutes, tossing once at the twenty minute mark, until the cauliflower edges are deeply browned and the chickpeas rattle when you shake the pan.
4. Whisk the tahini, lemon juice, garlic, and salt together. It will seize and look ruined. Add warm water a tablespoon at a time, whisking hard, and it comes back smooth and pourable.
5. Pile the arugula on a platter, spoon the hot cauliflower and chickpeas over it so the greens wilt slightly, and drizzle generously with the tahini sauce.
6. Finish with parsley and pomegranate seeds.

SHACK NOTE

Tahini seizing when it meets lemon juice is not a mistake, it is chemistry, and every single person panics the first time. Keep whisking and adding water. It always comes back.

Make it yours. Roasted broccoli works exactly the same way. Toasted pepitas stand in for pomegranate out of season.



Roasted Cauliflower and Chickpea Salad

PHOTOGRAPH TO COME

Three-quarter angle on a long platter, deep browned cauliflower against green arugula, pale tahini drizzled in ribbons, ruby pomegranate on top. Warm directional light.

FILE: [photos/cauliflower-chickpea-tahini.jpg](#)

Chopped Chicken Salad

with avocado ranch and crisp vegetables

SERVES

4

PREP

25 minutes

COOK

None with cooked chicken

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

PACKABLE

INGREDIENTS

For the salad

3 cups cooked chicken, diced
 1 large head romaine, chopped small
 1 cup cherry tomatoes, quartered
 1 cucumber, diced
 4 hard-boiled eggs, quartered
 1/2 cup red onion, diced fine
 1/2 cup Kalamata olives, halved

For the avocado ranch

1 ripe avocado
 1/3 cup unsweetened coconut milk
 3 tablespoons fresh lemon juice
 2 tablespoons fresh dill
 2 tablespoons fresh chives
 1 tablespoon fresh parsley
 1 garlic clove
 1/2 teaspoon onion powder
 3/4 teaspoon fine sea salt

METHOD

1. Blend all the dressing ingredients until completely smooth, about 60 seconds. Thin with a little more coconut milk if it is thicker than heavy cream.
2. Chop everything for the salad to roughly the same small size. This is the difference between a chopped salad and a regular one, and it is worth the extra three minutes.
3. Combine the romaine, tomatoes, cucumber, onion, and olives in a wide bowl.
4. Add the chicken and toss with about two-thirds of the dressing.
5. Arrange the egg quarters over the top and drizzle with the remaining dressing.
6. Serve immediately, while the lettuce is still cold and loud.

SHACK NOTE

This is what leftover roast chicken is for. Pull the meat from Sunday's bird, keep it in the refrigerator, and this salad takes eleven minutes on Tuesday. The dressing keeps three days, though it darkens a little on top. Stir it and carry on.

***Make it yours.** The dressing is worth making on its own. It is excellent over roasted vegetables, spooned into lettuce wraps, and as a dip for raw carrots and peppers.*



Chopped Chicken Salad

PHOTOGRAPH TO COME

Overhead of a wide low bowl, everything in distinct chopped rows, pale green dressing drizzled across. Egg quarters as the visual anchor. Even bright light.

FILE: photos/chopped-chicken-avocado-ranch.jpg

Quinoa, Cranberry, and Pecan Salad

the dish to carry to somebody else's table

SERVES

8

PREP

20 minutes

COOK

18 minutes

GLUTEN-FREE

DAIRY-FREE

VEGAN

HOLIDAY

MAKE-AHEAD

INGREDIENTS

- 1 1/2 cups quinoa, rinsed very well
- 2 1/2 cups gluten-free vegetable broth
- 3/4 cup dried cranberries sweetened with fruit juice
- 1 cup pecans, toasted and chopped
- 4 cups baby arugula
- 1/2 red onion, diced fine
- 1 crisp apple, diced
- 1/2 cup flat-leaf parsley, chopped
- 1/3 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tablespoon pure maple syrup
- 1 tablespoon certified gluten-free Dijon mustard
- 1 1/4 teaspoons fine sea salt
- 1/2 teaspoon cracked black pepper

METHOD

1. Rinse the quinoa thoroughly, then simmer in the broth, covered, 15 to 18 minutes, until absorbed and the tails have uncurled.
2. Spread on a sheet pan and cool completely. Cooking quinoa in broth rather than water is the difference between a side dish and something people ask about.
3. Whisk the olive oil, vinegar, maple syrup, mustard, salt, and pepper together.
4. Toss the cooled quinoa with two-thirds of the dressing and let it sit 15 minutes to absorb.
5. Fold in the cranberries, onion, apple, and parsley.
6. Add the arugula and pecans and the remaining dressing just before serving so nothing wilts.

SHACK NOTE

This is what I bring when I am going somewhere and do not know what will be safe to eat. It holds at room temperature for hours, it looks generous on a table, and it is a full meal if the rest of the spread turns out to be off limits for me.

Make it yours. Roasted butternut squash makes it heartier. Dried cherries and walnuts work in place of cranberries and pecans.



Quinoa, Cranberry, and Pecan Salad

PHOTOGRAPH TO COME

Overhead of a large wooden bowl, pale quinoa with ruby cranberries, green arugula, and pale pecans, generously filled. Holiday table setting at the edge. Warm light.

FILE: photos/quinoa-cranberry-pecan-salad.jpg

Crunchy Broccoli Salad

with sunflower seeds and maple dressing

SERVES

8

PREP

25 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

2 large heads broccoli, chopped very small
 1/2 red onion, diced fine
 3/4 cup dried cranberries sweetened with fruit juice
 3/4 cup sunflower seeds, toasted
 1/2 cup sliced almonds, toasted
 1 ripe avocado
 1/2 cup full-fat coconut milk
 1/4 cup apple cider vinegar
 3 tablespoons pure maple syrup
 2 tablespoons fresh lemon juice
 1 teaspoon certified gluten-free Dijon mustard
 1 1/4 teaspoons fine sea salt
 1/2 teaspoon black pepper

METHOD

1. Chop the broccoli far smaller than feels right, into pieces no bigger than a pea. This is the single thing that makes raw broccoli salad pleasant to eat, and everyone chops it too large the first time.
2. Blend the avocado, coconut milk, vinegar, maple syrup, lemon juice, mustard, salt, and pepper until smooth and pourable.
3. Toss the broccoli and red onion with the dressing until well coated.
4. Refrigerate at least 1 hour. The broccoli softens slightly and the dressing works its way in, and this rest is what turns it from raw vegetable into salad.
5. Fold in the cranberries.
6. Add the sunflower seeds and almonds just before it goes to the table so they stay crisp.

SHACK NOTE

The classic version of this salad is bound with mayonnaise, sugar, cheddar, and bacon. This one keeps the crunch and the sweetness and loses all of that, and it is the potluck dish my family gets asked to bring back.

Make it yours. Add halved grapes or diced apple. Pumpkin seeds work in place of sunflower for a different crunch.



Crunchy Broccoli Salad

PHOTOGRAPH TO COME

Overhead of a wide bowl, densely packed bright green broccoli with red cranberries and pale seeds throughout, creamy dressing visible. Fresh, crisp, bright light.

FILE: `photos/crunchy-broccoli-salad.jpg`

Winter Kale and Citrus Salad

with pomegranate and a shallot vinaigrette

SERVES

8

PREP

25 minutes

COOK

6 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

HOLIDAY

INGREDIENTS

2 large bunches lacinato kale, sliced into thin ribbons

2 navel oranges and 1 blood orange, cut into rounds

1 grapefruit, segmented

1 cup pomegranate seeds

3/4 cup pistachios, toasted and chopped

1 shallot, sliced paper thin

1/3 cup extra virgin olive oil

3 tablespoons fresh lemon juice

2 tablespoons fresh orange juice

1 tablespoon raw honey

1 teaspoon certified gluten-free Dijon mustard

1 1/4 teaspoons fine sea salt

Cracked black pepper

METHOD

1. Soak the sliced shallot in the lemon juice for 15 minutes. This takes the harsh raw bite out and lightly pickles it, and it is the small step that makes this salad taste composed.
2. Whisk the olive oil, orange juice, honey, mustard, salt, and pepper into the shallots and lemon juice.
3. Strip the kale from the stems and slice into thin ribbons.
4. Pour half the dressing over the kale and massage it with your hands for two full minutes, until the leaves darken and turn silky.
5. Let the kale rest 20 minutes, or up to four hours, which is why this works for a party.
6. Arrange the citrus over the kale, scatter with pomegranate and pistachios, and spoon the remaining dressing over just before serving.

SHACK NOTE

Massaged kale is the only green that improves while it waits, which makes this the salad to bring to a holiday table. Dress it in the morning, add the citrus and nuts at the house, and it is better than it would have been fresh.

***Make it yours.** Any winter citrus works: cara cara, tangerines, mandarins. Toasted walnuts or hazelnuts in place of pistachios.*



Winter Kale and Citrus Salad

PHOTOGRAPH TO COME

Overhead of a long platter, dark green kale beneath bright orange and pink citrus rounds, ruby pomegranate and green pistachio scattered. Jewel tones, holiday light.

FILE: photos/winter-kale-citrus-salad.jpg

Millet Salad with Cucumber and Mint

lemon, olive oil, and a great deal of herb

SERVES

6

PREP

20 minutes

COOK

22 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

PACKABLE

INGREDIENTS

1 cup millet
 2 cups filtered water
 1 English cucumber, diced small
 1 pint cherry tomatoes, quartered
 1/2 red onion, diced fine
 1 1/2 cups flat-leaf parsley, chopped
 3/4 cup fresh mint, chopped
 1/3 cup extra virgin olive oil
 1/3 cup fresh lemon juice
 2 garlic cloves, grated
 1 1/4 teaspoons fine sea salt
 1/2 teaspoon ground cumin
 Cracked black pepper

METHOD

1. Toast the millet dry for 3 to 4 minutes until nutty, then add the water and a pinch of salt.
2. Simmer covered 18 minutes, then rest off the heat 10 minutes with the lid on.
3. Fluff with a fork and spread on a sheet pan to cool completely. Warm millet will wilt every herb it touches and turn the salad gray.
4. Whisk the olive oil, lemon juice, garlic, salt, cumin, and pepper together.
5. Toss the cooled millet with two-thirds of the dressing and let it sit 15 minutes to drink it in.
6. Fold in the cucumber, tomatoes, red onion, parsley, and mint with the remaining dressing.
7. Rest 20 minutes before serving and taste again for salt and lemon.

SHACK NOTE

Millet holds its shape in a dressed salad far better than quinoa does, and it does not go gluey in the refrigerator. Four days in and it is still a salad rather than a paste.

Make it yours. Add chickpeas or diced roast chicken for a full lunch. Dill and scallion in place of mint make it a different dish entirely.



Millet Salad with Cucumber and Mint

PHOTOGRAPH TO COME

Overhead of a wide shallow bowl, pale gold grain almost hidden under bright green herbs with red tomato throughout. Lemon halves and a mint bunch beside. Fresh bright light.

FILE: `photos/millet-cucumber-mint-salad.jpg`

Sprouted Lentil Salad

with lemon, cucumber, and a great deal of herb

SERVES

6

PREP

20 minutes, plus 3 days sprouting

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 cup dried green or brown lentils, for sprouting

1 English cucumber, diced small

1 pint cherry tomatoes, quartered

1/2 red onion, diced fine

1 red bell pepper, diced

1 1/2 cups flat-leaf parsley, chopped

1/2 cup fresh mint, chopped

1/3 cup extra virgin olive oil

1/3 cup fresh lemon juice

2 garlic cloves, grated

1 teaspoon ground cumin

1 1/4 teaspoons fine sea salt

Cracked black pepper

METHOD

1. Sort the lentils on a pale sheet pan, rinse well, and soak 8 hours in a wide-mouth jar of filtered water.
2. Drain completely, cover the jar with mesh or cheesecloth, and rest it upside down at an angle so it drains and breathes.
3. Rinse and drain twice a day, morning and evening, for 2 to 3 days, until small white tails appear about as long as the seed itself.
4. Rinse the sprouts well a final time and drain thoroughly. Read the sprouting page in the Foundations section on food safety before you eat them raw.
5. Whisk the olive oil, lemon juice, garlic, cumin, salt, and pepper together and toss with the sprouted lentils.
6. Fold in the cucumber, tomatoes, onion, pepper, parsley, and mint and rest 20 minutes before serving.

SHACK NOTE

Sprouted lentils are sweeter, crunchier, and considerably easier to digest than cooked ones, because germination begins breaking down the compounds that make a raw seed hard work. They also cost about a dollar a batch.

Make it yours. If you are pregnant, immunocompromised, or still healing from celiac damage, steam the sprouts for 3 minutes before dressing them. They lose a little crunch and none of the flavor.



Sprouted Lentil Salad

PHOTOGRAPH TO COME

*Overhead of a wide bowl, pale sprouted lentils with visible tails among bright vegetables
and heavy green herbs. Sprouting jar in the soft background. Bright fresh light.*

FILE: photos/sprouted-lentil-salad.jpg

Cucumber and Wakame Salad

sesame, ginger, and a quiet dose of iodine

SERVES

4

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

1/3 cup dried wakame
 2 English cucumbers, sliced paper thin
 1 teaspoon fine sea salt, for drawing water
 3 tablespoons rice vinegar or apple cider vinegar
 2 tablespoons coconut aminos
 1 tablespoon toasted sesame oil
 1 tablespoon raw honey
 1 tablespoon fresh ginger, grated
 1 garlic clove, grated
 1/4 teaspoon red pepper flakes
 2 tablespoons toasted sesame seeds
 3 scallions, sliced thin

METHOD

1. Soak the wakame in cool water for 10 minutes. It expands to many times its dried size, so use far less than looks right and a much bigger bowl than seems necessary.
2. Drain, squeeze gently, and chop into bite-sized pieces, cutting out any tough spine.
3. Toss the cucumber slices with the salt and let them drain in a colander 15 minutes, then squeeze gently and pat dry. This is what keeps the dressing from turning into cucumber water.
4. Whisk the vinegar, coconut aminos, sesame oil, honey, ginger, garlic, and pepper flakes together.
5. Toss the cucumber and wakame with the dressing.
6. Rest 15 minutes, then finish with sesame seeds and scallions.

SHACK NOTE

Wakame is a moderate source of iodine rather than an extreme one, which makes it the sea vegetable to eat regularly. Kombu and kelp are far more concentrated and belong in the pot rather than on the plate. See the sea vegetables page for why that distinction matters.

Make it yours. Add sliced radish, shredded carrot, or a soft-boiled egg. Flaked wild salmon turns it into a full lunch.



Cucumber and Wakame Salad

PHOTOGRAPH TO COME

Overhead of a shallow bowl, translucent cucumber slices with dark green wakame ribbons, sesame seeds and scallions scattered. Clean minimal styling, cool bright light.

FILE: photos/cucumber-wakame-salad.jpg

Shaved Brussels Sprout Salad

with apple, hazelnut, and mustard vinaigrette

SERVES

6

PREP

25 minutes

COOK

8 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

HOLIDAY

INGREDIENTS

1 1/2 pounds brussels sprouts, trimmed

2 crisp apples, cut into matchsticks

3/4 cup hazelnuts, toasted and chopped

1/2 cup dried cherries or cranberries

1/4 red onion, sliced paper thin

1/3 cup extra virgin olive oil

3 tablespoons apple cider vinegar

1 tablespoon certified gluten-free Dijon mustard

1 tablespoon pure maple syrup

1 garlic clove, grated

1 1/4 teaspoons fine sea salt

Cracked black pepper

METHOD

1. Shave the sprouts as thin as you can with a mandoline, a food processor slicing disc, or a sharp knife. Thin is the whole point; a thick shred is unpleasantly tough raw.
2. Toast the hazelnuts at 350 for 8 minutes, then rub them in a towel to slip most of the skins off.
3. Whisk the olive oil, vinegar, mustard, maple syrup, garlic, salt, and pepper together.
4. Toss the shaved sprouts with the dressing and let them sit 30 minutes. The acid softens them and takes away the raw cabbage edge entirely.
5. Fold in the apple, red onion, and dried cherries.
6. Add the hazelnuts just before serving so they stay crisp.

SHACK NOTE

This is the salad that holds up on a holiday table for two hours without wilting, which no lettuce salad manages. Dress it in the morning and add the nuts at the house.

Make it yours. Shaved kale or cabbage in place of some of the sprouts. Pomegranate seeds instead of dried cherries.



Shaved Brussels Sprout Salad

PHOTOGRAPH TO COME

Overhead of a wide platter of finely shredded green with pale apple matchsticks, ruby cherries, and golden hazelnuts throughout. Bright even light, textural.

FILE: `photos/shaved-brussels-apple-salad.jpg`

Chopped Greek-Style Salad

olives, oregano, and no feta required

SERVES

6

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 English cucumbers, diced
 1 1/2 pounds ripe tomatoes, cut into chunks
 1 green bell pepper, diced
 1/2 red onion, sliced thin
 1 cup Kalamata olives, torn from the pit
 3/4 cup marinated artichoke hearts, quartered
 1/3 cup extra virgin olive oil
 3 tablespoons red wine vinegar
 2 garlic cloves, grated
 1 tablespoon dried oregano
 1 1/4 teaspoons fine sea salt
 Cracked black pepper
 1/2 cup fresh dill and 1/2 cup flat-leaf parsley
 1/4 cup toasted pine nuts, optional

METHOD

1. Salt the diced cucumber lightly and drain it 10 minutes, then pat dry.
2. Whisk the olive oil, vinegar, garlic, oregano, salt, and pepper together in the bottom of a large bowl. Crush the dried oregano between your palms as it goes in to wake up the oils.
3. Add the tomatoes first and toss. Let them sit five minutes; the salt draws out juice that becomes part of the dressing, which is how this salad is meant to work.
4. Add the cucumber, pepper, onion, olives, and artichokes and toss well.
5. Fold in the dill and parsley.
6. Rest 15 minutes before serving and finish with pine nuts.

SHACK NOTE

A traditional Greek salad has no lettuce in it at all, which is why this one holds for hours and packs well. The tomato juice mixing with the oil and vinegar is the whole sauce, so use the ripest tomatoes you can find and do not refrigerate them first.

Make it yours. Add chickpeas or white beans for a full lunch. Cubed avocado does what feta used to do for richness.



Chopped Greek-Style Salad

PHOTOGRAPH TO COME

Overhead of a wide bowl of chunky vegetables in red, green, and purple with heavy herbs, glossy with dressing. Rustic, abundant, bright Mediterranean light.

FILE: photos/chopped-greek-salad.jpg

Watermelon, Cucumber, and Mint Salad

with lime, chile, and flaky salt

SERVES

8

PREP

15 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

8 cups watermelon, cut into cubes
 2 English cucumbers, cut into half-moons
 1 cup fresh mint, torn
 1/2 cup fresh basil, torn
 1/4 red onion, sliced paper thin
 Juice and zest of 3 limes
 3 tablespoons extra virgin olive oil
 1 jalapeno, seeded and sliced thin
 1 teaspoon flaky sea salt
 Cracked black pepper
 1/3 cup toasted pepitas

METHOD

1. Cut the watermelon and set it in a colander for 10 minutes to drain off the loose juice. Drink that juice; it is the cook's reward and it keeps the salad from flooding.
2. Soak the sliced onion in the lime juice for 10 minutes to take the edge off.
3. Combine the watermelon, cucumber, and jalapeno in a wide shallow bowl.
4. Add the onion with its lime juice, the olive oil, and lime zest, and toss gently.
5. Tear the herbs over the top rather than chopping them, which keeps them from bruising and darkening.
6. Finish with flaky salt, cracked pepper, and pepitas right before it goes to the table.

SHACK NOTE

Salt on watermelon is not a novelty. It suppresses the faint bitterness at the rind end and pushes the sweetness forward, which is why every roadside stand in the South has a salt shaker on the counter.

***Make it yours.** Cantaloupe works beautifully. A splash of the blackberry shrub from the drinks pages instead of some of the lime is very good.*



Watermelon, Cucumber, and Mint Salad

PHOTOGRAPH TO COME

Overhead of a wide shallow bowl, pink watermelon and pale green cucumber with torn mint and green pepita, lime wedges. Extremely fresh, bright summer light.

FILE: photos/watermelon-cucumber-mint-salad.jpg

Roasted Carrot and Lentil Salad

cumin, lemon, and a yogurt-style drizzle

SERVES

6

PREP

20 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

For the salad

2 pounds carrots, cut on a long bias
 1 1/2 cups French green lentils, sorted
 and rinsed
 3 tablespoons olive oil
 2 teaspoons ground cumin
 1 teaspoon ground coriander
 1/2 teaspoon smoked paprika
 1 1/4 teaspoons fine sea salt
 1 cup flat-leaf parsley and 1/2 cup mint
 1/2 cup toasted almonds

For the drizzle

3/4 cup all-purpose cashew cream, savory
 version
 2 tablespoons fresh lemon juice
 1 garlic clove, grated
 2 tablespoons water, to loosen

METHOD

1. Sort the lentils on a pale sheet pan, then simmer 20 to 25 minutes until tender but still holding their shape. Drain and cool.
2. Heat the oven to 425. Toss the carrots with the oil, cumin, coriander, smoked paprika, and salt and roast 30 to 35 minutes, until deeply browned at the edges.
3. Cut the carrots on a long diagonal rather than into coins. More surface area means more browning, and browning is the flavor.
4. Whisk the cashew cream with the lemon juice, garlic, and water until pourable.
5. Spread the lentils on a platter, pile the warm carrots over them, and let the heat warm the lentils through.
6. Drizzle generously with the cashew cream and scatter with herbs and toasted almonds.

SHACK NOTE

French green lentils are worth seeking out for any salad. They hold their shape where brown lentils collapse, which is the difference between a lentil salad and a pile of mush.

Make it yours. Roasted parsnips, beets, or delicata squash in place of carrots. Serve warm or at room temperature; both are good.



Roasted Carrot and Lentil Salad

PHOTOGRAPH TO COME

Overhead of a long platter, dark green lentils under deeply browned carrots, white cream drizzled in ribbons, green herbs and pale almonds. Warm directional light.

FILE: photos/roasted-carrot-lentil-salad.jpg



SECTION TWO

SOUPS

Soup is the most forgiving food there is. It stretches, it freezes, it feeds a crowd, and it asks almost nothing of you but time. These soups lean on whole vegetables, legumes, and good broth instead of flour-thickened bases, which means they are naturally gluten-free from the first step rather than adapted at the end.

IN THIS SECTION

Golden Carrot and Red Lentil Soup

Roasted Tomato and Basil Soup

Chicken Bone Broth with Ginger and Greens

Butternut Squash and Apple Soup

Slow-Braised Beef and Vegetable Stew

Black Bean Soup with Lime

Chicken and Wild Rice Soup

Creamy Tomato and White Bean Soup

Turkey Meatball and Vegetable Soup

Split Pea Soup with Herbs

Millet Congee with Ginger and Greens

Chicken and Rice Soup with Lemon and Dill

Quinoa Minestrone

Egg Drop Soup with Ginger and Greens

Gazpacho

Rice and Lentil Kitchari

Golden Carrot and Red Lentil Soup

with ginger, turmeric, and coconut milk

SERVES

6

PREP

15 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 tablespoons extra virgin olive oil
 1 large yellow onion, diced
 6 medium carrots, about 1 pound, sliced into coins
 4 garlic cloves, minced
 1 tablespoon fresh ginger, grated
 1 cup dried red lentils, sorted and rinsed well
 1 teaspoon ground turmeric
 1 teaspoon ground cumin
 1/2 teaspoon ground coriander
 1/4 teaspoon red pepper flakes, optional
 6 cups gluten-free chicken or vegetable broth
 1 cup full-fat coconut milk
 Juice of 1 lemon
 1 1/2 teaspoons fine sea salt, or to taste
 Fresh cilantro and a swirl of coconut milk, to finish

METHOD

1. Pour the lentils onto a light-colored sheet pan and spread them in a single layer. Pick out any stones, debris, or stray grains, then rinse in a fine mesh strainer until the water runs clear. See the Shack Note.
2. Warm the oil in a heavy pot over medium heat. Add the onion and a pinch of salt and cook 6 to 8 minutes, until soft and translucent.
3. Add the carrots and cook another 5 minutes, stirring now and then.
4. Stir in the garlic, ginger, turmeric, cumin, coriander, and pepper flakes. Cook just 60 seconds, until the kitchen smells like the spices have woken up.
5. Add the lentils and broth. Bring to a boil, then reduce to a bare simmer, cover, and cook 20 to 25 minutes, until the lentils have collapsed and the carrots are completely tender.
6. Blend until velvety with an immersion blender, or in batches in a countertop blender with the lid vented.
7. Stir in the coconut milk, lemon juice, and salt. Taste and adjust. It usually wants more lemon than you expect.
8. Ladle into bowls and finish with cilantro and a swirl of coconut milk.

SHACK NOTE

Bulk-bin lentils and beans are one of the most overlooked cross-contact risks in a gluten-free kitchen. They are frequently grown, harvested, or stored alongside wheat, barley, and rye. Buy packaged legumes that carry a gluten-free certification when you can, and sort them on a pale sheet pan every single time regardless.

Make it yours. *Yellow split peas work in place of the red lentils but need about 20 extra minutes of simmering.*



Golden Carrot and Red Lentil Soup

PHOTOGRAPH TO COME

Overhead, deep cream-colored bowl on a dark linen. Steam visible. Cilantro leaves and a spiral of coconut milk on the surface, a second bowl half out of frame.

FILE: photos/carrot-red-lentil-soup.jpg

Roasted Tomato and Basil Soup

with cashew cream and garlic

SERVES

4 to 6

PREP

15 minutes

COOK

55 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

INGREDIENTS

For the soup

3 pounds ripe Roma tomatoes, halved lengthwise

1 large yellow onion, cut into thick wedges

1 whole head garlic, top sliced off

3 tablespoons extra virgin olive oil

1 1/2 teaspoons fine sea salt

2 cups gluten-free vegetable broth

1 cup packed fresh basil leaves

1 teaspoon dried oregano

Freshly cracked black pepper

For the cashew cream

3/4 cup raw cashews, soaked 4 hours or boiled 15 minutes

1/2 cup filtered water

1 teaspoon fresh lemon juice

Pinch of fine sea salt

METHOD

1. Heat the oven to 400 degrees. Arrange the tomatoes cut side up on a large sheet pan with the onion wedges. Set the garlic head on a square of parchment, drizzle with a little of the oil, and wrap it closed.
2. Drizzle the remaining oil over the tomatoes and onion, season with the salt, and roast 45 to 50 minutes, until the tomato edges are shriveled and darkened at the tips.
3. Blend the drained cashews with the water, lemon juice, and salt on high for a full 90 seconds, until completely smooth with no grit between your fingers.
4. Squeeze the roasted garlic cloves out of their skins into a blender. Add the roasted vegetables and every bit of juice from the pan, the broth, basil, and oregano.
5. Blend until smooth, then pour into a pot and warm through over medium-low heat.
6. Stir half the cashew cream into the soup. Ladle into bowls, swirl the rest over the top, and finish with black pepper and a few torn basil leaves.

SHACK NOTE

Do not wash the sheet pan before you scrape it. Those dark sticky bits at the edges of the pan are the entire reason this tastes better than any soup from a carton. Add a splash of broth to the hot pan, scrape, and pour it all into the blender.

Make it yours. For a nut-free version, skip the cashew cream and stir in half a cup of full-fat coconut milk instead.



Roasted Tomato and Basil Soup

PHOTOGRAPH TO COME

Two bowls at a three-quarter angle, one hand lifting a spoon. Deep red soup with a white swirl. Roasted tomato skins and a garlic head on the pan in the soft background.

FILE: photos/roasted-tomato-basil-soup.jpg

Chicken Bone Broth with Ginger and Greens

the pot I keep going all winter

SERVES

8, plus broth to freeze

PREP

20 minutes

COOK

12 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

MAKE-AHEAD

INGREDIENTS

For the broth

2 pounds chicken bones, backs, wings, and feet if you can get them

2 tablespoons apple cider vinegar

1 large onion, quartered, skin on

3 carrots, cut in thirds

3 celery stalks, cut in thirds

1 head garlic, halved crosswise

3-inch piece fresh ginger, sliced

1 tablespoon black peppercorns

2 bay leaves

Filtered water to cover by 2 inches

To serve

4 cups baby spinach or chopped chard

3 scallions, sliced thin

Juice of 1 lemon

Fine sea salt, to taste

Shredded cooked chicken, optional

METHOD

1. Put the bones in a large pot, cover with cold water, and add the vinegar. Let it stand off the heat for 30 minutes. The acid begins pulling minerals out of the bone before any heat is applied.
2. Add the onion, carrots, celery, garlic, ginger, peppercorns, and bay leaves.
3. Bring slowly to a bare simmer. Never a boil. A boiled broth turns cloudy and greasy and never fully recovers.
4. Skim the gray foam that rises in the first twenty minutes and discard it.
5. Simmer uncovered or barely covered for 12 to 24 hours, topping up with water as needed. A slow cooker on low is ideal for this.
6. Strain through a fine mesh sieve and discard the solids. Cool, then refrigerate. A good broth sets to a soft jelly when cold, which is the collagen telling you it worked.
7. To serve, bring a few cups to a simmer, wilt in the greens, take it off the heat, and finish with lemon juice, scallions, and salt.

SHACK NOTE

Freeze the broth in wide-mouth pint jars, leaving an inch of headspace so the glass does not crack, or in silicone trays for cooking-sized cubes. Almost every soup and braise in this book is better made with this than with anything from a carton.

Make it yours. Beef bones make a darker, richer broth. Roast them at 425 degrees for 40 minutes first, which is not optional for beef the way it is for chicken.



Chicken Bone Broth with Ginger and Greens

PHOTOGRAPH TO COME

Side view of a clear golden broth in a wide bowl, wilted greens and scallions visible, steam catching light. Dark background, single window light. A jar of set broth in soft focus.

FILE: [photos/chicken-bone-broth-greens.jpg](#)

Butternut Squash and Apple Soup

with sage and toasted pepitas

SERVES

6

PREP

20 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 large butternut squash, about 3 pounds, peeled and cubed
 2 tart apples, peeled, cored, and chopped
 1 large yellow onion, diced
 3 tablespoons avocado oil
 4 garlic cloves, smashed
 12 fresh sage leaves
 1 teaspoon ground cinnamon
 1/2 teaspoon ground nutmeg
 1/4 teaspoon cayenne, optional
 5 cups gluten-free chicken or vegetable broth
 3/4 cup full-fat coconut milk
 1 1/2 teaspoons fine sea salt
 1 tablespoon apple cider vinegar
 1/2 cup pepitas, toasted

METHOD

1. Heat the oven to 425 degrees. Toss the squash with 2 tablespoons of the oil and half the salt on a sheet pan and roast 30 to 35 minutes, until the edges are caramelized.
2. While it roasts, warm the remaining oil in a heavy pot. Fry eight of the sage leaves for about 45 seconds, until crisp, and lift them onto a paper towel. These are the garnish and they are worth the extra step.
3. Add the onion to the same pot and cook 8 minutes until soft. Add the garlic, the remaining sage chopped, cinnamon, nutmeg, and cayenne and cook 1 minute.
4. Add the apples, the roasted squash, and the broth. Simmer 12 minutes.
5. Blend until completely smooth. Butternut wants a full minute in a blender to go from good to silky.
6. Return to the pot, stir in the coconut milk, vinegar, and remaining salt, and warm through.
7. Serve topped with the crisp sage leaves and toasted pepitas.

SHACK NOTE

The tablespoon of vinegar at the end is doing something specific. Squash and apple are both sweet, and without an acid the soup tastes flat and one-note. Add it, taste, and you will hear the whole thing come into focus.

Make it yours. Kabocha or red kuri squash both work and are sweeter. Roasted carrots can make up the difference if your squash is small.



Butternut Squash and Apple Soup

PHOTOGRAPH TO COME

Overhead of a deep orange bowl on a dark wood table, crisp sage leaves and pepitas arranged on top, a swirl of coconut milk. Autumn light, warm and low.

FILE: photos/butternut-apple-soup.jpg

Slow-Braised Beef and Vegetable Stew

thickened with vegetables, not with flour

SERVES

6 to 8

PREP

30 minutes

COOK

3 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-POT

INGREDIENTS

3 pounds grass-fed beef chuck, cut into 2-inch cubes
 2 1/2 teaspoons fine sea salt, divided
 3 tablespoons avocado oil
 2 yellow onions, diced
 6 garlic cloves, minced
 3 tablespoons tomato paste
 1 1/2 cups gluten-free beef broth, plus more as needed
 1 can diced tomatoes, 14 ounces
 4 carrots, cut into 2-inch pieces
 3 parsnips, cut into 2-inch pieces
 1 pound baby potatoes, halved
 2 tablespoons fresh rosemary, chopped
 1 tablespoon fresh thyme leaves
 2 bay leaves
 1 tablespoon apple cider vinegar
 Fresh parsley, to finish

METHOD

1. Pat the beef dry and season with 1 1/2 teaspoons of the salt. Dry meat browns. Wet meat steams.
2. Heat the oil in a heavy Dutch oven over medium-high until it just smokes. Brown the beef in three batches, giving each piece room and about 3 minutes per side. Do not rush this. Every bit of color here becomes flavor later.
3. Set the beef aside. Lower the heat, add the onions, and cook 8 minutes, scraping the dark bits off the bottom as they release.
4. Add the garlic and tomato paste and cook 2 minutes, until the paste darkens from red to brick.
5. Return the beef and any juices. Add the broth, tomatoes, rosemary, thyme, and bay leaves. The liquid should come about two-thirds up the meat, not cover it.
6. Cover and braise at 325 degrees for 2 hours, or simmer on the lowest burner setting.
7. Add the carrots, parsnips, and potatoes and cook uncovered another 45 to 60 minutes, until the beef pulls apart with a spoon and the liquid has reduced and thickened on its own.
8. Stir in the vinegar and remaining salt. Rest 15 minutes, then finish with parsley.

SHACK NOTE

Nearly every stew recipe you will find starts by dredging the beef in flour. You do not need it. Braising long enough breaks down connective tissue into gelatin, and the potatoes release enough starch to finish the job. The result is a stew that thickens honestly.

***Make it yours.** Lamb shoulder is superb here and needs about the same time. Bison is leaner and wants an extra half cup of broth.*



Slow-Braised Beef and Vegetable Stew

PHOTOGRAPH TO COME

Overhead of the Dutch oven with the lid propped beside it, dark glossy stew, vegetables visible, a wooden spoon resting in it. Moody warm light, deep shadows.

FILE: `photos/beef-vegetable-stew.jpg`

Black Bean Soup with Lime

smoky, cheap, and better the second day

SERVES

6

PREP

15 minutes

COOK

40 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 tablespoons extra virgin olive oil
 1 large onion, diced
 1 red bell pepper, diced
 5 garlic cloves, minced
 2 tablespoons ground cumin
 1 tablespoon smoked paprika
 1 teaspoon dried oregano
 1/2 teaspoon chipotle powder
 4 1/2 cups cooked black beans, or 3 cans, drained
 4 cups gluten-free vegetable broth
 1 can diced tomatoes, 14 ounces
 1 1/2 teaspoons fine sea salt
 Juice of 2 limes
 1 cup fresh cilantro, chopped
 Diced avocado and sliced radish, to serve

METHOD

1. Warm the oil in a heavy pot. Cook the onion and bell pepper with a pinch of salt for 10 minutes, until soft and just beginning to color.
2. Add the garlic, cumin, smoked paprika, oregano, and chipotle. Cook 90 seconds. The spices should smell toasted, not raw.
3. Add the beans, broth, and tomatoes. Simmer uncovered 25 minutes.
4. Take out about two cups, blend it smooth, and stir it back in. This gives you a thick, creamy body while leaving plenty of whole beans, and it is far better than blending the whole pot.
5. Stir in the salt and the juice of both limes. Taste. Black beans absorb an astonishing amount of both salt and acid, so keep going until it tastes bright rather than muddy.
6. Serve topped with cilantro, avocado, and thin radish slices.

SHACK NOTE

This is one of the cheapest meals in the book and one of the ones my family asks for most. A pound of dried black beans costs almost nothing and makes this soup twice. Sort them on a pale sheet pan before soaking, as with every legume in these pages.

***Make it yours.** A spoonful of sauerkraut or fermented salsa stirred in at the table adds live cultures without changing the flavor much at all.*



Black Bean Soup with Lime

PHOTOGRAPH TO COME

Overhead of a dark bowl, near-black soup with bright green avocado, red radish, and cilantro on top. High contrast. Lime wedges on the side.

FILE: photos/black-bean-lime-soup.jpg

Chicken and Wild Rice Soup

creamy with coconut milk, thickened with nothing

SERVES

8

PREP

20 minutes

COOK

1 hour

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

FREEZER

MAKE-AHEAD

INGREDIENTS

3 tablespoons avocado oil
 1 large onion, diced
 4 carrots, sliced
 4 celery stalks, sliced
 10 ounces cremini mushrooms, sliced
 5 garlic cloves, minced
 1 1/4 cups wild rice, rinsed
 8 cups gluten-free chicken broth
 2 tablespoons fresh thyme leaves
 2 bay leaves
 1 1/2 pounds cooked chicken, shredded
 1 1/2 cups full-fat coconut milk
 2 teaspoons fine sea salt
 Juice of 1 lemon and a handful of parsley

METHOD

1. Warm the oil in a large pot. Cook the onion, carrots, and celery 10 minutes.
2. Add the mushrooms and cook 8 minutes, until they have given up their water and browned.
3. Add the garlic and thyme for 1 minute, then the wild rice, and stir it in the fat 2 minutes.
4. Pour in the broth, add the bay leaves, and simmer covered 45 to 55 minutes, until the rice has split open.
5. Add the shredded chicken, coconut milk, and salt and warm through 5 minutes without boiling.
6. Take out the bay leaves, stir in the lemon juice and parsley, and taste for salt.

SHACK NOTE

The classic version of this soup is built on a flour roux and heavy cream. Full-fat coconut milk gives you the same body and richness with no thickener at all, and the wild rice releases enough starch on its own to carry the rest.

Make it yours. Freeze it before adding the coconut milk if you can, since dairy-free milks sometimes separate on thawing. Stir it in when you reheat.



Chicken and Wild Rice Soup

PHOTOGRAPH TO COME

Overhead of a deep bowl, creamy pale broth with dark wild rice, carrots, and chicken visible, parsley on top. Steam. Cozy warm light, dark wood table.

FILE: `photos/chicken-wild-rice-soup.jpg`

Creamy Tomato and White Bean Soup

blended from beans, not from cream

SERVES

6

PREP

15 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 tablespoons extra virgin olive oil
 1 large onion, diced
 3 carrots, diced
 6 garlic cloves, minced
 3 tablespoons tomato paste
 2 cans whole peeled tomatoes, 28 ounces each
 3 cups cooked cannellini beans
 4 cups gluten-free vegetable broth
 2 teaspoons dried oregano
 1 teaspoon dried basil
 1/2 teaspoon red pepper flakes
 1 3/4 teaspoons fine sea salt
 1 cup fresh basil, packed
 1 tablespoon balsamic vinegar

METHOD

1. Warm the oil in a heavy pot. Cook the onion and carrots 10 minutes, until soft and sweet.
2. Add the garlic for 1 minute, then the tomato paste, and cook 2 minutes until it darkens to brick red.
3. Add the tomatoes crushed by hand, the beans, broth, oregano, dried basil, pepper flakes, and salt.
4. Simmer 20 minutes.
5. Add the fresh basil and blend until completely smooth. The white beans are what make this creamy; they break down into a body that reads exactly like cream.
6. Stir in the balsamic vinegar, taste for salt, and serve.

SHACK NOTE

Every creamy tomato soup at the store is either thickened with wheat or loaded with cream. Beans do the job better than either, and they turn a bowl of soup into something with real protein and fiber in it.

Make it yours. Freezes for three months. Serve with the meatballs from the lunch pages dropped in for a full dinner.



Creamy Tomato and White Bean Soup

PHOTOGRAPH TO COME

Overhead of a bowl of deep orange-red soup with a swirl of olive oil and torn basil on top, cracked pepper. Rustic bread board absent. Warm light, saturated red.

FILE: photos/creamy-tomato-white-bean-soup.jpg

Turkey Meatball and Vegetable Soup

the one the children ask for by name

SERVES

6

PREP

25 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

FREEZER

KID-FRIENDLY

INGREDIENTS

For the meatballs

- 1 1/4 pounds ground turkey
- 1/3 cup almond flour
- 1 pasture-raised egg
- 3 garlic cloves, minced
- 2 tablespoons fresh parsley, minced
- 1 teaspoon dried oregano and 1 teaspoon fine sea salt

For the soup

- 3 tablespoons olive oil
- 1 onion, 3 carrots, and 3 celery stalks, all diced
- 5 garlic cloves, minced
- 8 cups gluten-free chicken broth
- 1 can diced tomatoes, 14 ounces
- 2 zucchini, diced
- 4 cups baby spinach
- 1 1/2 teaspoons fine sea salt and juice of 1 lemon

METHOD

1. Mix the meatball ingredients and roll into small balls about an inch across. Small is important here; large meatballs in a soup are hard for a child to manage in a spoon.
2. Warm the oil in a large pot and cook the onion, carrots, and celery 10 minutes.
3. Add the garlic for 1 minute, then the broth and tomatoes, and bring to a gentle simmer.
4. Drop the raw meatballs directly into the simmering soup. They poach rather than fry, which keeps them tender, and they season the broth as they cook.
5. Simmer 15 minutes, then add the zucchini and cook 8 minutes more.
6. Fold in the spinach, add the salt and lemon juice, and serve.

SHACK NOTE

Poaching the meatballs straight in the broth saves a pan and makes a better soup. There is no browning step and there does not need to be, because the broth picks up everything the meatballs give off.

Make it yours. Freeze in portions. Add cooked quinoa to individual bowls rather than to the pot, or it drinks all the broth in the refrigerator.



Turkey Meatball and Vegetable Soup

PHOTOGRAPH TO COME

Overhead of a bowl with small meatballs, bright vegetables, and clear golden broth, spinach wilted through. Child's hand with a spoon at the edge. Bright cheerful light.

FILE: `photos/turkey-meatball-veg-soup.jpg`

Split Pea Soup with Herbs

smoky without any ham at all

SERVES

8

PREP

15 minutes

COOK

1 hour 15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 cups dried green split peas, sorted and rinsed
 3 tablespoons olive oil
 1 large onion, diced
 4 carrots, diced
 3 celery stalks, diced
 6 garlic cloves, minced
 2 teaspoons smoked paprika
 1 teaspoon ground cumin
 1 teaspoon dried thyme
 2 bay leaves
 8 cups gluten-free vegetable broth
 1 3/4 teaspoons fine sea salt
 2 tablespoons apple cider vinegar
 Fresh parsley and cracked pepper, to finish

METHOD

1. Sort the split peas on a pale sheet pan and rinse them well. Split peas are among the most likely legumes to carry stray grain, so this step is not optional.
2. Warm the oil in a large pot and cook the onion, carrots, and celery 10 minutes.
3. Add the garlic, smoked paprika, cumin, and thyme and cook 90 seconds.
4. Add the split peas, broth, and bay leaves. Bring to a boil, then reduce to a low simmer.
5. Cook uncovered 60 to 75 minutes, stirring occasionally and scraping the bottom, until the peas have completely collapsed. Split peas scorch easily, so keep the heat low and the spoon moving.
6. Take out the bay leaves. Blend half the pot and stir it back in, or leave it rustic.
7. Stir in the salt and vinegar and finish with parsley and pepper.

SHACK NOTE

Smoked paprika is doing the work that a ham hock used to do. It gives you the smoke and depth without the pork, and it costs almost nothing. Two teaspoons is the right amount; more and it tastes like a barbecue.

Make it yours. *Yellow split peas work identically. This thickens dramatically in the refrigerator, so thin it with broth when reheating.*



Split Pea Soup with Herbs

PHOTOGRAPH TO COME

Overhead of a rustic bowl of thick green soup with a swirl of olive oil, parsley and cracked pepper. Dark ceramic, moody light, humble and warm.

FILE: photos/split-pea-soup.jpg

Millet Congee with Ginger and Greens

the gentlest bowl in this book

SERVES

4

PREP

10 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

BUDGET

INGREDIENTS

1 cup millet
 8 cups gluten-free chicken or vegetable broth
 3-inch piece fresh ginger, sliced thin
 6 garlic cloves, smashed
 1 tablespoon toasted sesame oil
 1 1/2 teaspoons fine sea salt
 4 cups baby spinach or chopped bok choy
 4 scallions, sliced thin
 2 tablespoons coconut aminos
 Fresh cilantro, sliced radish, and chili oil, to serve

METHOD

1. Toast the millet dry for 3 minutes until nutty.
2. Add the broth, ginger, garlic, and salt and bring to a boil, then drop to the lowest simmer.
3. Cook uncovered 45 to 55 minutes, stirring every ten minutes, until the grains have completely collapsed and the whole pot is the texture of loose porridge.
4. Fish out the ginger slices if you like, or leave them for anyone who wants them.
5. Stir in the sesame oil and coconut aminos.
6. Wilt in the greens off the heat, then serve topped with scallions, cilantro, radish, and chili oil for those who want it.

SHACK NOTE

Congee is what half the world eats when someone is unwell or a stomach is unhappy, and it is the first thing I would make for a person newly diagnosed and still healing. It asks almost nothing of a digestive system and it is warm and salty and comforting in a way that nothing from a can manages.

Make it yours. Add shredded chicken, a jammy egg, or a spoonful of kimchi at the table. It thickens considerably overnight; thin with broth when reheating.



Millet Congee with Ginger and Greens

PHOTOGRAPH TO COME

Overhead of a wide bowl of pale creamy congee with green scallions, red radish, and a swirl of chili oil on top. Steam. Soft warm light, quiet and calm.

FILE: photos/millet-congee-ginger.jpg

Chicken and Rice Soup with Lemon and Dill

the one you make for somebody who is sick

SERVES

8

PREP

20 minutes

COOK

40 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

FREEZER

KID-FRIENDLY

INGREDIENTS

3 tablespoons olive oil
 1 onion, diced
 4 carrots, sliced
 4 celery stalks, sliced
 5 garlic cloves, minced
 10 cups gluten-free chicken broth
 1 cup jasmine or basmati rice, rinsed and parboiled
 2 bay leaves and 1 tablespoon fresh thyme
 1 1/2 pounds cooked chicken, shredded
 1 3/4 teaspoons fine sea salt
 3/4 cup fresh dill, chopped
 Juice of 2 lemons
 Cracked black pepper

METHOD

1. Rinse the rice until the water runs clear, then boil it in plenty of water for 5 minutes and drain. See the rice page for why.
2. Warm the oil in a large pot and cook the onion, carrots, and celery 10 minutes.
3. Add the garlic and thyme for 1 minute, then the broth and bay leaves, and bring to a simmer.
4. Add the parboiled rice and cook 15 minutes, until tender.
5. Add the shredded chicken and salt and warm through 5 minutes.
6. Take out the bay leaves, then stir in the dill and lemon juice off the heat. Adding lemon at the end rather than during the simmer keeps it bright instead of dull.
7. Taste for salt and finish with pepper.

SHACK NOTE

Rice keeps drinking broth in the refrigerator, so a soup that was perfect on Tuesday is a casserole by Thursday. If you are making it ahead, cook the rice separately and add it to each bowl.

Make it yours. Freeze it without the rice entirely, then add freshly cooked rice when you reheat. Millet works the same way and holds its texture better.



Chicken and Rice Soup with Lemon and Dill

PHOTOGRAPH TO COME

Overhead of a bowl of golden broth with visible rice, carrots, and shredded chicken, heavy dill on top, lemon wedge. Steam. Comforting warm light.

FILE: `photos/chicken-rice-soup-dill.jpg`

Quinoa Minestrone

the pasta soup, without the pasta

SERVES

8

PREP

25 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

FREEZER

INGREDIENTS

1/4 cup olive oil
 1 onion, 3 carrots, and 3 celery stalks, all diced
 6 garlic cloves, minced
 3 tablespoons tomato paste
 1 can diced tomatoes, 28 ounces
 8 cups gluten-free vegetable broth
 3/4 cup quinoa, rinsed very well
 3 cups cooked cannellini beans
 2 zucchini, diced
 1 cup green beans, cut into pieces
 2 teaspoons dried oregano and 1 teaspoon dried basil
 1 bay leaf and 1 strip kombu
 2 teaspoons fine sea salt
 4 cups baby spinach and 1 cup fresh basil

METHOD

1. Warm the oil and cook the onion, carrots, and celery for 12 minutes, until genuinely soft. This long soffritto is where minestrone gets its sweetness and it is the step everyone shortens.
2. Add the garlic and tomato paste and cook 2 minutes until the paste darkens.
3. Add the tomatoes, broth, oregano, dried basil, bay leaf, and the kombu strip.
4. Simmer 20 minutes, then add the quinoa and cook 15 minutes more.
5. Add the beans, zucchini, and green beans and cook 8 minutes, until just tender.
6. Take out the bay leaf and kombu. Fold in the spinach and fresh basil off the heat, add the salt, and taste.

SHACK NOTE

Quinoa keeps drinking broth in the refrigerator the way pasta and rice do, so a soup that was perfect on Monday is a stew by Wednesday. Thin it with broth when you reheat, or cook the quinoa separately and add it to bowls.

Make it yours. The strip of kombu is doing what a Parmesan rind traditionally does in this pot, which is add savory depth. Take it out before serving.



Quinoa Minestrone

PHOTOGRAPH TO COME

Overhead of a deep bowl of red-tinged broth crowded with vegetables and beans, basil on top, olive oil swirled. Rustic, generous, warm light.

FILE: photos/quinoa-minestrone.jpg

Egg Drop Soup with Ginger and Greens

twelve minutes, five ingredients, real broth

SERVES

4

PREP

5 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 20 MINUTES

INGREDIENTS

6 cups gluten-free chicken broth or bone broth
 2 tablespoons fresh ginger, grated
 4 garlic cloves, smashed
 4 pasture-raised eggs, beaten well
 2 teaspoons arrowroot starch mixed with 2 tablespoons cold water
 2 tablespoons coconut aminos
 1 teaspoon toasted sesame oil
 4 cups baby spinach or bok choy
 5 scallions, sliced thin
 Fine sea salt and white pepper
 Chili oil, to serve

METHOD

1. Simmer the broth with the ginger and garlic for 8 minutes, then fish out the garlic.
2. Whisk in the arrowroot slurry and cook 1 minute, until the broth thickens slightly. This small amount of body is what lets the egg form ribbons instead of sinking.
3. Turn the heat to the barest simmer. Stir the broth in a slow circle with a chopstick or fork.
4. Pour the beaten eggs in a very thin stream from about a foot above the pot while it moves. High and slow is the trick; dumping the egg in gives you lumps.
5. Stop stirring and let it stand 30 seconds while the ribbons set.
6. Stir in the coconut aminos, sesame oil, greens, and scallions, season, and serve with chili oil.

SHACK NOTE

Standard egg drop soup is thickened with cornstarch and seasoned with soy sauce, and restaurant versions frequently carry wheat somewhere. Arrowroot and coconut aminos get you to the same bowl in twelve minutes at home.

Make it yours. Add shredded chicken, sliced mushrooms, or a handful of cooked millet. A spoonful of certified gluten-free miso whisked in off the heat is excellent.



Egg Drop Soup with Ginger and Greens

PHOTOGRAPH TO COME

Overhead of a bowl of clear golden broth with pale egg ribbons and green scallions, chili oil dotted on the surface. Steam. Simple, warm, quiet light.

FILE: `photos/egg-drop-soup-ginger.jpg`

Gazpacho

raw, cold, and the best thing in August

SERVES

6

PREP

20 minutes, plus chilling

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

3 pounds very ripe tomatoes, cored and chopped
 1 English cucumber, peeled and chopped
 1 red bell pepper, chopped
 1/2 red onion, chopped
 3 garlic cloves
 1/2 cup extra virgin olive oil, plus more to finish
 3 tablespoons sherry or red wine vinegar
 1/3 cup raw almonds, soaked 4 hours
 1 1/2 teaspoons fine sea salt
 1/2 teaspoon ground cumin
 Diced cucumber, pepper, and chives, to serve

METHOD

1. Use the ripest tomatoes you can find and do not refrigerate them beforehand. Cold storage kills tomato flavor and no amount of seasoning brings it back.
2. Blend the tomatoes, cucumber, pepper, onion, garlic, soaked almonds, vinegar, salt, and cumin until very smooth, a full 90 seconds.
3. With the blender running on low, pour the olive oil in a slow stream. This emulsifies it into something silky rather than a thin vegetable juice with oil floating on it.
4. Strain through a coarse sieve if you want it perfectly smooth. I do not.
5. Chill at least 4 hours. Gazpacho tastes flat at room temperature and comes alive cold, and it needs time for the flavors to marry.
6. Taste again after chilling; cold blunts salt and it will want more. Serve in bowls or glasses with diced vegetables, chives, and olive oil.

SHACK NOTE

Traditional gazpacho is thickened with stale bread. Soaked almonds do the same job, giving body and a faint richness, and they are how the older Andalusian white gazpachos were made long before bread was standard.

***Make it yours.** Add a peeled peach or a cup of watermelon for a sweeter summer version. It keeps three days and deepens.*



Gazpacho

PHOTOGRAPH TO COME

Overhead of a shallow bowl of vivid red-orange soup with diced vegetable garnish in the center and olive oil pooled, chives scattered. Condensation. Bright summer light.

FILE: photos/gazpacho.jpg

Rice and Lentil Kitchari

the oldest comfort food there is

SERVES

6

PREP

15 minutes

COOK

40 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

BUDGET

INGREDIENTS

1 cup basmati rice, rinsed and parboiled
 1 cup split yellow mung dal or red lentils, sorted and rinsed
 3 tablespoons coconut oil
 2 teaspoons cumin seeds
 1 teaspoon black mustard seeds
 1 teaspoon coriander seeds
 1 onion, diced
 3 tablespoons fresh ginger, grated
 5 garlic cloves, minced
 1 1/2 teaspoons ground turmeric
 8 cups filtered water or gluten-free broth
 2 carrots and 1 zucchini, diced
 2 teaspoons fine sea salt
 3 cups baby spinach
 Juice of 1 lemon and cilantro, to serve

METHOD

1. Sort the lentils on a pale sheet pan and rinse both the rice and lentils well.
2. Warm the coconut oil and add the cumin, mustard, and coriander seeds. Wait for the mustard seeds to pop, about 60 seconds. Blooming whole seeds in hot fat is the foundation of the whole dish and skipping it leaves it flat.
3. Add the onion and cook 6 minutes, then the ginger, garlic, and turmeric for 1 minute.
4. Add the rice, lentils, and water and bring to a boil, then simmer covered on low 25 minutes.
5. Add the carrots and zucchini and cook 10 minutes more, until everything has collapsed into a soft porridge. Kitchari is meant to be soft; do not aim for separate grains.
6. Stir in the salt and fold in the spinach off the heat.
7. Finish with lemon juice and a great deal of cilantro.

SHACK NOTE

Kitchari has been eaten in India for thousands of years as the food you make for someone who is unwell, recovering, or worn out. It is soft, warm, complete protein, and almost nothing about it is demanding, which is exactly why it belongs in a book for people whose digestion has been through something.

***Make it yours.** Millet in place of the rice works beautifully and is what I use most often now. Any soft vegetable can go in.*



Rice and Lentil Kitchari

PHOTOGRAPH TO COME

*Overhead of a bowl of soft golden porridge with visible vegetable and green cilantro,
lemon wedge, a spoon resting in it. Steam. Warm gentle light, quiet.*

FILE: photos/rice-lentil-kitchari.jpg



SECTION THREE

HORS D'OEUVRES

This is the section that matters most at a party. When you live gluten-free, the appetizer table is usually a landscape of crackers, puff pastry, and things breaded in mystery. Bring one of these instead. They travel well, they look beautiful on a tray, and nobody will ask what is missing from them.

IN THIS SECTION

Cucumber Rounds with Herbed Sunflower Spread

Medjool Dates Stuffed with Rosemary Cashew Cream

Avocado Deviled Eggs

Roasted Beet Hummus

Zucchini Rounds with Olive Tapenade

Warm Marinated Olives and Almonds

Stuffed Mushrooms with Herbs and Walnuts

Smoked Salmon and Cucumber Bites

Guacamole with Pomegranate

Charred Eggplant Baba Ganoush

Endive Boats with Apple and Walnut

Roasted Sweet Potato Rounds

Spiced Roasted Chickpeas

Salmon Rillettes with Dill

Stuffed Grape Leaves

Cucumber Rounds with Herbed Sunflower Spread

the cracker-free appetizer that disappears first

SERVES

Makes about 30

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 English cucumbers, cut into 1/3-inch rounds
 1 cup raw sunflower seeds, soaked 4 hours and drained
 3 tablespoons fresh lemon juice
 3 tablespoons filtered water, plus more as needed
 1 small garlic clove
 2 tablespoons fresh dill, plus sprigs to garnish
 2 tablespoons fresh chives, chopped
 1 tablespoon fresh flat-leaf parsley
 3/4 teaspoon fine sea salt
 1 tablespoon extra virgin olive oil
 Smoked paprika and cracked pepper, to finish

METHOD

1. Drain and rinse the soaked sunflower seeds well. Soaking is what makes the spread creamy rather than sandy, so give it the full four hours.
2. Put the seeds, lemon juice, water, garlic, and salt in a food processor. Run it for 2 to 3 minutes, stopping to scrape the sides twice, until the mixture turns thick and smooth.
3. Add the dill, chives, parsley, and olive oil and pulse just until the herbs are flecked through. Add water a teaspoon at a time if it is stiffer than a soft cream cheese.
4. Chill the spread at least 30 minutes. It firms up and the herb flavor comes forward.
5. Blot the cucumber rounds with a clean towel so the topping will hold.
6. Spoon or pipe a mound onto each round. Finish with a tiny dill sprig, a dusting of smoked paprika, and cracked pepper.

SHACK NOTE

Make the spread up to four days ahead. It doubles as a sandwich spread, a dip for carrot sticks, and a sauce thinned with a little water and spooned over roasted vegetables.

Make it yours. Raw cashews make a richer, milder spread if nuts are not a concern in your house.



Cucumber Rounds with Herbed Sunflower Spread

PHOTOGRAPH TO COME

*Overhead on a pale ceramic tray, rounds in three tidy rows with one deliberately turned.
Shallow depth of field. A small bowl of extra spread with a piping bag in the corner.*

FILE: [photos/cucumber-sunflower-rounds.jpg](#)

Medjool Dates Stuffed with Rosemary Cashew Cream

wrapped in air-dried beef, roasted until the edges crisp

SERVES

Makes 24

PREP

25 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

INGREDIENTS

24 Medjool dates
 3/4 cup raw cashews, soaked 4 hours or boiled 15 minutes
 1/4 cup filtered water
 1 tablespoon fresh lemon juice
 1 teaspoon fresh rosemary, minced very fine
 1/2 teaspoon fine sea salt
 5 ounces bresaola, sliced paper thin, cut into strips
 1/3 cup raw pistachios, toasted and chopped
 Flaky sea salt, to finish

METHOD

1. Heat the oven to 400 degrees and line a sheet pan with parchment.
2. Blend the drained cashews with the water, lemon juice, and sea salt for 90 seconds, until perfectly smooth. Pulse in the rosemary at the very end so it stays in visible flecks.
3. Slit each date lengthwise along one side and lift out the pit. Do not cut all the way through.
4. Fill each date with about a teaspoon of the cashew cream and press it closed around the filling.
5. Wrap each date with a strip of bresaola and set them seam side down on the pan.
6. Roast 10 to 12 minutes, until the edges of the beef have darkened and curled. Bresaola is far leaner than pork, so it crisps faster and turns tough if you push it.
7. Let them cool 5 minutes, then scatter with the pistachios and a pinch of flaky salt. Serve warm.

SHACK NOTE

Bresaola is air-dried salted beef, and it is the clean-meat answer to prosciutto. Look for it at a deli counter and ask them to slice it as thin as the machine will go. Check the label the same way you would any cured meat: it should read beef, salt, and spices, with nothing that looks like a coating or a flavoring base.

Make it yours. Leave the meat off entirely and these are still wonderful, and fully plant based. Roast them 8 minutes just to warm the filling.



Medjool Dates Stuffed with Rosemary Cashew Cream

PHOTOGRAPH TO COME

Close macro at a low angle on a rustic slate board, the dark curled edges of the beef backlit so the crisp is visible. One date broken open in the foreground showing the cream and pistachio.

FILE: photos/stuffed-medjool-dates.jpg

Avocado Deviled Eggs

with dill, lemon, and smoked paprika

SERVES

Makes 24

PREP

25 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

MAKE-AHEAD

INGREDIENTS

12 pasture-raised eggs
 1 large ripe avocado
 2 tablespoons extra virgin olive oil
 2 tablespoons fresh lemon juice
 2 tablespoons fresh dill, minced, plus sprigs to garnish
 1 tablespoon fresh chives, minced
 1 teaspoon certified gluten-free Dijon mustard
 3/4 teaspoon fine sea salt
 Smoked paprika and cracked pepper, to finish

METHOD

1. Set the eggs in a single layer in a pot, cover with cold water by an inch, and bring to a rolling boil. The moment it boils, cover the pot, take it off the heat entirely, and set a timer for 11 minutes.
2. Move the eggs straight into ice water for 10 minutes. The shock is what makes them peel cleanly, and it stops the gray ring around the yolk.
3. Peel, halve lengthwise, and pop the yolks into a bowl.
4. Mash the yolks with the avocado, olive oil, lemon juice, mustard, and salt until completely smooth. A fork works. A small food processor works better.
5. Fold in the dill and chives.
6. Spoon or pipe the filling back into the whites, mounding it generously.
7. Finish with a dill sprig, a dusting of smoked paprika, and cracked pepper.

SHACK NOTE

Eggs about a week old peel far more easily than eggs bought that morning. If you are making these for a party, buy the eggs early. It is the one time in cooking that fresher is not better.

Make it yours. The lemon juice keeps the avocado green for a good six hours refrigerated. Press plastic directly onto the surface of the filling if you make it further ahead than that.



Avocado Deviled Eggs

PHOTOGRAPH TO COME

Overhead on a pale tray, three rows of eggs with one turned, piped filling with visible texture, paprika dusted unevenly. Soft window light, shallow depth of field.

FILE: `photos/avocado-deviled-eggs.jpg`

Roasted Beet Hummus

an unreasonable shade of pink

SERVES

Makes about 3 cups

PREP

15 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 medium beets, scrubbed
 3 cups cooked chickpeas, or 2 cans, drained
 1/2 cup tahini
 1/3 cup fresh lemon juice
 3 garlic cloves
 1/3 cup extra virgin olive oil, plus more to serve
 1 teaspoon ground cumin
 1 1/2 teaspoons fine sea salt
 3 to 6 tablespoons ice water
 Cucumber spears, endive leaves, carrots, and bell pepper strips, to serve

METHOD

1. Heat the oven to 400 degrees. Wrap the beets in parchment and then foil and roast 45 to 55 minutes, until a knife meets no resistance. Cool, slip the skins off, and chop roughly.
2. Put the garlic and lemon juice in the food processor first and let them sit together for 10 minutes. The acid takes the raw bite off the garlic and this one small pause makes a noticeable difference.
3. Add the beets, chickpeas, tahini, cumin, and salt. Run for 2 full minutes.
4. With the motor going, pour in the olive oil, then add ice water a tablespoon at a time until the hummus turns pale, light, and almost whipped.
5. Taste for salt and lemon. It will want more of both than you expect.
6. Spread into a wide shallow bowl, drag a spoon through it in a spiral, pool olive oil in the groove, and surround with vegetables.

SHACK NOTE

Ice water rather than room temperature water is the trick restaurants use. Cold water whips air into the tahini and lightens the whole thing. Warm water makes it heavy.

***Make it yours.** Roasted carrot makes an orange version and roasted red pepper makes a smoky one. Same method exactly.*



Roasted Beet Hummus

PHOTOGRAPH TO COME

Overhead of a wide shallow bowl of vivid magenta hummus with a spiral groove and olive oil pooling, surrounded by a ring of cut vegetables. Bright even light, strong color.

FILE: photos/roasted-beet-hummus.jpg

Zucchini Rounds with Olive Tapenade

sun-dried tomato, caper, and basil

SERVES

Makes about 30

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 medium zucchini, sliced into 1/3-inch rounds

1 cup Kalamata olives, pitted

1/2 cup oil-packed sun-dried tomatoes, drained

2 tablespoons capers, rinsed

1/2 cup fresh basil leaves

2 tablespoons fresh flat-leaf parsley

1 garlic clove

3 tablespoons extra virgin olive oil

1 tablespoon fresh lemon juice

1/4 teaspoon red pepper flakes

Freshly cracked black pepper

METHOD

1. Pulse the olives, sun-dried tomatoes, capers, and garlic in a food processor about eight times. You want a coarse chop with visible pieces, not a paste.
2. Add the basil and parsley and pulse three more times.
3. Scrape into a bowl and stir in the olive oil, lemon juice, pepper flakes, and black pepper by hand.
4. Taste before adding any salt. Between the olives and the capers there is usually plenty already, and this is the step where people ruin it.
5. Lay the zucchini rounds on a tray and blot them dry.
6. Spoon a small mound of tapenade onto each round and finish with a small basil leaf.

SHACK NOTE

Make the tapenade three days ahead and it improves every day. It is also excellent stirred into the white bean bowl, spooned over roasted chicken, or eaten with a spoon over the sink, which is how most of my first batch disappears.

Make it yours. Cucumber rounds or endive leaves work just as well and hold up longer on a party table.



Zucchini Rounds with Olive Tapenade

PHOTOGRAPH TO COME

Close three-quarter view on a dark slate, pale green rounds with dark tapenade, basil leaves on top. Backlit so the zucchini edges glow. Shallow focus.

FILE: `photos/zucchini-tapenade-rounds.jpg`

Warm Marinated Olives and Almonds

with rosemary, orange peel, and garlic

SERVES

8

PREP

10 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

UNDER 30 MINUTES

INGREDIENTS

2 cups mixed olives, Castelvetrano, Kalamata, and Nicoise
 1 cup raw almonds
 1/3 cup extra virgin olive oil
 4 garlic cloves, smashed but whole
 3 sprigs fresh rosemary
 3 sprigs fresh thyme
 Peel of 1 orange, removed in wide strips
 1/2 teaspoon fennel seeds, lightly crushed
 1/2 teaspoon red pepper flakes
 Flaky sea salt

METHOD

1. Toast the almonds in a dry skillet over medium heat 6 to 7 minutes, until fragrant and just golden. Tip them onto a plate.
2. Add the olive oil, garlic, rosemary, thyme, orange peel, fennel seeds, and pepper flakes to the same pan over low heat.
3. Warm gently for 5 minutes. You are looking for the barest shimmer and a steady quiet sizzle, never a fry. If the garlic browns, the oil is too hot and it will turn bitter.
4. Add the olives and warm through for 4 minutes, turning them in the oil.
5. Fold the almonds back in and take the pan off the heat.
6. Tip everything into a warm bowl, herbs and peel included, and finish with flaky salt. Serve with a second small bowl for pits.

SHACK NOTE

Warm olives are a completely different food than cold ones. The heat softens them, opens up the herbs, and fills the room with the smell of rosemary and orange about four minutes before anyone arrives. This is the easiest thing in this section and it gets the most comment.

Make it yours. The leftover infused oil is a gift. Strain it and use it for the next vinaigrette you make.



Warm Marinated Olives and Almonds

PHOTOGRAPH TO COME

*Close overhead of a small rustic bowl, glossy olives and almonds with rosemary sprigs
and curls of orange peel. Warm lamplight, dark surround, intimate and low-key.*

FILE: photos/warm-marinated-olives-almonds.jpg

Stuffed Mushrooms with Herbs and Walnuts

make them in the morning, bake them at seven

SERVES

Makes 24

PREP

25 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

HOLIDAY

INGREDIENTS

24 large cremini mushrooms, stems removed and reserved
 1 cup raw walnuts
 1/4 cup extra virgin olive oil, divided
 1 shallot, minced
 4 garlic cloves, minced
 3 tablespoons fresh parsley, minced
 2 tablespoons fresh thyme leaves
 1 tablespoon fresh rosemary, minced
 1/3 cup almond flour
 2 tablespoons nutritional yeast
 Zest of 1 lemon
 1 1/4 teaspoons fine sea salt
 1/2 teaspoon black pepper

METHOD

1. Heat the oven to 400 degrees. Wipe the mushroom caps clean with a damp towel rather than rinsing them; mushrooms are sponges and washed ones will steam.
2. Chop the reserved stems very fine.
3. Pulse the walnuts to coarse crumbs and set aside.
4. Warm 2 tablespoons of oil in a skillet. Cook the shallot and chopped stems 6 minutes, until the moisture has cooked away, then add the garlic for 1 minute.
5. Off the heat, stir in the walnuts, herbs, almond flour, nutritional yeast, lemon zest, salt, and pepper.
6. Brush the caps with the remaining oil, set them on a sheet pan, and pack the filling in generously.
7. Bake 20 to 25 minutes, until the tops are browned and the mushrooms have given up their juice. Serve warm.

SHACK NOTE

Stuff them in the morning, keep them covered in the refrigerator, and bake them when people arrive. Almost everything on a holiday appetizer table can be made ahead, and this is the one that gains nothing from being done at the last minute.

Make it yours. Nutritional yeast gives a savory, faintly cheesy note without dairy. Leave it out if you do not keep it; the mushrooms are good regardless.



Stuffed Mushrooms with Herbs and Walnuts

PHOTOGRAPH TO COME

Close three-quarter view on a dark tray, browned stuffed caps with visible herb filling, one broken open. Steam rising. Warm lamplight, party atmosphere, shallow focus.

FILE: photos/stuffed-mushrooms.jpg

Smoked Salmon and Cucumber Bites

with dill cream and capers

SERVES

Makes 30

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

HOLIDAY

INGREDIENTS

2 English cucumbers, cut into 1/3-inch rounds

8 ounces cold-smoked salmon, cut into small strips

3/4 cup raw cashews, soaked 4 hours or boiled 15 minutes

1/4 cup filtered water

3 tablespoons fresh lemon juice

3 tablespoons fresh dill, plus sprigs to garnish

1 tablespoon fresh chives, minced

1/2 teaspoon fine sea salt

3 tablespoons capers, rinsed

1/4 red onion, sliced paper thin

Cracked black pepper and lemon zest

METHOD

1. Blend the drained cashews with the water, lemon juice, and salt for 90 seconds, until completely smooth with no grit between your fingers.
2. Pulse in the dill and chives at the very end so they stay in flecks.
3. Chill the cream at least 30 minutes; it firms and the dill comes forward.
4. Blot the cucumber rounds dry so the topping holds.
5. Spoon or pipe a mound of dill cream onto each round, then drape a ruffled strip of salmon over the top.
6. Finish each with a caper, a sliver of red onion, a dill sprig, lemon zest, and cracked pepper.

SHACK NOTE

Check the salmon. Cold-smoked salmon is usually nothing but fish, salt, and smoke, but flavored, glazed, and peppered varieties sometimes carry additives worth reading. Buy plain and season it yourself.

Make it yours. Smoked trout works beautifully and often costs less. The dill cream alone is excellent on roasted vegetables or stirred into a baked potato.



Smoked Salmon and Cucumber Bites

PHOTOGRAPH TO COME

Overhead on a pale marble tray, rows of cucumber rounds with white cream and coral salmon ruffles, dill and capers. Elegant, cool tones, soft even light.

FILE: `photos/salmon-cucumber-bites.jpg`

Guacamole with Pomegranate

the party version, jeweled and bright

SERVES

8

PREP

15 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

5 ripe avocados
 1/2 red onion, diced very fine
 1 jalapeno, seeded and minced
 3 garlic cloves, grated
 Juice of 3 limes
 1 cup fresh cilantro, chopped
 1 1/2 teaspoons fine sea salt
 1/2 teaspoon ground cumin
 3/4 cup pomegranate seeds
 1/3 cup toasted pepitas
 Cucumber rounds, endive, and pepper strips, to serve

METHOD

1. Soak the diced red onion in the lime juice for 10 minutes while you do everything else. It takes the raw bite out and lightly pickles it.
2. Mash the avocados with a fork, leaving real texture. Guacamole should never be smooth, and a food processor will make it into pudding.
3. Fold in the onion with its lime juice, the jalapeno, garlic, salt, and cumin.
4. Stir in most of the cilantro.
5. Taste. It will want more lime and more salt than you think, and both should be adjusted before anything goes on top.
6. Spread into a wide shallow bowl and scatter the pomegranate seeds, pepitas, and remaining cilantro over the surface.

SHACK NOTE

Skip the chips and set out cucumber rounds, endive leaves, jicama sticks, and pepper strips. It solves the gluten question entirely, it looks better on a table, and every single time I do this people eat more vegetables than they meant to.

***Make it yours.** Diced mango or roasted corn in place of pomegranate in summer.*



Guacamole with Pomegranate

PHOTOGRAPH TO COME

Overhead of a wide shallow bowl of green guacamole jeweled with ruby pomegranate and pale pepitas, surrounded by cut vegetables. High color contrast, bright light.

FILE: photos/pomegranate-guacamole.jpg

Charred Eggplant Baba Ganoush

smoky, silky, and better the next day

SERVES

8

PREP

15 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

3 large eggplants
 1/2 cup tahini
 1/3 cup fresh lemon juice
 4 garlic cloves, grated
 3 tablespoons extra virgin olive oil, plus more to finish
 1 1/4 teaspoons fine sea salt
 1/2 teaspoon ground cumin
 1/3 cup flat-leaf parsley, chopped
 2 tablespoons pomegranate seeds
 Smoked paprika, to finish

METHOD

1. Char the eggplants whole directly over a gas flame, on a grill, or under a broiler, turning until the skin is blackened all over and the flesh has completely collapsed. 25 to 40 minutes depending on the method.
2. The blackening is the recipe. A roasted eggplant makes a perfectly pleasant dip; a charred one makes baba ganoush. Do not be timid.
3. Set them in a colander and let them drain for 20 minutes. Eggplant holds a shocking amount of bitter liquid and skipping this gives you a watery dip.
4. Scoop the flesh away from the skin and chop it roughly with a knife rather than blending it.
5. Stir in the tahini, lemon juice, garlic, olive oil, salt, and cumin by hand.
6. Taste for lemon and salt, then chill at least 2 hours. Finish with parsley, pomegranate, olive oil, and smoked paprika.

SHACK NOTE

Chop rather than blend. Traditional baba ganoush has visible strands and texture, and a food processor turns it into a beige puree that tastes like a shortcut even when it is not.

Make it yours. Serve with cucumber, endive, radish, and pepper strips. It keeps five days and the smoke deepens overnight.



Charred Eggplant Baba Ganoush

PHOTOGRAPH TO COME

*Overhead of a shallow bowl with a spiral groove full of olive oil, pale dip with parsley
and ruby pomegranate, paprika dusted. Charred eggplant skin visible behind.*

FILE: photos/baba-ganoush.jpg

Endive Boats with Apple and Walnut

herbed cashew cream and a drizzle of honey

SERVES

Makes 24

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

HOLIDAY

INGREDIENTS

4 heads Belgian endive, leaves separated
 1 cup all-purpose cashew cream, savory version
 2 crisp apples, diced small
 3/4 cup raw walnuts, toasted and chopped
 3 tablespoons fresh chives, minced
 2 tablespoons fresh thyme leaves
 Juice of 1 lemon
 2 tablespoons raw honey
 Flaky sea salt and cracked black pepper

METHOD

1. Toss the diced apple with the lemon juice right away so it does not brown.
2. Separate the endive leaves carefully, trimming the base as you go so more leaves release whole.
3. Spoon a small mound of cashew cream into the wide end of each leaf.
4. Top with apple, walnuts, chives, and thyme.
5. Drizzle a thin thread of honey over the tray, not over each one individually, which takes forever and looks worse.
6. Finish with flaky salt and cracked pepper and serve within the hour.

SHACK NOTE

Endive is the most useful vessel on a gluten-free appetizer table. It is naturally boat-shaped, it stays crisp for hours, it holds a filling without tearing, and nobody looks at it and thinks about what is missing.

***Make it yours.** Pear in place of apple, pecans in place of walnuts. A few pomegranate seeds make it look like December.*



Endive Boats with Apple and Walnut

PHOTOGRAPH TO COME

Overhead of pale endive leaves fanned in a circle on a dark tray, white cream with apple and walnut, honey glistening. Elegant, cool tones, soft directional light.

FILE: photos/endive-apple-walnut-boats.jpg

Roasted Sweet Potato Rounds

with avocado, sesame, and everything seasoning

SERVES

Makes about 24

PREP

15 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 large sweet potatoes, cut into 1/2-inch rounds
3 tablespoons avocado oil
1 teaspoon fine sea salt
2 ripe avocados
Juice of 1 lime
1/2 teaspoon fine sea salt, for the avocado
2 tablespoons certified gluten-free everything seasoning
1/4 cup fresh cilantro or dill
Red pepper flakes and flaky salt, to finish

METHOD

1. Heat the oven to 425 degrees. Toss the sweet potato rounds with the oil and salt and spread on a sheet pan in a single layer with space between them.
2. Roast 25 to 30 minutes, flipping once, until browned at the edges and tender through. Let them cool 10 minutes; a hot round will melt the avocado into soup.
3. Mash the avocados with the lime juice and salt, leaving texture.
4. Spoon a mound onto each round.
5. Scatter generously with everything seasoning, herbs, pepper flakes, and flaky salt.
6. Serve within thirty minutes so the rounds stay firm.

SHACK NOTE

Check the everything seasoning. It is usually sesame, poppy, garlic, onion, and salt, all of which are naturally gluten-free, but some blends are packed alongside bagel products or carry an anti-caking agent worth reading. Buy one that carries a certification or mix your own.

***Make it yours.** This is the toast replacement that actually works, and it is a full breakfast with a fried egg on top.*



Roasted Sweet Potato Rounds

PHOTOGRAPH TO COME

Overhead of orange rounds on a slate board with green avocado mounds and dark seed topping, herbs scattered. High color contrast, bright even light.

FILE: photos/sweet-potato-avocado-rounds.jpg

Spiced Roasted Chickpeas

the crunch you have been missing

SERVES

8

PREP

10 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

BUDGET

INGREDIENTS

4 1/2 cups cooked chickpeas, or 3 cans,
drained

3 tablespoons avocado oil

2 teaspoons ground cumin

1 1/2 teaspoons smoked paprika

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon ground coriander

1/2 teaspoon cayenne

1 1/2 teaspoons fine sea salt

Zest of 1 lemon, to finish

METHOD

1. Heat the oven to 400 degrees.
2. Dry the chickpeas thoroughly on a clean towel, rolling them around. Any moisture at all and they steam instead of crisping, and this is the only step that matters.
3. Rub off any loose skins that come away and discard them.
4. Toss with the oil and salt only, and spread on a sheet pan in a single layer.
5. Roast 40 to 45 minutes, shaking the pan every 15 minutes, until they rattle and are dry and crisp all the way through.
6. Toss with all the spices the moment they come out of the oven, while the oil is still hot and will carry them. Add the spices before roasting and they burn. Finish with lemon zest.

SHACK NOTE

They stay crisp about a day in an open bowl and go soft in a sealed container, which is the opposite of what everyone assumes. Leave them uncovered on the counter and make them the day you want them.

***Make it yours.** Cinnamon, cardamom, and a thread of maple syrup make a sweet version. Ranch-style with dill, onion, and garlic powder is the one my children ask for.*



Spiced Roasted Chickpeas

PHOTOGRAPH TO COME

Close overhead of a bowl of golden-brown chickpeas with visible spice coating and lemon zest, some scattered on the dark board. Warm light, high texture detail.

FILE: `photos/spiced-roasted-chickpeas.jpg`

Salmon Rillettes with Dill

two kinds of salmon, one bowl, no cream

SERVES

10

PREP

20 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

HOLIDAY

MAKE-AHEAD

INGREDIENTS

1 pound fresh salmon fillet, skin removed
 6 ounces cold-smoked salmon, chopped
 3/4 cup all-purpose cashew cream, savory version
 3 tablespoons extra virgin olive oil
 1/4 cup fresh dill, chopped, plus sprigs
 3 tablespoons fresh chives, minced
 3 tablespoons capers, rinsed and chopped
 Zest and juice of 1 lemon
 1 teaspoon fine sea salt
 Cracked black pepper
 Cucumber rounds and endive, to serve

METHOD

1. Poach the fresh salmon in barely simmering salted water for 8 to 10 minutes, until it flakes but the center is still deep coral. Cool completely.
2. Flake it with a fork into a bowl. Do not mince it; rillettes should be shreds rather than paste.
3. Fold in the chopped smoked salmon, cashew cream, and olive oil.
4. Add the dill, chives, capers, lemon zest and juice, salt, and plenty of pepper.
5. Fold gently, keeping the texture, and taste for lemon and salt.
6. Chill at least 2 hours and up to two days. Serve mounded in a bowl with dill sprigs, cucumber rounds, and endive.

SHACK NOTE

The two kinds of salmon are doing different jobs. The poached fish gives you body and flakes; the smoked gives you salt, depth, and color. One without the other is a lesser dish and this is the one appetizer I make for every gathering.

Make it yours. Smoked trout in place of the smoked salmon, and often cheaper. Make it two days ahead; it improves.



Salmon Rillettes with Dill

PHOTOGRAPH TO COME

Overhead of a rustic bowl of pale pink rillettes with visible texture, dill sprigs on top, surrounded by cucumber rounds and endive leaves. Elegant, soft cool light.

FILE: photos/salmon-rillettes.jpg

Stuffed Grape Leaves

rice, herbs, lemon, and a slow simmer

SERVES

Makes about 40

PREP

45 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

1 jar grape leaves in brine, about 50 leaves
 1 1/2 cups short-grain rice, rinsed and parboiled
 1/2 cup olive oil, plus more for the pot
 2 onions, diced very fine
 1 1/2 cups flat-leaf parsley, chopped
 1/2 cup fresh dill, chopped
 1/3 cup fresh mint, chopped
 1/3 cup pine nuts, toasted
 1/3 cup currants
 1 1/2 teaspoons fine sea salt
 1 teaspoon ground allspice
 Juice of 3 lemons, divided
 2 cups filtered water

METHOD

1. Rinse the grape leaves very well and soak them in fresh water 20 minutes to draw out the brine, changing the water once. Skip this and everything tastes of the jar.
2. Rinse and parboil the rice for 4 minutes and drain. It should be well undercooked; it finishes inside the leaves.
3. Cook the onions in half the oil for 10 minutes until soft, then combine with the rice, herbs, pine nuts, currants, salt, allspice, and the juice of one lemon.
4. Lay a leaf vein side up with the stem toward you. Put a scant tablespoon of filling near the stem end, fold the sides in, and roll away from you snugly but not tightly. The rice expands and a tight roll bursts.
5. Line the bottom of a heavy pot with torn or leftover leaves, then pack the rolls in seam side down in tight concentric layers.
6. Pour the remaining oil, the water, and the juice of two lemons over. Set a heatproof plate directly on top to weigh them down.
7. Cover and simmer on the lowest heat 45 to 55 minutes, until the rice is tender. Cool in the pot before lifting them out.

SHACK NOTE

The plate on top is the whole technique. Without weight the rolls float, unwrap, and come apart into a pot of rice and leaves. Any heatproof plate that nearly fits the pot will do.

Make it yours. Add a pound of ground lamb to the filling for a heartier version and simmer ten minutes longer. They keep a week and are traditionally eaten cold or at room temperature.



Stuffed Grape Leaves

PHOTOGRAPH TO COME

Overhead of tightly packed dark green rolls arranged in a spiral on a platter, lemon wedges and olive oil, one cut open showing the filling. Rustic Mediterranean light.

FILE: photos/stuffed-grape-leaves.jpg



SECTION FOUR

BREAKFAST

Breakfast is where most gluten-free eating falls apart, because the standard American morning is almost entirely made of grain. These recipes start somewhere else altogether: vegetables, fruit, healthy fat, and protein. You will be startled by how differently the middle of your morning feels.

IN THIS SECTION

Sweet Potato and Sage Breakfast Hash

Coconut Chia Pudding with Berries

Garden Vegetable Frittata

Baked Eggs in Tomato and Pepper Sauce

Warm Apple Cinnamon Porridge

Turkey Sage Breakfast Patties

Freezer Breakfast Egg Muffins

Overnight Quinoa Breakfast Bowl

Banana Almond Pancakes

Make-Ahead Breakfast Casserole

Grain-Free Banana Muffins

Creamy Millet Porridge

Steel-Cut Oats with Berries

Smoked Salmon Breakfast Plate

Sweet Potato Toast

Quinoa Breakfast Skillet

Sweet Potato and Sage Breakfast Hash

with crisp edges and soft-yolked eggs

SERVES

4

PREP

15 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

INGREDIENTS

2 large sweet potatoes, about 1 1/2 pounds, cut into 1/2-inch dice
 3 tablespoons extra virgin olive oil, divided
 1 red bell pepper, diced
 1/2 red onion, diced
 3 garlic cloves, minced
 8 fresh sage leaves, sliced into ribbons
 1/2 teaspoon smoked paprika
 1 teaspoon fine sea salt
 4 cups baby spinach
 4 to 6 pasture-raised eggs
 Fresh chives and cracked black pepper, to finish

METHOD

1. Warm 2 tablespoons of the oil in a large cast iron skillet over medium-high heat until it shimmers.
2. Add the sweet potatoes in a single layer with half the salt. Now leave them alone for 6 full minutes. Resisting the urge to stir is what gives you a crust instead of mush.
3. Toss once and cook another 8 to 10 minutes, stirring only every few minutes, until the cubes are tender inside and browned in patches.
4. Push the potatoes to one side. Add the remaining oil, then the bell pepper and onion, and cook 5 minutes until softened.
5. Stir everything together with the garlic, sage, smoked paprika, and remaining salt. Cook 1 minute more.
6. Fold in the spinach a handful at a time until it just wilts.
7. Make four to six wells in the hash and crack an egg into each. Cover the pan and cook 4 to 6 minutes, until the whites are set and the yolks are still soft.
8. Finish with chives and cracked pepper and bring the skillet straight to the table.

SHACK NOTE

This is my answer to Saturday morning when the house is loud and everyone wants something different. It scales to feed eight in a 12-inch skillet, and the leftovers reheat in a hot pan with no loss of dignity.

Make it yours. Leave the eggs out and top with sliced avocado and toasted pepitas for a fully plant-based plate.



Sweet Potato and Sage Breakfast Hash

PHOTOGRAPH TO COME

*Overhead of the black cast iron skillet on a wooden trivet, one yolk broken and running.
Morning window light, hard shadows welcome. Chives scattered wide.*

FILE: photos/sweet-potato-hash.jpg

Coconut Chia Pudding with Berries

made the night before, ready when you are

SERVES

4

PREP

10 minutes

COOK

None, plus overnight chilling

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the pudding

1 can full-fat coconut milk, 13.5 ounces

3/4 cup filtered water

1/2 cup chia seeds

2 tablespoons pure maple syrup, or 1/8
teaspoon whole leaf stevia powder

1 teaspoon pure vanilla extract

Pinch of fine sea salt

To finish

2 cups mixed fresh berries

1/3 cup raw pepitas, toasted

2 tablespoons unsweetened shredded
coconut

Fresh mint leaves

METHOD

1. Whisk the coconut milk, water, maple syrup, vanilla, and salt together in a bowl or a wide-mouth jar until fully combined.
2. Add the chia seeds and whisk hard for 30 seconds.
3. Wait 5 minutes, then whisk again. This second whisk breaks up the clumps that always form on the first hydration, and it is the only reason people say my chia pudding is not lumpy.
4. Cover and refrigerate at least 6 hours or overnight. The pudding should hold the trail of a spoon.
5. Stir well before serving. If it set thicker than you like, loosen it with a splash of water or coconut milk.
6. Spoon into jars or bowls and top with berries, pepitas, shredded coconut, and mint.

SHACK NOTE

Whole leaf green stevia powder is the ground leaf itself, not the white refined extract most people picture. It carries a faint grassy note that disappears completely under vanilla and berries. Start with an eighth of a teaspoon for the whole batch. It is far stronger than it looks.

***Make it yours.** Blend half a cup of the pudding with a ripe mango and layer it back in for a two-tone jar the children will fight over.*



Coconut Chia Pudding with Berries

PHOTOGRAPH TO COME

Straight-on side view of four clear glass jars in a row on a marble slab, layers visible.

Berries mounded high. Soft diffused light from behind, low contrast.

FILE: photos/coconut-chia-pudding.jpg

Garden Vegetable Frittata

with asparagus, tomato, and basil

SERVES

6

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

10 pasture-raised eggs
 1/4 cup full-fat coconut milk
 3 tablespoons extra virgin olive oil
 1 bunch asparagus, cut into 1-inch pieces
 1 cup cherry tomatoes, halved
 1 small zucchini, diced
 1/2 red onion, sliced thin
 3 garlic cloves, minced
 3 cups baby spinach
 1/3 cup fresh basil, torn
 1 1/4 teaspoons fine sea salt
 Freshly cracked black pepper

METHOD

1. Heat the oven to 375 degrees.
2. Whisk the eggs, coconut milk, salt, and plenty of pepper together and set aside. Whisk longer than feels necessary, a full 45 seconds, until the mixture is uniform and slightly foamy.
3. Warm the oil in a 10-inch oven-safe skillet over medium heat. Cook the onion 4 minutes, then add the zucchini and asparagus and cook 5 minutes more.
4. Add the garlic and cook 1 minute, then fold in the spinach a handful at a time until it wilts.
5. Spread the vegetables into an even layer and scatter the tomatoes over the top, cut side up.
6. Pour the eggs over everything and let the pan sit undisturbed on the burner for 2 minutes, until the edges set.
7. Transfer to the oven and bake 15 to 18 minutes, until the center is just barely set and no longer wobbles when you shake the pan. Pull it slightly early; it firms as it rests.
8. Rest 5 minutes, scatter with basil, and cut into wedges.

SHACK NOTE

Coconut milk in place of cream sounds like it will taste like coconut and it does not. The fat is doing the same job cream would, which is keeping the eggs tender rather than rubbery, and the flavor disappears completely under the vegetables and basil.

Make it yours. This is the best use for whatever is going soft in the crisper drawer. Almost any vegetable works if you cook it down first so it is not releasing water into the eggs.



Garden Vegetable Frittata

PHOTOGRAPH TO COME

Overhead of the skillet, one wedge lifted out and resting on the pan edge showing the tender interior. Basil scattered. Morning light from the side, hard shadow.

FILE: `photos/vegetable-frittata.jpg`

Baked Eggs in Tomato and Pepper Sauce

cumin, paprika, and a great deal of garlic

SERVES

4

PREP

15 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

3 tablespoons extra virgin olive oil
 1 large onion, sliced thin
 2 red bell peppers, sliced thin
 5 garlic cloves, minced
 2 teaspoons ground cumin
 1 1/2 teaspoons smoked paprika
 1/2 teaspoon ground coriander
 1/4 teaspoon cayenne
 2 cans whole peeled tomatoes, 28 ounces each, crushed by hand
 1 1/4 teaspoons fine sea salt
 6 to 8 pasture-raised eggs
 Fresh cilantro and parsley, chopped
 Sliced avocado, to serve

METHOD

1. Warm the oil in a large deep skillet. Cook the onion and peppers over medium heat for 12 minutes, until genuinely soft and beginning to collapse. Undercooking this step is the most common mistake.
2. Add the garlic, cumin, smoked paprika, coriander, and cayenne and cook 1 minute.
3. Crush the tomatoes with your hands directly into the pan, add the salt, and simmer 15 minutes, until thick enough that a spoon dragged through leaves a trail.
4. Make wells in the sauce with the back of a spoon and crack an egg into each one.
5. Cover and cook over low heat 6 to 9 minutes, until the whites are set and the yolks still move when you nudge the pan.
6. Scatter with cilantro and parsley and serve straight from the skillet with sliced avocado alongside.

SHACK NOTE

Crushing whole canned tomatoes by hand rather than buying them pre-crushed gives you a sauce with actual texture instead of a uniform puree. It takes ninety seconds and it is worth every one of them. Your hands will be red. Do it anyway.

Make it yours. The sauce alone keeps five days and freezes well. Make a double batch, freeze half, and breakfast becomes a ten-minute proposition.



Baked Eggs in Tomato and Pepper Sauce

PHOTOGRAPH TO COME

Overhead of a wide skillet, red sauce with set whites and glossy orange yolks, green herbs scattered. One yolk broken and running. Rich saturated color.

FILE: [photos/baked-eggs-tomato-pepper.jpg](#)

Warm Apple Cinnamon Porridge

made from seeds and nuts, no grain at all

SERVES

4

PREP

10 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

1 cup raw almonds
 1/2 cup raw pecans
 1/4 cup ground flaxseed
 3 tablespoons chia seeds
 2 tart apples, peeled and grated
 2 cups unsweetened almond milk
 1/2 cup filtered water
 2 teaspoons ground cinnamon
 1/2 teaspoon ground nutmeg
 1/4 teaspoon ground cardamom
 2 tablespoons pure maple syrup
 1 teaspoon pure vanilla extract
 1/2 teaspoon fine sea salt
 Toasted pecans, sliced apple, and coconut flakes, to serve

METHOD

1. Pulse the almonds and pecans in a food processor about ten times, until they resemble coarse meal with some larger pieces left for texture. Do not go further or you will have nut butter.
2. Tip the nut meal into a saucepan with the flaxseed, chia, grated apple, almond milk, water, spices, and salt.
3. Bring to a gentle simmer over medium-low heat, whisking often.
4. Cook 8 to 10 minutes, whisking every minute or so, until it thickens to the consistency of oatmeal. The chia does most of this work in the last three minutes, so be patient just before you give up.
5. Take off the heat and stir in the maple syrup and vanilla.
6. Let it stand 3 minutes, then spoon into bowls and top with toasted pecans, sliced apple, and coconut flakes.

SHACK NOTE

This is what I make for people who miss oatmeal. It is warm, it is spiced, it holds a spoon upright, and it carries you to lunch in a way that a bowl of rice cereal simply does not, because it is mostly fat and fiber rather than starch.

***Make it yours.** Grated pear works beautifully in place of apple. A handful of frozen wild blueberries stirred in at the end turns the whole bowl purple, which children consider a feature.*



Warm Apple Cinnamon Porridge

PHOTOGRAPH TO COME

Overhead of a deep bowl on a linen napkin, creamy porridge with apple slices fanned across, pecans and coconut. Steam. Warm morning light, soft and low contrast.

FILE: `photos/apple-cinnamon-porridge.jpg`

Turkey Sage Breakfast Patties

the sausage you can actually read the label of

SERVES

Makes 12 patties

PREP

15 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

MAKE-AHEAD

INGREDIENTS

2 pounds ground turkey, dark meat if you can get it

2 tablespoons fresh sage, minced

1 tablespoon fresh thyme leaves

1 teaspoon fennel seeds, crushed

1 1/2 teaspoons fine sea salt

1 teaspoon onion powder

1 teaspoon garlic powder

1/2 teaspoon smoked paprika

1/2 teaspoon freshly cracked black pepper

1/4 teaspoon red pepper flakes

1 tablespoon pure maple syrup

2 tablespoons avocado oil, for the pan

METHOD

1. Combine everything except the oil in a bowl and mix with your hands just until the seasoning is evenly distributed. Overworking ground meat makes a springy, dense patty.
2. Cook a teaspoon-sized test patty in a hot skillet and taste it. This is the only way to know whether the salt is right, and it takes ninety seconds.
3. Adjust the seasoning, then form into 12 patties about half an inch thick. Press a shallow dimple into the center of each so they cook flat instead of doming.
4. Chill the formed patties 20 minutes if you have time. They hold together better.
5. Heat the oil in a skillet over medium. Cook 4 to 5 minutes per side, until deeply golden and cooked through to 165 degrees.
6. Rest 3 minutes before serving.

SHACK NOTE

Nearly every breakfast sausage at the store carries something you have to check: a wheat-based filler, a broth base, a spice blend cut with flour. Making your own takes fifteen minutes, costs less, and ends the question entirely.

Make it yours. Freeze the raw patties between squares of parchment and cook them straight from frozen, adding about three minutes per side. Ground beef, lamb, or bison all work with the same seasoning.



Turkey Sage Breakfast Patties

PHOTOGRAPH TO COME

Close three-quarter view in a cast iron skillet, browned patties with crisp edges, fresh sage leaves in the pan. Steam rising. Warm side light, dark background.

FILE: `photos/turkey-sage-patties.jpg`

Freezer Breakfast Egg Muffins

a dozen mornings solved on one Sunday

SERVES

Makes 12

PREP

20 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

12 pasture-raised eggs
 1/3 cup full-fat coconut milk
 2 tablespoons avocado oil
 1 onion, diced fine
 1 red bell pepper, diced fine
 1 small zucchini, grated and squeezed dry
 3 cups baby spinach, chopped
 3 garlic cloves, minced
 1 1/4 teaspoons fine sea salt
 1/2 teaspoon smoked paprika
 1/2 teaspoon black pepper
 3 tablespoons fresh chives, minced

METHOD

1. Heat the oven to 350 degrees. Oil a 12-cup muffin tin generously, including the top surface between the cups.
2. Cook the onion and pepper in the oil for 6 minutes. Add the garlic and grated zucchini and cook 3 minutes more, then fold in the spinach until wilted. Cool 5 minutes.
3. Squeeze the grated zucchini in a towel until it stops dripping before it goes in the pan. Excess water is the reason egg muffins go rubbery and weep.
4. Whisk the eggs, coconut milk, salt, smoked paprika, and pepper together for a full minute.
5. Divide the vegetables among the cups, then pour the egg mixture over, filling each about three-quarters.
6. Bake 22 to 26 minutes, until puffed and set in the center. They will deflate as they cool, which is normal and not a failure.
7. Cool completely, then freeze in a single layer before bagging. Reheat two for 60 to 90 seconds.

SHACK NOTE

These are the reason my children eat protein before school instead of whatever is fastest. Two of them plus a piece of fruit is a real breakfast that requires ninety seconds and no decisions at seven in the morning.

Make it yours. Add crumbled turkey sausage from the breakfast pages, or diced roasted sweet potato. Keep the total volume of add-ins to about three cups.



Freezer Breakfast Egg Muffins

PHOTOGRAPH TO COME

Overhead of the muffin tin half emptied, golden-topped egg cups with visible vegetable flecks, a few on a cooling rack beside. Bright morning light, homey.

FILE: photos/freezer-egg-muffins.jpg

Overnight Quinoa Breakfast Bowl

with cinnamon, almond butter, and berries

SERVES

4

PREP

10 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

REFINED-SUGAR-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

1 cup quinoa, rinsed very well
 1 3/4 cups unsweetened almond milk
 1/2 cup filtered water
 1 1/2 teaspoons ground cinnamon
 1/4 teaspoon ground cardamom
 1/2 teaspoon fine sea salt
 2 tablespoons pure maple syrup
 2 teaspoons pure vanilla extract
 1/4 cup almond butter
 2 tablespoons chia seeds
 2 cups mixed berries
 Toasted almonds and coconut flakes, to serve

METHOD

1. Rinse the quinoa under cold water for a full minute, rubbing it between your fingers. The natural saponin coating is bitter and rinsing is the only way to remove it.
2. Simmer the quinoa with the almond milk, water, cinnamon, cardamom, and salt, covered, for 18 to 20 minutes, until the liquid is absorbed and the little tails have uncurled.
3. Take off the heat and let it stand covered 5 minutes, then fluff with a fork.
4. Stir in the maple syrup, vanilla, almond butter, and chia seeds.
5. Divide among four jars, cover, and refrigerate overnight. It thickens considerably.
6. In the morning, loosen with a splash of almond milk and top with berries, almonds, and coconut flakes. Eat cold or warm it briefly.

SHACK NOTE

Quinoa is a seed rather than a true grain, which is why it belongs in a book built from whole foods. It also carries complete protein, which makes this a breakfast that behaves very differently from a bowl of cereal.

***Make it yours.** Grated apple and chopped dates make an autumn version. Cacao powder and banana make one the children will request by name.*



Overnight Quinoa Breakfast Bowl

PHOTOGRAPH TO COME

Straight-on side view of four jars in a row, creamy pale base with bright berries mounded on top, coconut flakes. Clean marble surface, bright even light.

FILE: `photos/overnight-quinoa-bowl.jpg`

Banana Almond Pancakes

three main ingredients, no flour at all

SERVES

4

PREP

10 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

KID-FRIENDLY

INGREDIENTS

3 very ripe bananas, mashed
 4 pasture-raised eggs
 1 cup almond flour
 2 tablespoons ground flaxseed
 1 teaspoon pure vanilla extract
 1 1/2 teaspoons ground cinnamon
 1/2 teaspoon baking soda
 1/2 teaspoon fine sea salt
 2 tablespoons coconut oil, for the pan
 Fresh berries, almond butter, and pure maple syrup, to serve

METHOD

1. Mash the bananas thoroughly, then whisk in the eggs until completely smooth.
2. Stir in the almond flour, flaxseed, vanilla, cinnamon, baking soda, and salt.
3. Let the batter rest 5 minutes. The flaxseed and almond flour absorb liquid and the batter thickens, which is what lets these hold together.
4. Heat a little coconut oil in a skillet over medium-low. Lower heat than you would use for regular pancakes, because the banana sugars scorch easily.
5. Cook small pancakes, about three inches across, for 3 minutes, until the edges look dry and bubbles hold their shape. Keep them small; large ones tear when flipped.
6. Flip once and cook 2 minutes more.
7. Serve stacked with berries, almond butter, and a thread of maple syrup.

SHACK NOTE

Keep them small and keep the heat low. Those are the two rules. Grain-free pancakes have no gluten structure holding them together, so a four-inch pancake at medium-high heat will fall apart in the pan every time.

***Make it yours.** These freeze well between parchment squares and reheat in a toaster oven. Sunflower seed butter and sunflower meal make a nut-free version.*



Banana Almond Pancakes

PHOTOGRAPH TO COME

Three-quarter view of a stack on a plate, golden brown, berries tumbling down the side, maple syrup mid-pour. Morning light through a window, warm and inviting.

FILE: `photos/banana-almond-pancakes.jpg`

Make-Ahead Breakfast Casserole

sweet potato, turkey sausage, and sage

SERVES

8

PREP

25 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

MAKE-AHEAD

INGREDIENTS

2 large sweet potatoes, cut into 1/2-inch dice

1 pound turkey sage patties, crumbled, from the breakfast pages

3 tablespoons avocado oil

1 onion, diced

1 red bell pepper, diced

4 garlic cloves, minced

5 cups baby spinach

12 pasture-raised eggs

3/4 cup full-fat coconut milk

2 teaspoons fine sea salt

1 teaspoon smoked paprika

1/2 teaspoon black pepper

Fresh chives, to finish

METHOD

1. Heat the oven to 400 degrees. Toss the sweet potatoes with 2 tablespoons of the oil and roast on a sheet pan 25 minutes, until tender at the edges.
2. Meanwhile cook the crumbled sausage in a skillet until browned, then set aside.
3. In the same pan, cook the onion and pepper 6 minutes, add the garlic for 1 minute, and wilt in the spinach.
4. Whisk the eggs, coconut milk, salt, smoked paprika, and pepper together for a full minute.
5. Layer the sweet potatoes, sausage, and vegetables in an oiled 9 by 13 dish and pour the eggs over evenly.
6. At this point you can cover and refrigerate overnight, which is the entire reason this recipe exists.
7. Bake at 350 degrees for 40 to 50 minutes, until the center is set and no longer jiggles. Rest 10 minutes before cutting, and finish with chives.

SHACK NOTE

This is Christmas morning at our house. Assemble it on the twenty-fourth, slide it into the oven while the children are opening presents, and breakfast happens without anyone standing at the stove.

Make it yours. Bake it, cool it, cut it into squares, and freeze them individually. They reheat in about two minutes.



Make-Ahead Breakfast Casserole

PHOTOGRAPH TO COME

Overhead of a 9 by 13 baking dish, one corner square lifted out, golden set eggs with visible sweet potato and green. Chives scattered. Bright morning light.

FILE: photos/make-ahead-breakfast-casserole.jpg

Grain-Free Banana Muffins

almond flour, no sugar, packs in a lunchbox

SERVES

Makes 12

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

KID-FRIENDLY

INGREDIENTS

3 cups almond flour
 4 very ripe bananas, mashed
 3 pasture-raised eggs
 1/3 cup coconut oil, melted
 1/4 cup pure maple syrup
 2 teaspoons pure vanilla extract
 2 teaspoons ground cinnamon
 1/4 teaspoon ground nutmeg
 1 teaspoon baking soda
 3/4 teaspoon fine sea salt
 1 tablespoon apple cider vinegar
 3/4 cup chopped walnuts or cacao nibs

METHOD

1. Heat the oven to 350 degrees and line a muffin tin with parchment liners. Almond flour batter sticks fiercely to paper liners, so use parchment or oil the tin well.
2. Whisk the mashed bananas, eggs, melted coconut oil, maple syrup, and vanilla together.
3. Stir in the almond flour, cinnamon, nutmeg, baking soda, and salt.
4. Add the vinegar last and stir just until combined. The acid meets the baking soda and starts working immediately, so get them into the oven promptly.
5. Fold in the walnuts or cacao nibs.
6. Divide among the cups, filling nearly to the top. Almond flour muffins rise far less than wheat ones.
7. Bake 22 to 28 minutes, until deep golden and a skewer comes out clean. Cool completely in the tin; they are fragile while warm.

SHACK NOTE

Bananas heavily freckled and almost too soft to eat are the right ones, and they carry enough sweetness that the maple syrup is nearly optional. If yours are barely yellow, add another tablespoon of syrup.

Make it yours. Freeze them individually wrapped. They thaw in a lunchbox by mid-morning and hold together far better than any wheat-free bakery muffin.



Grain-Free Banana Muffins

PHOTOGRAPH TO COME

Overhead of muffins on a cooling rack, one broken open showing the moist crumb and visible walnut pieces. Bananas in soft focus behind. Warm natural light.

FILE: `photos/almond-banana-muffins.jpg`

Creamy Millet Porridge

with grated apple, cinnamon, and almond butter

SERVES

4

PREP

10 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

REFINED-SUGAR-FREE

VEGAN

KID-FRIENDLY

INGREDIENTS

1 cup millet
 2 cups unsweetened almond milk
 1 1/2 cups filtered water
 1 tart apple, grated
 2 teaspoons ground cinnamon
 1/2 teaspoon ground cardamom
 3/4 teaspoon fine sea salt
 2 tablespoons pure maple syrup
 2 teaspoons pure vanilla extract
 1/4 cup almond butter
 Toasted pecans, berries, and coconut flakes, to serve

METHOD

1. Toast the millet in a dry saucepan over medium heat 3 to 4 minutes, until it smells nutty.
2. Add the almond milk, water, grated apple, cinnamon, cardamom, and salt.
3. Bring to a simmer, then cook uncovered 25 to 30 minutes, stirring every few minutes and scraping the bottom. Treat it like risotto. The stirring is what breaks the grains down into creaminess.
4. When it is thick enough to hold the trail of a spoon, take it off the heat.
5. Stir in the maple syrup, vanilla, and almond butter.
6. Let it stand 3 minutes, then loosen with a splash of almond milk if it has set firmer than you like.
7. Serve topped with pecans, berries, and coconut flakes.

SHACK NOTE

This is what oatmeal was for, without any of the oat question attached. It costs less per bowl than almost anything else in this book, and a pot of it feeds four children before school.

Make it yours. Grated pear, mashed banana, or diced dates all work in place of apple. It reheats well with a splash of liquid.



Creamy Millet Porridge

PHOTOGRAPH TO COME

Overhead of a deep bowl of creamy pale porridge with berries and pecans mounded on top, steam rising. Warm morning light, cozy, soft focus at the edges.

FILE: `photos/millet-breakfast-porridge.jpg`

Steel-Cut Oats with Berries

certified gluten-free, cooked the slow way

SERVES

4

PREP

5 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

REFINED-SUGAR-FREE

VEGAN

BUDGET

INGREDIENTS

1 cup certified gluten-free steel-cut oats
 3 1/2 cups filtered water
 1 cup unsweetened almond milk
 1 1/2 teaspoons ground cinnamon
 3/4 teaspoon fine sea salt
 2 tablespoons pure maple syrup
 2 teaspoons pure vanilla extract
 1/4 cup almond butter
 2 tablespoons chia seeds
 2 cups mixed berries
 Toasted walnuts and coconut flakes, to serve

METHOD

1. Toast the dry oats in the pot for 3 minutes over medium heat, until they smell nutty. This works on oats exactly as it does on millet.
2. Add the water, cinnamon, and salt and bring to a boil.
3. Drop to a low simmer and cook uncovered 25 to 30 minutes, stirring every five minutes, until thick and creamy but the grains still have a little bite.
4. Stir in the almond milk, maple syrup, vanilla, almond butter, and chia seeds.
5. Let it stand 5 minutes off the heat so the chia hydrates.
6. Serve topped with berries, walnuts, and coconut flakes.

SHACK NOTE

Read the oats page in the Foundations section before you make this. Oats need to be certified gluten-free, and a small share of people with celiac disease react to the oat protein itself even when the sourcing is perfect. Introduce them carefully and only after you have healed.

Make it yours. Millet porridge from the previous pages is the direct substitute and requires none of the above caution. Same method, same toppings, same bowl.



Steel-Cut Oats with Berries

PHOTOGRAPH TO COME

Overhead of a bowl of thick oats with berries heaped on one side, walnuts and coconut on the other, a spoon resting in it. Warm morning light, homey and simple.

FILE: photos/steel-cut-oats-berries.jpg

Smoked Salmon Breakfast Plate

avocado, cucumber, egg, and capers

SERVES

2

PREP

12 minutes

COOK

8 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 20 MINUTES

INGREDIENTS

6 ounces cold-smoked salmon
 4 pasture-raised eggs
 1 ripe avocado, sliced
 1 English cucumber, sliced thin
 1/4 red onion, sliced paper thin
 3 tablespoons capers, rinsed
 3 tablespoons fresh dill
 2 tablespoons extra virgin olive oil
 Juice of 1 lemon
 Flaky sea salt and cracked black pepper
 Dulse flakes, optional

METHOD

1. Soft-boil the eggs: lower them into boiling water, cook exactly 7 minutes, then move them straight to ice water for 5 minutes.
2. Peel and halve them. Seven minutes gives you a set white and a jammy, barely liquid yolk, which is the point of the whole exercise.
3. Arrange the salmon, avocado, cucumber, and eggs on two plates in loose piles rather than neat rows.
4. Scatter the red onion, capers, and dill over everything.
5. Drizzle with olive oil and lemon juice.
6. Finish with flaky salt, cracked pepper, and a pinch of dulse flakes if you keep them.

SHACK NOTE

This is what breakfast looks like at my house on a Saturday when I want to eat something that feels like a restaurant and requires no cooking to speak of. It is also almost entirely protein and fat, which is why it holds until well past noon.

Make it yours. Smoked trout or mackerel work and often cost less. Add sauerkraut on the side for live cultures.



Smoked Salmon Breakfast Plate

PHOTOGRAPH TO COME

Overhead of two plates with coral salmon, green avocado, pale cucumber, and halved jammy eggs, dill and capers scattered. Bright natural light, elegant and fresh.

FILE: `photos/smoked-salmon-breakfast-plate.jpg`

Sweet Potato Toast

one vegetable, four toppings, no bread anywhere

SERVES

4

PREP

10 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

KID-FRIENDLY

MAKE-AHEAD

INGREDIENTS

For the base

2 large long sweet potatoes

2 tablespoons avocado oil

1/2 teaspoon fine sea salt

Four ways to top them

Avocado, lime, chile flakes, and flaky salt

Almond butter, banana, cinnamon, and hemp hearts

Soft-boiled egg, dill, and dulse flakes

Smoked salmon, cucumber, capers, and cashew cream

METHOD

1. Heat the oven to 400 degrees. Choose the longest, straightest sweet potatoes you can find; round ones give you slices too small to hold anything.
2. Slice lengthwise into planks about a quarter inch thick. Thinner and they tear, thicker and the middle stays raw.
3. Brush both sides with oil, season with salt, and lay on a parchment-lined sheet pan.
4. Roast 25 to 30 minutes, flipping once, until tender and browned at the edges.
5. Let them cool slightly so they firm up and can be handled, then top and eat.
6. For a crisper edge, finish a cooled plank in the toaster on a medium setting for two minutes.

SHACK NOTE

Every article about sweet potato toast tells you to put a raw slice in the toaster. I have tried this in three toasters and it does not work; you get a slice that is scorched outside and raw in the middle. Roast them in the oven, then reheat in a toaster. That works.

***Make it yours.** Roast a full pan on Sunday, refrigerate the planks, and reheat two each morning. They also freeze well between parchment squares.*



Sweet Potato Toast

PHOTOGRAPH TO COME

*Overhead of four orange planks on a board, each topped differently, arranged in a row.
Very colorful, graphic, bright even light, breakfast styling.*

FILE: photos/sweet-potato-toast.jpg

Quinoa Breakfast Skillet

with eggs, greens, and a lot of herbs

SERVES

4

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

ONE-PAN

UNDER 45 MINUTES

INGREDIENTS

1 cup quinoa, rinsed very well
 1 3/4 cups gluten-free vegetable broth
 3 tablespoons olive oil
 1 onion, diced
 1 red bell pepper, diced
 4 garlic cloves, minced
 1 teaspoon ground cumin
 1/2 teaspoon smoked paprika
 1 1/2 teaspoons fine sea salt
 5 cups baby spinach or chopped chard
 4 to 6 pasture-raised eggs
 1/2 cup fresh cilantro and 1/3 cup fresh dill
 1 avocado and lemon wedges, to serve

METHOD

1. Rinse the quinoa under running water for a full minute, rubbing it between your fingers, then simmer in the broth, covered, for 15 minutes. Rest 5 minutes off the heat and fluff.
2. Meanwhile warm the oil in a large skillet and cook the onion and pepper 8 minutes.
3. Add the garlic, cumin, smoked paprika, and salt for 1 minute.
4. Fold in the cooked quinoa and press it into an even layer. Let it sit undisturbed 3 minutes so the bottom crisps slightly.
5. Fold in the greens until wilted, then make four to six wells and crack an egg into each.
6. Cover and cook 5 to 7 minutes, until the whites set and the yolks are still soft. Scatter with herbs and serve with avocado and lemon.

SHACK NOTE

Rinsing quinoa is not fussiness. The natural saponin coating on the outside of the seed is genuinely bitter and soapy, and a great many people who say they do not like quinoa have simply never had it rinsed properly.

Make it yours. Millet works with the same method and about the same time. Add crumbled turkey sausage or leftover shredded chicken.



Quinoa Breakfast Skillet

PHOTOGRAPH TO COME

Overhead of a cast iron skillet with pale quinoa, green wilted spinach, and set eggs with bright yolks, herbs scattered. One yolk broken. Morning light, hard shadows.

FILE: `photos/quinoa-breakfast-skillet.jpg`



SECTION FIVE

LUNCH

Lunch has to be portable, or it will not happen. Everything here can be packed, carried, and eaten out of a jar or a container at a desk, a job site, or a park bench. Most of it is better on day two.

IN THIS SECTION

Rainbow Chicken Lettuce Wraps

White Bean, Cucumber, and Herb Bowl

Mason Jar Lentil Salad

Herbed Tuna in Avocado Halves

Roasted Vegetable Bowl with Green Tahini

Turkey and Cucumber Roll-Ups

Quinoa Tabbouleh

Chicken Salad with Grapes and Almonds

The Lunchbox Board

Wild Rice and Roasted Vegetable Jars

Meatball Lunch Cups with Marinara

Millet and Vegetable Fritters

Herbed Rice Salad with Almonds

Coconut Rice Bowl with Black Beans

Rainbow Chicken Lettuce Wraps

with almond-ginger sauce

SERVES

4

PREP

25 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

PACKABLE

INGREDIENTS

For the wraps

- 1 1/2 pounds boneless chicken thighs, cut into small dice
- 1 tablespoon avocado oil
- 2 garlic cloves, minced, plus 1 tablespoon grated ginger
- 1 teaspoon fine sea salt
- 2 heads butter lettuce, leaves separated
- 2 carrots, cut into fine matchsticks
- 1 red bell pepper, sliced thin
- 1 cup shredded purple cabbage
- 1/2 cup cilantro and 1/4 cup basil leaves
- 3 scallions, sliced on the bias

For the sauce

- 1/3 cup unsweetened almond butter
- 3 tablespoons coconut aminos
- 2 tablespoons fresh lime juice
- 1 tablespoon raw honey
- 1 teaspoon fresh ginger, grated
- 1/4 teaspoon red pepper flakes
- 3 to 5 tablespoons warm water

METHOD

1. Whisk all the sauce ingredients together, adding the warm water a tablespoon at a time until it pours in a slow ribbon off the whisk.
2. Heat the avocado oil in a large skillet over medium-high until it shimmers.
3. Add the chicken in a single layer with the salt and let it brown undisturbed for 4 minutes.
4. Stir in the garlic and ginger and cook 5 to 7 minutes more, until the chicken is cooked through and the edges are caramelized.
5. Wash and dry the lettuce leaves thoroughly. Wet leaves will not hold a filling.
6. Set everything out in bowls and let people build their own. Spoon the chicken into a leaf, pile on the vegetables and herbs, and finish with the sauce.

SHACK NOTE

Coconut aminos is the pantry swap that changes gluten-free cooking the most. Standard soy sauce is brewed with wheat. Even most tamari is worth checking. Coconut aminos is made from coconut sap, is naturally free of both soy and gluten, and is a little sweeter, so you rarely need to add sugar to a stir-fry sauce again.

Make it yours. Pack the components in separate containers and this becomes the best lunch in the break room. Assemble at the table so nothing goes soggy.



Rainbow Chicken Lettuce Wraps

PHOTOGRAPH TO COME

Overhead of a full board: filled leaves at the top, bowls of vegetables and sauce below, lime wedges. Bright saturated color, even light, everything in focus.

FILE: [photos/chicken-lettuce-wraps.jpg](#)

White Bean, Cucumber, and Herb Bowl

with lemon, olive oil, and a great deal of parsley

SERVES

4

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 cups cooked cannellini beans, or 2 cans, drained and rinsed

1 English cucumber, seeded and diced

1 pint cherry tomatoes, halved

1/2 small red onion, diced fine

1 cup flat-leaf parsley, chopped

1/2 cup fresh dill, chopped

1/4 cup fresh mint, chopped

1/3 cup extra virgin olive oil

1/4 cup fresh lemon juice, from about 2 lemons

2 garlic cloves, grated

1 teaspoon fine sea salt

1/2 teaspoon ground cumin

Freshly cracked black pepper

1/2 cup Kalamata olives, torn

METHOD

1. Whisk the olive oil, lemon juice, garlic, salt, cumin, and pepper together in the bottom of a large bowl.
2. Add the beans and stir gently to coat. Let them sit in the dressing 10 minutes while you chop everything else. Beans absorb flavor best while they are alone.
3. Fold in the cucumber, tomatoes, and red onion.
4. Add all three herbs at once and fold just until distributed. Be generous. The herbs are the vegetable here, not the garnish.
5. Scatter the torn olives over the top.
6. Taste and adjust for salt and lemon, then let it rest 15 minutes before serving.

SHACK NOTE

Dried beans cooked from scratch taste better and cost about a quarter of what canned beans cost, but they carry the same cross-contact question as lentils. Buy certified when you can and sort them on a pale sheet pan before soaking.

Make it yours. Chickpeas or butter beans both work beautifully. Add diced avocado at the very last minute if you want it richer.



White Bean, Cucumber, and Herb Bowl

PHOTOGRAPH TO COME

Overhead in a wide shallow bowl on a pale linen. Green herbs dominant, tomatoes and olives providing the punctuation. A halved lemon and a small oil cruet in frame.

FILE: `photos/white-bean-herb-bowl.jpg`

Mason Jar Lentil Salad

built to be carried and eaten hours later

SERVES

4 jars

PREP

20 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

For the jars

1 1/2 cups dried French green lentils, sorted and rinsed

1 bay leaf

1 pint cherry tomatoes, halved

1 English cucumber, diced

1 red bell pepper, diced

1/2 red onion, diced fine

1 cup flat-leaf parsley, chopped

4 cups baby arugula

For the vinaigrette

1/3 cup extra virgin olive oil

3 tablespoons red wine vinegar

1 tablespoon certified gluten-free Dijon mustard

1 teaspoon raw honey

2 garlic cloves, grated

1 teaspoon dried oregano

1 teaspoon fine sea salt

METHOD

1. Sort the lentils on a pale sheet pan, then simmer them with the bay leaf in plenty of water for 20 to 25 minutes, until tender but still holding their shape. French green lentils are the right choice here because they do not collapse.
2. Drain well and spread on a sheet pan to cool quickly. Warm lentils in a jar will steam the greens.
3. Whisk the vinaigrette together in a jar and shake hard.
4. Now build in this exact order, which is the whole point: vinaigrette on the bottom, then lentils, then the hard vegetables, then the herbs, then arugula packed on top.
5. Seal and refrigerate. The dressing marinates the lentils all day and never reaches the greens.
6. At lunch, shake the jar hard for ten seconds and eat straight out of it, or tip it into a bowl.

SHACK NOTE

Four jars on Sunday afternoon is four lunches solved, and they hold four days without wilting. This is the single most useful thing in the lunch section for anyone who works away from home.

***Make it yours.** Add diced avocado or a hard-boiled egg the morning you eat it rather than at the start. Both go poorly after two days.*



Mason Jar Lentil Salad

PHOTOGRAPH TO COME

Straight-on side view of four sealed jars in a row on a white counter, distinct layers clearly visible from dressing up to green. Bright even light, clean and graphic.

FILE: `photos/mason-jar-lentil-salad.jpg`

Herbed Tuna in Avocado Halves

no mayonnaise, no bread, no compromise

SERVES

4

PREP

15 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

NO-COOK

INGREDIENTS

2 cans wild-caught tuna in olive oil, 5 ounces each, drained
 3 ripe avocados, halved and pitted
 1/3 cup celery, diced fine
 1/4 cup red onion, diced fine
 3 tablespoons fresh dill, chopped
 2 tablespoons fresh chives, minced
 2 tablespoons capers, rinsed and chopped
 3 tablespoons extra virgin olive oil
 3 tablespoons fresh lemon juice
 1 teaspoon certified gluten-free Dijon mustard
 1/2 teaspoon fine sea salt
 Freshly cracked black pepper
 Smoked paprika, to finish

METHOD

1. Whisk the olive oil, lemon juice, mustard, salt, and pepper together in a bowl.
2. Flake the tuna into the dressing and fold gently. You want flakes, not paste.
3. Add the celery, red onion, dill, chives, and capers and fold again.
4. Scoop a shallow well out of each avocado half, dice the removed flesh, and fold it into the tuna.
5. Rub the exposed avocado with a little lemon juice so it holds its color.
6. Mound the tuna into the halves, dust with smoked paprika, and finish with more cracked pepper.

SHACK NOTE

Tuna packed in olive oil rather than water is not a small upgrade. Water-packed tuna leaches its own fat and flavor into the liquid you pour down the drain. Oil-packed keeps it, and it needs far less dressing to taste like something.

Make it yours. Canned wild salmon or sardines work exactly the same way and bring more omega-3 to the plate. Sardines take some getting used to; start by using one can alongside one of tuna.



Herbed Tuna in Avocado Halves

PHOTOGRAPH TO COME

Overhead of four filled avocado halves on a slate board, mounded filling, paprika dusting, lemon wedges and dill sprigs. Cool natural light, green and pink palette.

FILE: `photos/tuna-stuffed-avocado.jpg`

Roasted Vegetable Bowl with Green Tahini

the Sunday pan that becomes four lunches

SERVES

4

PREP

20 minutes

COOK

40 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

PACKABLE

INGREDIENTS

For the pans

1 large sweet potato, cut into 3/4-inch cubes

1 head broccoli, cut into florets

2 red bell peppers, cut into strips

1 red onion, cut into wedges

3 cups cooked chickpeas, dried well

1/4 cup avocado oil

2 teaspoons ground cumin

1 teaspoon smoked paprika

1 1/2 teaspoons fine sea salt

For the green tahini

1/2 cup tahini

1 cup packed flat-leaf parsley

1/2 cup packed cilantro

1/3 cup fresh lemon juice

2 garlic cloves

1/2 teaspoon fine sea salt

1/3 to 1/2 cup cold water

METHOD

1. Heat the oven to 425 degrees and set two racks in the upper and lower thirds.
2. Toss all the vegetables and chickpeas with the oil, cumin, smoked paprika, and salt. Divide between two sheet pans. Two pans, not one. Crowding is what turns roasted vegetables into steamed ones.
3. Roast 35 to 40 minutes, swapping the pans between racks halfway through, until the edges are dark and the chickpeas are crisp.
4. Blend all the tahini sauce ingredients with a third of a cup of cold water for 60 seconds, until it turns bright green and smooth. Add water until it pours.
5. Divide the vegetables among four bowls or containers and spoon the sauce over generously.
6. Serve warm, or refrigerate and eat cold all week.

SHACK NOTE

This is the backbone of my week. One hour on Sunday, two sheet pans, and lunch is answered through Thursday. The sauce is what keeps it from getting boring, and it is worth making a double batch of that alone.

Make it yours. Cauliflower, brussels sprouts, carrots, and delicata squash all roast in the same window. Add shredded chicken or a jammy egg for more protein.



Roasted Vegetable Bowl with Green Tahini

PHOTOGRAPH TO COME

Overhead of a bowl with the vegetables arranged in distinct sections, bright green sauce drizzled in a wide ribbon. Sheet pan visible at the frame edge. Saturated color, even light.

FILE: photos/roasted-veg-chickpea-bowl.jpg

Turkey and Cucumber Roll-Ups

with herbed sunflower spread

SERVES

4

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

NO-COOK

INGREDIENTS

12 slices roasted turkey breast, cut thick from a whole muscle

1 English cucumber, cut into long thin batons

1 red bell pepper, cut into thin strips

1 carrot, cut into matchsticks

1 avocado, sliced

1 cup herbed sunflower spread, from the hors d'oeuvres section

2 cups baby spinach

Fresh dill and chives

Fine sea salt and cracked pepper

METHOD

1. Lay the turkey slices out flat on a board and pat them dry.
2. Spread each slice with a thin layer of the sunflower spread, going right to the edges.
3. Lay a few spinach leaves down the center, then a baton of cucumber, a strip of pepper, some carrot, and a slice of avocado.
4. Season lightly and scatter with dill and chives.
5. Roll tightly from one short end and set seam side down.
6. Cut each roll in half on a sharp diagonal, which makes them look considerably better than they have any right to.

SHACK NOTE

Buy turkey sliced from a whole roasted breast at the deli counter rather than the pressed and formed product in the cold case. It costs a little more, it tastes like turkey, and it removes the entire question of what is in the binder.

Make it yours. Sliced roast beef works beautifully. So do large butter lettuce leaves if you want this fully plant based.



Turkey and Cucumber Roll-Ups

PHOTOGRAPH TO COME

Overhead on a wooden board, rolls cut on the diagonal showing the colorful cross-section, arranged in a loose row. Bright clean light, high color contrast.

FILE: photos/turkey-cucumber-rollups.jpg

Quinoa Tabbouleh

more parsley than anything else, as it should be

SERVES

6

PREP

25 minutes

COOK

18 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

PACKABLE

INGREDIENTS

1 cup quinoa, rinsed very well
 1 3/4 cups filtered water
 3 cups flat-leaf parsley, chopped fine
 1 cup fresh mint, chopped
 1 pint cherry tomatoes, diced small
 1 English cucumber, diced small
 5 scallions, sliced thin
 1/2 cup extra virgin olive oil
 1/2 cup fresh lemon juice, from about 3 lemons
 2 garlic cloves, grated
 1 1/2 teaspoons fine sea salt
 1/2 teaspoon ground allspice
 Freshly cracked black pepper

METHOD

1. Rinse the quinoa thoroughly, then simmer it in the water, covered, for 15 to 18 minutes until the water is gone and the tails have uncurled.
2. Spread it on a sheet pan to cool completely. Warm quinoa will wilt every herb it touches.
3. Chop the parsley by hand with a sharp knife rather than in a food processor, which bruises it into a wet green paste. This takes ten minutes and it is the difference between good tabbouleh and bad.
4. Whisk the olive oil, lemon juice, garlic, salt, allspice, and pepper together.
5. Combine the cooled quinoa, parsley, mint, tomatoes, cucumber, and scallions in a large bowl.
6. Pour the dressing over and toss well. Let it rest 20 minutes, then taste again for salt and lemon.

SHACK NOTE

Traditional tabbouleh is a parsley salad with a little bulgur in it, not a grain salad with a little parsley. Keeping that ratio is what makes this taste right and what makes it worth eating three days running.

Make it yours. This holds four days refrigerated and improves on day two. Add chickpeas or diced roast chicken to make it a full lunch.



Quinoa Tabbouleh

PHOTOGRAPH TO COME

Overhead of a wide shallow bowl, overwhelmingly green with flecks of red tomato and pale quinoa. Lemon halves beside. Bright fresh light, saturated green.

FILE: `photos/quinoa-tabbouleh.jpg`

Chicken Salad with Grapes and Almonds

creamy without a spoonful of mayonnaise

SERVES

4

PREP

20 minutes

COOK

None with cooked chicken

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

PACKABLE

INGREDIENTS

3 cups cooked chicken, diced
 1 1/2 cups red grapes, halved
 2 celery stalks, diced fine
 1/2 cup sliced almonds, toasted
 1/4 cup red onion, diced fine
 1 large ripe avocado
 1/4 cup full-fat coconut milk
 3 tablespoons fresh lemon juice
 2 tablespoons fresh dill, chopped
 1 tablespoon fresh tarragon, chopped
 1 teaspoon certified gluten-free Dijon mustard
 1 teaspoon fine sea salt
 Butter lettuce leaves, to serve

METHOD

1. Blend the avocado, coconut milk, lemon juice, mustard, and salt until completely smooth. This is the dressing, and it does everything mayonnaise did with none of the questions.
2. Stir in the dill and tarragon by hand so they stay in visible flecks.
3. Fold the dressing through the chicken until every piece is coated.
4. Add the grapes, celery, and red onion and fold gently.
5. Chill at least 30 minutes so the flavors settle.
6. Fold in the toasted almonds just before serving and spoon into butter lettuce leaves.

SHACK NOTE

Add the almonds at the last moment. Stirred in early they go soft within an hour, and the crunch against the grapes is most of what makes this worth making.

***Make it yours.** Diced apple in place of grapes, pecans in place of almonds. Leftover roast turkey works beautifully after a holiday.*



Chicken Salad with Grapes and Almonds

PHOTOGRAPH TO COME

Overhead of butter lettuce cups filled with chicken salad on a pale platter, grape halves and almonds visible, dill sprigs. Fresh and light, cool bright tones.

FILE: photos/chicken-salad-grapes-almonds.jpg

The Lunchbox Board

assembly, not cooking, and children eat all of it

SERVES

4 lunchboxes

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

PACKABLE

INGREDIENTS

Pick one protein

Turkey sage patties, cold

Hard-boiled eggs, halved

Rolled roast turkey or beef

Chicken salad from the previous pages

Pick two or three vegetables

Cucumber rounds and carrot sticks

Bell pepper strips and snap peas

Cherry tomatoes and olives

Fermented pickle spears

Pick a fruit and a fat

Grapes, berries, apple, or clementine

Almonds, pecans, or pumpkin seeds

Guacamole cup or herbed sunflower spread

Banana muffin or nut-butter dates

METHOD

1. Set the containers out and fill the protein compartment first, because it is the one most likely to be skipped when you are in a hurry.
2. Add two or three vegetables in contrasting colors. Children eat with their eyes before their mouths and a beige box comes home full.
3. Add the fruit, then the fat, then a small dip. A dip makes raw vegetables get eaten at roughly twice the rate.
4. Keep everything separate rather than mixed. Foods touching is a real objection to a real person and it is not worth the fight.
5. Cut the fruit and add anything that browns in the morning, not the night before.
6. Build four boxes at once on a Sunday for the two that will not vary, and fill in fresh items each night.

SHACK NOTE

This is not really a recipe and it is the page I use most. A gluten-free lunchbox falls apart when it depends on a sandwich substitute, because every gluten-free bread is worse cold. Build around protein, vegetables, and dip instead and the whole problem goes away.

Make it yours. Let the child choose one item from each row the night before. Participation is worth more than nutrition arithmetic at this age.



The Lunchbox Board

PHOTOGRAPH TO COME

Overhead of four open bento boxes on a counter, each with distinct colorful compartments, arranged in a grid. Bright even light, graphic and orderly, high color.

FILE: photos/lunchbox-board.jpg

Wild Rice and Roasted Vegetable Jars

with a maple-mustard vinaigrette

SERVES

4 jars

PREP

20 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

PACKABLE

INGREDIENTS

For the jars

- 1 1/4 cups wild rice, rinsed
- 4 cups gluten-free vegetable broth
- 1 delicata squash, sliced into half-moons
- 2 cups brussels sprouts, halved
- 1 red onion, cut into wedges
- 3 tablespoons avocado oil
- 1 teaspoon fine sea salt
- 1/2 cup dried cranberries and 1/2 cup pepitas
- 4 cups baby kale

For the vinaigrette

- 1/3 cup extra virgin olive oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon certified gluten-free Dijon mustard
- 1 tablespoon pure maple syrup
- 1 teaspoon fine sea salt

METHOD

1. Simmer the wild rice in the broth, covered, 45 to 55 minutes, until the grains have burst open. Drain any remaining liquid and cool on a sheet pan.
2. Meanwhile roast the squash, brussels sprouts, and onion at 425 degrees with the oil and salt for 30 minutes, until deeply browned at the edges. Cool.
3. Shake the vinaigrette together in a jar.
4. Layer in this order and no other: vinaigrette, wild rice, roasted vegetables, cranberries and pepitas, then kale packed tightly on top.
5. Seal and refrigerate. The dressing works on the rice all week and never touches the greens.
6. Shake hard before eating, or tip into a bowl.

SHACK NOTE

Baby kale rather than lettuce is the right choice for a jar that has to survive four days. Kale is sturdy enough that it is still crisp on Thursday, which no lettuce in the world manages.

Make it yours. Roasted sweet potato, cauliflower, or carrots all work. Add shredded chicken or chickpeas for more protein.



Wild Rice and Roasted Vegetable Jars

PHOTOGRAPH TO COME

Straight-on side view of four sealed jars, layers of dark rice, orange squash, green kale clearly banded. White counter, bright even light, graphic composition.

FILE: photos/wild-rice-veg-jars.jpg

Meatball Lunch Cups with Marinara

made from the freezer, packed cold or warm

SERVES

4

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

FREEZER

PACKABLE

INGREDIENTS

For the meatballs

- 1 1/2 pounds ground beef or turkey
- 1/2 cup almond flour
- 1 pasture-raised egg
- 1/2 onion, grated
- 3 garlic cloves, minced
- 2 teaspoons dried oregano and 1 teaspoon dried basil
- 1 1/2 teaspoons fine sea salt

For the quick marinara

- 1 can crushed tomatoes, 28 ounces
- 3 tablespoons extra virgin olive oil
- 4 garlic cloves, sliced
- 1 teaspoon dried oregano
- 1 teaspoon fine sea salt
- 1/2 cup fresh basil, torn
- Cucumber spears and olives, to pack alongside

METHOD

1. Heat the oven to 400 degrees. Mix the meatball ingredients by hand just until combined and roll into 24 small balls.
2. Bake on a parchment-lined sheet 18 to 22 minutes, until browned and cooked to 160 degrees.
3. Warm the olive oil with the sliced garlic over low heat 2 minutes, until fragrant but not colored.
4. Add the crushed tomatoes, oregano, and salt and simmer 15 minutes. Stir in the basil off the heat.
5. Pack four to six meatballs into each container with a small separate cup of marinara so nothing goes soggy.
6. Add cucumber spears and olives alongside. Children can eat these cold, which matters when there is no microwave.

SHACK NOTE

Make a triple batch of the meatballs and freeze them cooked. They go from freezer to lunchbox in the morning and thaw by noon, which turns the hardest meal of the week into a thirty-second decision.

***Make it yours.** The marinara freezes in jars for three months. It is also the sauce for the zucchini boats and anything roasted.*



Meatball Lunch Cups with Marinara

PHOTOGRAPH TO COME

Overhead of open lunch containers, meatballs in one compartment, red sauce cup, cucumber spears and olives. Colorful and neat. Bright even light, kid-friendly energy.

FILE: photos/meatball-lunch-cups.jpg

Millet and Vegetable Fritters

crisp outside, made from what is in the drawer

SERVES

Makes 14

PREP

25 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

KID-FRIENDLY

FREEZER

INGREDIENTS

3/4 cup millet
 1 1/2 cups filtered water
 2 pasture-raised eggs
 1 zucchini, grated and squeezed very dry
 1 carrot, grated
 3 scallions, sliced thin
 1/3 cup fresh parsley, chopped
 3 garlic cloves, minced
 1/4 cup ground flaxseed
 1 1/4 teaspoons fine sea salt
 1 teaspoon ground cumin
 1/2 teaspoon smoked paprika
 3 tablespoons avocado oil, for the pan
 Lemon wedges and guacamole, to serve

METHOD

1. Toast the millet dry 3 minutes, add the water and a pinch of salt, simmer covered 18 minutes, then rest 10 minutes off the heat. Cool completely.
2. Squeeze the grated zucchini in a clean towel until it stops dripping. Wet vegetables are the reason fritters fall apart, every time.
3. Combine the cooled millet with the eggs, zucchini, carrot, scallions, parsley, garlic, flaxseed, salt, cumin, and smoked paprika.
4. Let the mixture rest 10 minutes so the flaxseed hydrates and binds it.
5. Form into 14 patties about half an inch thick, pressing firmly.
6. Heat the oil in a skillet over medium and cook 4 to 5 minutes per side without moving them, until deeply golden and crisp.
7. Drain on a rack rather than paper and serve with lemon and guacamole.

SHACK NOTE

These are what I make on the day the refrigerator has half a zucchini, one carrot, and no plan. Children eat them out of hand, which makes them a lunchbox item as much as a lunch.

Make it yours. Grated sweet potato, corn, or finely chopped spinach all work. Freeze cooked fritters and reheat in a hot dry pan for 3 minutes per side.



Millet and Vegetable Fritters

PHOTOGRAPH TO COME

Overhead of golden fritters on a rack over a sheet pan, flecked green and orange, one broken open. Lemon wedges and a bowl of guacamole. Bright even light.

FILE: photos/millet-vegetable-fritters.jpg

Herbed Rice Salad with Almonds

cold, packed, and better on day two

SERVES

6

PREP

20 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

VEGAN

PACKABLE

MAKE-AHEAD

INGREDIENTS

1 1/2 cups basmati or jasmine rice, rinsed and parboiled

1/2 cup sliced almonds, toasted

1/2 cup dried apricots, chopped

1/2 red onion, diced fine

1 cup flat-leaf parsley, chopped

1/2 cup fresh mint, chopped

1/3 cup extra virgin olive oil

1/4 cup fresh lemon juice

2 garlic cloves, grated

1 teaspoon ground cumin

1/2 teaspoon ground cinnamon

1 1/4 teaspoons fine sea salt

1/2 cup pomegranate seeds

Cracked black pepper

METHOD

1. Rinse the rice until clear, boil it in plenty of water for 5 minutes, drain, then finish it in fresh water until tender. Spread on a sheet pan to cool completely.
2. Whisk the olive oil, lemon juice, garlic, cumin, cinnamon, salt, and pepper together.
3. Toss the cooled rice with the dressing and let it sit 15 minutes.
4. Fold in the apricots, red onion, parsley, and mint.
5. Rest at least 30 minutes so the dried fruit softens and the flavors settle.
6. Add the almonds and pomegranate seeds just before serving so nothing loses its crunch.

SHACK NOTE

Cold rice salad is one of the few things that improves in a lunchbox, because the grains keep absorbing dressing all morning. It also means the rice has been cooked and cooled, which brings the resistant starch benefit along with it.

Make it yours. Dried cherries or golden raisins in place of apricots. Pistachios in place of almonds. Add chickpeas to make it a full meal.



Herbed Rice Salad with Almonds

PHOTOGRAPH TO COME

Overhead of a shallow bowl, pale rice heavy with green herbs, orange apricot, and ruby pomegranate, almonds scattered on top. Bright even light, jewel tones.

FILE: photos/herbed-rice-salad-almonds.jpg

Coconut Rice Bowl with Black Beans

sweet plantains, lime, and cilantro

SERVES

4

PREP

20 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

BUDGET

INGREDIENTS

1 1/2 cups jasmine rice, rinsed and parboiled
 1 can full-fat coconut milk, 13.5 ounces
 1 cup filtered water
 1 1/4 teaspoons fine sea salt
 3 very ripe plantains, heavily blackened, sliced on the bias
 3 tablespoons coconut oil
 3 cups cooked black beans
 1 teaspoon ground cumin
 1/2 teaspoon smoked paprika
 2 avocados, sliced
 1 cup fresh cilantro
 Juice of 2 limes and pickled red onion, to serve

METHOD

1. Rinse and parboil the rice for 5 minutes, then drain. Cook it in the coconut milk, water, and salt, covered, on the lowest heat for 15 minutes. Rest 10 minutes off the heat and fluff.
2. Use plantains that are mostly black. A yellow plantain is starchy and bland; a black one is sweet and caramelizes properly, and this is the single thing people get wrong.
3. Fry the plantain slices in the coconut oil over medium heat, 3 minutes per side, until deep golden. Drain on a rack.
4. Warm the black beans with the cumin, smoked paprika, and a splash of their liquid.
5. Build the bowls with coconut rice at the base, then beans, plantains, and avocado.
6. Finish with cilantro, lime juice, and pickled red onion.

SHACK NOTE

This is a plate eaten across the Caribbean and Central America in a hundred variations, and it is one of the cheapest full meals in this book. Rice, beans, a plantain, and an avocado will feed four people for very little.

Make it yours. Add a fried egg or shredded chicken. The rice and beans pack well; fry the plantains fresh, since they go soft by the next day.



Coconut Rice Bowl with Black Beans

PHOTOGRAPH TO COME

Overhead of a bowl with white coconut rice, black beans, golden plantain slices, and green avocado in distinct sections, cilantro and lime. High color contrast.

FILE: `photos/coconut-rice-black-beans.jpg`



SECTION SIX

DINNER

Dinner is the meal you cook for people you love, and it should feel like an occasion even on a Tuesday. These are one-pan and one-pot suppers built around meat, fish, and vegetables, with enough leftovers to make tomorrow's lunch a solved problem.

IN THIS SECTION

- | | |
|---|---------------------------------------|
| Herb-Roasted Chicken Thighs | Salmon Cakes with Dill and Lemon |
| Sheet-Pan Salmon with Asparagus | Beef and Broccoli Stir-Fry |
| Braised Beef Short Ribs | Almond-Crusted Halibut |
| Lemon and Herb Roasted Chicken | Turkey Taco Skillet |
| Baked Cod with Olives and Tomatoes | Stuffed Zucchini Boats |
| Stuffed Peppers with Beef and Cauliflower Rice | Millet Polenta with Mushrooms |
| Twenty-Minute Ground Beef and Vegetable Skillet | Vegetable Fried Rice |
| Sheet-Pan Turkey Meatballs and Broccoli | Stuffed Cabbage Rolls |
| Chicken and Wild Rice Skillet | Saffron Rice with Chicken and Peppers |
| Coconut Curry Chicken with Vegetables | Beef Heart Kebabs with Chimichurri |

Herb-Roasted Chicken Thighs

with lemon, olives, and root vegetables on one pan

SERVES

6

PREP

20 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

8 bone-in, skin-on chicken thighs
 1 1/2 pounds baby potatoes, halved
 4 carrots, cut into 2-inch batons
 1 large fennel bulb, cut into wedges
 1 red onion, cut into thick wedges
 1 lemon, sliced into thin rounds
 3/4 cup Castelvetrano olives
 1/4 cup extra virgin olive oil
 6 garlic cloves, smashed
 2 tablespoons fresh rosemary, chopped
 1 tablespoon fresh thyme leaves
 2 teaspoons fine sea salt, divided
 1 teaspoon smoked paprika
 Freshly cracked black pepper

METHOD

1. Heat the oven to 425 degrees. Pat the chicken skin completely dry with paper towels and season both sides with 1 teaspoon of the salt. Let it sit at room temperature while you prep the vegetables. Dry skin is the entire secret to crisp skin.
2. Toss the potatoes, carrots, fennel, and onion on a large rimmed sheet pan with the olive oil, garlic, rosemary, thyme, smoked paprika, remaining salt, and plenty of pepper.
3. Spread the vegetables into a single layer with space between them. Crowd the pan and they steam instead of roast. Use two pans if you must.
4. Nestle the chicken thighs skin side up among the vegetables, then tuck the lemon rounds and olives into the gaps.
5. Roast 45 to 50 minutes, until the skin is deep golden and the thickest part of a thigh registers 175 degrees.
6. Let the pan rest 10 minutes before serving. Spoon the pan juices over everything at the table.

SHACK NOTE

One pan, one oven, and enough left over for two lunches. Pull the meat off any leftover thighs and it becomes the filling for the lettuce wraps on the lunch pages.

Make it yours. Sweet potatoes, parsnips, or delicata squash can stand in for the potatoes. Keep the pieces close to the same size so everything finishes together.



Herb-Roasted Chicken Thighs

PHOTOGRAPH TO COME

Overhead of the full sheet pan, edges of the pan in frame, straight from the oven with visible browning and juices. Warm directional light. A striped kitchen towel at one corner.

FILE: photos/herb-roasted-chicken.jpg

Sheet-Pan Salmon with Asparagus

and a bright dill and lemon drizzle

SERVES

4

PREP

15 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

For the pan

4 salmon fillets, about 6 ounces each, skin on

1 pound asparagus, woody ends snapped off

1 pint cherry tomatoes

2 tablespoons extra virgin olive oil

1 teaspoon fine sea salt

1/2 teaspoon garlic powder

Freshly cracked black pepper

1 lemon, halved

For the drizzle

1/4 cup extra virgin olive oil

3 tablespoons fresh dill, chopped

2 tablespoons fresh lemon juice

1 tablespoon fresh chives, minced

1 small garlic clove, grated

1/2 teaspoon raw honey

1/4 teaspoon fine sea salt

METHOD

1. Heat the oven to 425 degrees and line a sheet pan with parchment.
2. Toss the asparagus and tomatoes with 1 tablespoon of the oil, half the salt, and the garlic powder. Spread them to the outer edges of the pan.
3. Pat the salmon dry, rub with the remaining oil, and season with the remaining salt and plenty of pepper. Set the fillets skin side down down the center of the pan.
4. Roast 12 to 15 minutes. The salmon is done when it flakes at the thickest point but the center is still deep coral. Pull it a minute early. It keeps cooking on the hot pan.
5. Whisk all the drizzle ingredients together while the pan is in the oven.
6. Squeeze the lemon halves over the whole pan, spoon the drizzle generously over the salmon, and serve straight from the pan.

SHACK NOTE

Fifteen minutes from cold oven to dinner on the table is the whole point of this one. I make it on the nights when I have been at a client's house until six and nobody has planned anything.

Make it yours. Green beans, broccolini, or sliced zucchini all work in place of the asparagus. Add zucchini in the last 8 minutes only.



Sheet-Pan Salmon with Asparagus

PHOTOGRAPH TO COME

Overhead of the parchment-lined pan, four fillets down the center, green spears and burst tomatoes framing them. Drizzle mid-pour from a small spoon. Cool bright light.

FILE: `photos/sheet-pan-salmon.jpg`

Braised Beef Short Ribs

with rosemary, garlic, and root vegetables

SERVES

6

PREP

25 minutes

COOK

3 hours 30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-POT

INGREDIENTS

5 pounds bone-in beef short ribs
 2 1/2 teaspoons fine sea salt
 3 tablespoons avocado oil
 2 onions, roughly chopped
 4 carrots, cut into 2-inch pieces
 3 celery stalks, chopped
 1 head garlic, halved crosswise
 3 tablespoons tomato paste
 3 cups gluten-free beef broth
 1 cup unsweetened pomegranate or tart cherry juice
 4 sprigs fresh rosemary
 6 sprigs fresh thyme
 2 bay leaves
 1 pound parsnips, cut into chunks
 1 tablespoon apple cider vinegar

METHOD

1. Season the short ribs on all sides with the salt and leave them uncovered in the refrigerator overnight if you can. Dry-brining is what gets you a crust and seasons the meat all the way through.
2. Heat the oven to 325 degrees. Warm the oil in a large Dutch oven over medium-high and brown the ribs on every side, in batches, about 10 minutes per batch. Do not crowd them.
3. Set the ribs aside. Pour off all but 2 tablespoons of fat, then cook the onions, carrots, and celery for 8 minutes.
4. Add the tomato paste and cook 2 minutes until it darkens. Add the garlic halves cut side down.
5. Pour in the broth and the juice and scrape the bottom of the pot clean. Add the herbs and bay leaves.
6. Return the ribs bone side up. The liquid should come about halfway up, no further.
7. Cover and braise 3 hours, adding the parsnips in the last 45 minutes, until the meat gives no resistance to a fork.
8. Lift the ribs out. Skim the fat from the surface, stir in the vinegar, and reduce the sauce over high heat for 8 minutes if it needs it. Spoon it over everything.

SHACK NOTE

Almost every short rib recipe calls for a bottle of red wine. Unsweetened pomegranate or tart cherry juice does the same work: acidity, depth, and a little fruit against the fat. Nobody at my table has ever noticed it was missing.

Make it yours. This is even better made a day ahead. Cool it whole, lift the solidified fat off the top in the morning, and reheat gently. The flavor deepens overnight.



Braised Beef Short Ribs

PHOTOGRAPH TO COME

Three-quarter view of the open Dutch oven, glossy dark ribs with vegetables in the sauce, rosemary sprigs. Steam. Dark moody light, single warm source, deep shadows.

FILE: photos/braised-short-ribs.jpg

Lemon and Herb Roasted Chicken

one bird, one pan, three meals

SERVES

6

PREP

20 minutes

COOK

1 hour 20 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

1 whole pasture-raised chicken, 4 to 5 pounds
 1 tablespoon fine sea salt
 1/4 cup extra virgin olive oil
 2 lemons, one halved, one sliced
 1 head garlic, halved crosswise
 3 tablespoons fresh rosemary, chopped
 2 tablespoons fresh thyme leaves
 1 teaspoon smoked paprika
 2 pounds baby potatoes, halved
 4 carrots, cut into batons
 2 onions, cut into thick wedges
 Freshly cracked black pepper

METHOD

1. Salt the chicken all over, inside and out, and leave it uncovered on a rack in the refrigerator for at least 4 hours and ideally overnight. This dries the skin, which is the only reliable path to crisp skin at home.
2. Take the bird out an hour before roasting. Heat the oven to 425 degrees.
3. Toss the potatoes, carrots, and onions with half the oil, half the herbs, the smoked paprika, and pepper on a large roasting pan.
4. Rub the chicken with the remaining oil and herbs. Stuff the cavity with the halved lemon and the garlic head.
5. Set the chicken breast side up on top of the vegetables and tuck the lemon slices around it.
6. Roast 70 to 85 minutes, until the thickest part of the thigh reads 175 degrees and the juices run clear. Tent with foil if the skin darkens before the bird is done.
7. Rest the chicken on a board for a full 20 minutes before carving. This is not optional. Carving early empties the juice onto the board.
8. Carve and serve over the vegetables with the pan juices spooned over.

SHACK NOTE

Save the carcass. It goes straight into the bone broth on the soup pages, which means one chicken becomes dinner, two lunches of chopped chicken salad, and a gallon of broth. That is how this way of eating stays affordable.

Make it yours. Swap the potatoes for sweet potatoes, fennel wedges, or delicata squash. Keep the pieces the same size so they finish together.



Lemon and Herb Roasted Chicken

PHOTOGRAPH TO COME

Overhead of the whole roasted bird in the pan surrounded by browned vegetables, deeply golden skin, lemon slices caramelized. Warm directional light. Carving fork resting on the pan edge.

FILE: `photos/lemon-herb-roast-chicken.jpg`

Baked Cod with Olives and Tomatoes

capers, garlic, and a great deal of parsley

SERVES

4

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

4 cod fillets, about 6 ounces each
 1 pint cherry tomatoes, halved
 3/4 cup Kalamata olives, torn
 3 tablespoons capers, rinsed
 6 garlic cloves, sliced thin
 1/3 cup extra virgin olive oil
 1/2 cup dry white grape juice or
 gluten-free broth
 1 teaspoon dried oregano
 1/2 teaspoon red pepper flakes
 1 1/4 teaspoons fine sea salt, divided
 1 lemon, half juiced and half sliced
 1 cup flat-leaf parsley, chopped

METHOD

1. Heat the oven to 400 degrees.
2. Combine the tomatoes, olives, capers, garlic, oregano, pepper flakes, olive oil, broth, and half the salt in a baking dish. Roast 12 minutes, until the tomatoes begin to burst.
3. Pat the cod completely dry and season with the remaining salt.
4. Nestle the fillets into the hot tomato mixture and spoon some of the sauce over each one. Lay a lemon slice on top of each fillet.
5. Return to the oven for 12 to 15 minutes, until the fish is opaque and flakes at the thickest point with gentle pressure. Cod goes from perfect to chalky in about two minutes, so check early.
6. Squeeze the lemon half over everything and scatter with the parsley. Serve straight from the dish with plenty of the broth spooned around.

SHACK NOTE

Almost every recipe like this uses white wine. Unsweetened white grape juice with an extra squeeze of lemon does the same job. If you would rather skip both, plain broth works and nobody will complain.

Make it yours. Halibut, haddock, and snapper all work. Thicker fillets need a few more minutes, thinner ones a few less.



Baked Cod with Olives and Tomatoes

PHOTOGRAPH TO COME

Overhead of a white baking dish, four fillets in a red and purple sauce with burst tomatoes and lemon slices, heavy green parsley. Bright natural light, glossy surfaces.

FILE: photos/baked-cod-olive-tomato.jpg

Stuffed Peppers with Beef and Cauliflower Rice

with liver hidden in the filling

SERVES

6

PREP

30 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

NUTRIENT-DENSE

INGREDIENTS

6 large bell peppers, tops cut off and seeded
 1 1/2 pounds grass-fed ground beef
 5 ounces beef liver, frozen
 1 medium head cauliflower, riced in a food processor
 1 onion, diced fine
 4 garlic cloves, minced
 3 tablespoons avocado oil
 2 tablespoons tomato paste
 1 can diced tomatoes, 14 ounces
 2 teaspoons ground cumin
 1 teaspoon smoked paprika
 1 teaspoon dried oregano
 1 3/4 teaspoons fine sea salt
 1/2 cup fresh parsley, chopped
 Fresh cilantro, to serve

METHOD

1. Heat the oven to 375 degrees. Set the peppers upright in a baking dish, cutting a sliver off the bottoms if they will not stand.
2. Grate the frozen liver on the large holes of a box grater directly into a bowl. Frozen, it grates like a hard cheese and disappears into the beef. Thawed, it is a mess. This is the whole technique.
3. Warm the oil in a large skillet. Cook the onion 6 minutes, then add the garlic for 1 minute.
4. Add the ground beef and the grated liver, breaking it up, and cook 8 minutes until no pink remains.
5. Stir in the tomato paste, cumin, smoked paprika, and oregano and cook 2 minutes.
6. Add the riced cauliflower, diced tomatoes, and salt. Cook 6 to 8 minutes, until the cauliflower is tender and most of the liquid has cooked off. Fold in the parsley.
7. Pack the filling into the peppers, mounding it slightly. Add half a cup of water to the bottom of the dish and cover with foil.
8. Bake covered 30 minutes, then uncovered 12 to 15 minutes more, until the peppers are tender and the tops have browned. Finish with cilantro.

SHACK NOTE

This is the recipe I recommend to anyone who wants to start eating organ meats and does not know how. At roughly twenty percent of the meat, the liver adds enormous nutrient density and no detectable flavor. My children have eaten this for years and only found out recently.

***Make it yours.** Start at ten percent liver if you are nervous, and work up. Ground lamb or bison work in place of beef.*



Stuffed Peppers with Beef and Cauliflower Rice

PHOTOGRAPH TO COME

Three-quarter view of the baking dish, six peppers in red, yellow, and orange with browned filling, cilantro scattered. One cut open in the foreground. Warm oven light.

FILE: photos/stuffed-peppers-beef-liver.jpg

Twenty-Minute Ground Beef and Vegetable Skillet

the weeknight when nothing was planned

SERVES

4

PREP

10 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

1 1/2 pounds grass-fed ground beef
 2 tablespoons avocado oil
 1 onion, diced
 1 red bell pepper, diced
 1 zucchini, diced
 4 garlic cloves, minced
 2 teaspoons ground cumin
 1 teaspoon smoked paprika
 1 teaspoon dried oregano
 1 1/2 teaspoons fine sea salt
 1 can diced tomatoes, 14 ounces
 4 cups baby spinach
 Avocado, cilantro, and lime, to serve

METHOD

1. Heat the oil in a large skillet over medium-high. Add the onion and pepper and cook 4 minutes.
2. Add the beef, breaking it into large pieces, and let it sit undisturbed for 3 minutes so it browns rather than steams.
3. Break it up the rest of the way and cook 4 minutes more.
4. Add the zucchini, garlic, cumin, smoked paprika, oregano, and salt and cook 3 minutes.
5. Pour in the tomatoes and simmer 3 minutes to pull it together.
6. Fold in the spinach until it wilts, then serve topped with avocado, cilantro, and a hard squeeze of lime.

SHACK NOTE

This is the recipe I fall back on when it is six o'clock and nothing was decided. It absorbs whatever vegetable is in the drawer, it costs very little, and every one of my children eats it without negotiation.

Make it yours. Ground turkey, lamb, or bison all work. Add a can of drained black beans to stretch it to six.



Twenty-Minute Ground Beef and Vegetable Skillet

PHOTOGRAPH TO COME

Overhead of a cast iron skillet on a trivet, colorful mixture with avocado slices and cilantro on top, lime wedges. Weeknight warmth, kitchen counter visible at the edge.

FILE: photos/ground-beef-veg-skillet.jpg

Sheet-Pan Turkey Meatballs and Broccoli

sage, fennel, and a lemon finish

SERVES

5

PREP

20 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

2 pounds ground turkey
 1/2 cup almond flour
 1 pasture-raised egg
 1/2 onion, grated on a box grater
 4 garlic cloves, minced
 2 tablespoons fresh sage, minced
 1 teaspoon fennel seeds, crushed
 1 3/4 teaspoons fine sea salt, divided
 1/2 teaspoon black pepper
 2 large heads broccoli, cut into florets
 3 tablespoons avocado oil
 1 lemon, half sliced and half juiced
 Red pepper flakes, to finish

METHOD

1. Heat the oven to 425 degrees and line a large sheet pan with parchment.
2. Grate the onion rather than chopping it. The juice goes into the meat and keeps the meatballs from drying out, which is the usual problem with turkey.
3. Mix the turkey, almond flour, egg, grated onion, garlic, sage, fennel, 1 1/4 teaspoons of the salt, and pepper with your hands just until combined.
4. Roll into 24 balls, about golf ball size, with damp hands so they do not stick.
5. Toss the broccoli with the oil and remaining salt and spread it over two-thirds of the pan. Arrange the meatballs on the rest, with the lemon slices tucked between.
6. Roast 22 to 26 minutes, until the meatballs read 165 degrees and the broccoli edges are charred.
7. Squeeze the lemon half over the whole pan and finish with pepper flakes.

SHACK NOTE

Almond flour does exactly what breadcrumbs did in a meatball, which is hold moisture and keep the texture tender. It is ground almonds and nothing else, so there is no label to check.

Make it yours. Freeze the raw rolled meatballs on a sheet pan, then bag them. Roast from frozen, adding 8 minutes. This is the best twenty minutes you can spend on a Sunday.



Sheet-Pan Turkey Meatballs and Broccoli

PHOTOGRAPH TO COME

Overhead of the sheet pan, browned meatballs on one side and charred broccoli on the other, lemon slices caramelized. Straight from the oven, parchment visible.

FILE: `photos/turkey-meatballs-broccoli.jpg`

Chicken and Wild Rice Skillet

with mushrooms, thyme, and spinach

SERVES

5

PREP

15 minutes

COOK

55 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

ONE-PAN

FREEZER

INGREDIENTS

6 boneless chicken thighs, about 2 pounds
 1 1/2 teaspoons fine sea salt, divided
 3 tablespoons avocado oil
 1 onion, diced
 3 celery stalks, diced
 10 ounces cremini mushrooms, sliced
 4 garlic cloves, minced
 1 1/2 cups wild rice, rinsed
 4 cups gluten-free chicken broth
 2 tablespoons fresh thyme leaves
 1 bay leaf
 4 cups baby spinach
 1/3 cup full-fat coconut milk
 Juice of 1 lemon

METHOD

1. Season the chicken with 1 teaspoon of the salt. Brown it skin side down in the oil in a large deep skillet over medium-high, 5 minutes per side, then set it aside.
2. Cook the onion and celery in the same pan 6 minutes, then add the mushrooms and cook 8 minutes until browned.
3. Add the garlic and thyme for 1 minute, then the wild rice, and stir it in the fat for 2 minutes.
4. Pour in the broth, add the bay leaf and remaining salt, and bring to a simmer.
5. Nestle the chicken back in, cover, and cook on low 45 to 50 minutes, until the wild rice has split open and the liquid is mostly absorbed.
6. Take out the bay leaf. Fold in the spinach, coconut milk, and lemon juice and let it stand 5 minutes off the heat before serving.

SHACK NOTE

Wild rice needs far more liquid and far more time than people expect, and it is done when the grains have burst open rather than when they are soft. Start checking at 45 minutes but do not be alarmed if it wants an extra ten.

Make it yours. This freezes well in portions. Add a splash of broth when reheating, since the rice keeps drinking as it sits.



Chicken and Wild Rice Skillet

PHOTOGRAPH TO COME

Overhead of a deep skillet, dark wild rice with browned chicken thighs on top, mushrooms and wilted spinach visible. Rustic, homey, warm side light.

FILE: `photos/chicken-wild-rice-skillet.jpg`

Coconut Curry Chicken with Vegetables

one pot, thirty minutes, lots of sauce

SERVES

5

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-POT

INGREDIENTS

2 pounds boneless chicken thighs, cut into chunks

2 tablespoons coconut oil

1 onion, sliced

5 garlic cloves, minced

2 tablespoons fresh ginger, grated

3 tablespoons certified gluten-free red curry paste

1 tablespoon ground turmeric

2 teaspoons ground cumin

2 cans full-fat coconut milk, 13.5 ounces each

1 cup gluten-free chicken broth

2 carrots, sliced on the bias

1 red bell pepper, sliced

1 head cauliflower, small florets

1 1/2 teaspoons fine sea salt

Juice of 2 limes and a large handful of cilantro

METHOD

1. Warm the coconut oil in a large pot. Brown the chicken in two batches, 4 minutes per batch, and set aside.
2. Cook the onion 5 minutes, then add the garlic and ginger for 1 minute.
3. Add the curry paste, turmeric, and cumin and fry them in the oil for 90 seconds. Blooming the paste in fat rather than dropping it into liquid is what gives the sauce depth.
4. Pour in the coconut milk and broth and bring to a simmer.
5. Return the chicken with the carrots and cook 10 minutes, then add the cauliflower and pepper and cook 8 minutes more, until everything is tender.
6. Take off the heat, stir in the salt and lime juice, and finish with a great deal of cilantro.

SHACK NOTE

Check the curry paste. Most Thai curry pastes are naturally gluten-free, but several common brands add wheat-based thickeners or are packed on shared lines. This is one to buy certified rather than assume.

Make it yours. Serve over quinoa or cauliflower rice. It freezes beautifully; the coconut milk may look separated after thawing but comes back together when warmed and stirred.



Coconut Curry Chicken with Vegetables

PHOTOGRAPH TO COME

Overhead of a wide bowl of golden curry with visible vegetables, cilantro heaped on top, lime wedge. Steam. Rich saturated color, dark background, warm light.

FILE: `photos/coconut-curry-chicken.jpg`

Salmon Cakes with Dill and Lemon

from a can, on the table in twenty-five minutes

SERVES

4

PREP

15 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

UNDER 30 MINUTES

BUDGET

INGREDIENTS

2 cans wild-caught salmon, 14.75 ounces each, drained

2 pasture-raised eggs

2/3 cup almond flour

1/2 onion, grated

2 celery stalks, diced very fine

3 tablespoons fresh dill, chopped

2 tablespoons fresh chives, minced

1 tablespoon certified gluten-free Dijon mustard

Zest of 1 lemon and juice of half

1 teaspoon fine sea salt

1/2 teaspoon black pepper

3 tablespoons avocado oil, for the pan

Lemon wedges and green salad, to serve

METHOD

1. Drain the salmon well and flake it into a bowl. Leave the soft bones in; they mash to nothing and carry a remarkable amount of calcium.
2. Add everything except the oil and mix with a fork until it just holds together when pressed.
3. Form into 8 patties about three-quarters of an inch thick and chill 10 minutes. This is the step that keeps them from falling apart in the pan.
4. Heat the oil in a skillet over medium until it shimmers.
5. Cook the cakes 4 to 5 minutes per side without moving them, until a deep golden crust forms. Flip once and only once.
6. Drain briefly on a rack, not on paper, so the crust stays crisp. Serve with lemon wedges and a green salad.

SHACK NOTE

Two cans of wild salmon in the pantry is a dinner you can make on a night when the refrigerator is empty and the store is closed. It is also one of the least expensive ways to get real omega-3 into a family.

Make it yours. Freeze the formed raw patties between parchment squares and cook from frozen over slightly lower heat, adding three minutes per side.



Salmon Cakes with Dill and Lemon

PHOTOGRAPH TO COME

Close three-quarter view in a skillet, golden-crusted cakes with visible dill flecks, lemon wedges beside. One broken open showing the interior. Warm side light.

FILE: `photos/salmon-cakes-dill.jpg`

Beef and Broccoli Stir-Fry

with coconut aminos and fresh ginger

SERVES

4

PREP

20 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 30 MINUTES

INGREDIENTS

For the stir-fry

1 1/2 pounds flank steak, sliced thin
against the grain

3 tablespoons avocado oil, divided

2 large heads broccoli, small florets

1 red bell pepper, sliced

5 garlic cloves, minced

2 tablespoons fresh ginger, grated

4 scallions, cut into 2-inch lengths

For the sauce

1/2 cup coconut aminos

1/4 cup gluten-free beef broth

1 tablespoon raw honey

2 teaspoons arrowroot starch

1 teaspoon toasted sesame oil

1/2 teaspoon red pepper flakes

METHOD

1. Freeze the steak for 20 minutes before slicing. Half-frozen beef cuts into paper-thin slices that no amount of knife skill will get you from room-temperature meat.
2. Whisk all the sauce ingredients together, making sure the arrowroot fully dissolves.
3. Heat 2 tablespoons of oil in a large skillet or wok over the highest heat you have until it smokes.
4. Sear the beef in two batches, 90 seconds per batch, and set aside. Crowding the pan is what turns a stir-fry gray.
5. Add the remaining oil, then the broccoli and pepper, and cook 4 minutes with a splash of water to steam them through.
6. Add the garlic and ginger for 30 seconds, return the beef, pour in the sauce, and toss 90 seconds until it thickens and coats everything.
7. Fold in the scallions and serve immediately.

SHACK NOTE

Coconut aminos is the whole reason this recipe exists. Soy sauce is brewed with wheat and even tamari deserves a label check, but coconut aminos is made from coconut sap, tastes slightly sweeter, and needs no extra sugar in a stir-fry sauce.

Make it yours. Serve over quinoa or cauliflower rice. Chicken thighs work with the same method and about 4 minutes of cooking.



Beef and Broccoli Stir-Fry

PHOTOGRAPH TO COME

Overhead of a wok or dark skillet, glossy beef and bright green broccoli, scallions on top, visible sauce sheen. Steam. High contrast, dramatic side light.

FILE: photos/beef-broccoli-stirfry.jpg

Almond-Crusted Halibut

with herbs, lemon, and a crisp top

SERVES

4

PREP

15 minutes

COOK

18 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

ONE-PAN

UNDER 45 MINUTES

INGREDIENTS

4 halibut fillets, about 6 ounces each
 3/4 cup almond flour
 1/3 cup sliced almonds, crushed lightly
 3 tablespoons fresh parsley, minced
 1 tablespoon fresh dill, minced
 2 garlic cloves, grated
 Zest of 1 lemon
 3 tablespoons extra virgin olive oil
 1 tablespoon certified gluten-free Dijon mustard
 1 1/4 teaspoons fine sea salt, divided
 1/2 teaspoon black pepper
 1 pound asparagus or green beans
 Lemon wedges, to serve

METHOD

1. Heat the oven to 400 degrees and line a sheet pan with parchment.
2. Combine the almond flour, crushed almonds, parsley, dill, garlic, lemon zest, 2 tablespoons of the olive oil, half the salt, and the pepper. It should clump when squeezed.
3. Pat the halibut completely dry and season with the remaining salt.
4. Brush the top of each fillet with a thin layer of mustard, which is the glue that holds the crust on.
5. Press the almond mixture firmly onto each fillet in a thick even layer.
6. Toss the asparagus with the remaining oil and arrange it around the fish on the pan.
7. Bake 15 to 18 minutes, until the crust is golden and the fish flakes at the thickest point. If the crust needs color, give it 90 seconds under the broiler and do not walk away.

SHACK NOTE

Almond flour makes a better crust than breadcrumbs ever did. It browns faster, it tastes of something, and it stays crisp longer. The thin layer of mustard underneath is what keeps the whole crust from sliding off when you serve it.

Make it yours. Cod, haddock, or salmon all work. Reduce the time by 3 minutes for thinner fillets.



Almond-Crusted Halibut

PHOTOGRAPH TO COME

Three-quarter view of the sheet pan, four golden-crusted fillets with green asparagus alongside, lemon wedges. Crust texture clearly visible. Bright natural light.

FILE: `photos/almond-crusted-halibut.jpg`

Turkey Taco Skillet

with cauliflower rice and everything on top

SERVES

5

PREP

15 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

2 pounds ground turkey
 3 tablespoons avocado oil
 1 onion, diced
 1 green bell pepper, diced
 4 garlic cloves, minced
 2 tablespoons ground cumin
 1 tablespoon chili powder
 2 teaspoons smoked paprika
 1 teaspoon dried oregano
 1/2 teaspoon ground coriander
 1 3/4 teaspoons fine sea salt
 1 can diced tomatoes with green chiles,
 10 ounces
 1 head cauliflower, riced
 1 can black beans, drained
 Avocado, lime, cilantro, and shredded
 lettuce, to serve

METHOD

1. Heat the oil in a large skillet. Cook the onion and pepper 5 minutes.
2. Add the turkey and cook 8 minutes, breaking it up, until no pink remains and some of it has browned.
3. Add the garlic and all the spices and salt and cook 90 seconds, until the pan smells like a taqueria.
4. Stir in the tomatoes and the riced cauliflower and cook 6 to 8 minutes, until the cauliflower is tender and the liquid has cooked away.
5. Fold in the black beans and warm through.
6. Set the whole skillet on the table with bowls of avocado, lime, cilantro, and lettuce and let everyone build their own.

SHACK NOTE

Making your own taco seasoning takes ninety seconds and removes a real question. Most packet seasonings use wheat flour as the anti-caking agent and thickener, and it is rarely obvious from the front of the package.

***Make it yours.** Ground beef, chicken, or lentils all work. Serve in butter lettuce cups for something the children can hold.*



Turkey Taco Skillet

PHOTOGRAPH TO COME

Overhead of a cast iron skillet surrounded by small bowls of toppings, colorful and abundant, family-style. Bright even light, busy and warm, hands reaching in.

FILE: `photos/turkey-taco-skillet.jpg`

Stuffed Zucchini Boats

with herbed turkey and roasted tomato

SERVES

4

PREP

20 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

KID-FRIENDLY

INGREDIENTS

4 large zucchini, halved lengthwise
 1 1/2 pounds ground turkey
 3 tablespoons extra virgin olive oil
 1 onion, diced fine
 4 garlic cloves, minced
 1 pint cherry tomatoes, halved
 2 teaspoons dried oregano
 1 teaspoon dried basil
 1/2 teaspoon fennel seeds, crushed
 1 1/2 teaspoons fine sea salt
 1/4 teaspoon red pepper flakes
 1/2 cup fresh basil, torn
 1/3 cup pine nuts, toasted

METHOD

1. Heat the oven to 400 degrees. Scoop the seeds and some flesh from each zucchini half with a spoon, leaving a quarter-inch wall. Chop the scooped flesh and keep it.
2. Salt the hollowed boats lightly and set them cut side down on a towel for 15 minutes to draw out water. Wet boats make a soupy dish.
3. Warm the oil in a skillet. Cook the onion 5 minutes, add the garlic for 1 minute, then the turkey, and cook 8 minutes.
4. Add the reserved chopped zucchini, tomatoes, oregano, dried basil, fennel, salt, and pepper flakes. Cook 6 minutes, until most of the liquid has cooked off.
5. Arrange the boats cut side up in a baking dish and pack the filling in generously.
6. Bake 25 to 30 minutes, until the zucchini is tender when pierced and the tops have browned.
7. Finish with torn basil and toasted pine nuts.

SHACK NOTE

Assemble these entirely the day before and refrigerate them in the dish. Bake straight from cold, adding about ten minutes. It is one of the few make-ahead dinners that comes out of the oven looking like you tried.

Make it yours. Large bell peppers or halved summer squash work the same way. Ground beef or lamb in place of turkey.



Stuffed Zucchini Boats

PHOTOGRAPH TO COME

Overhead of a baking dish with eight boats, browned filling mounded high, basil and pine nuts scattered. Bright green zucchini edges. Fresh, colorful, even light.

FILE: `photos/stuffed-zucchini-boats.jpg`

Millet Polenta with Mushrooms

seared golden, topped with thyme and garlic

SERVES

4

PREP

20 minutes, plus chilling

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

For the polenta

1 cup millet

3 cups gluten-free vegetable broth

3 garlic cloves, grated

1/4 cup nutritional yeast

2 tablespoons olive oil

1 1/4 teaspoons fine sea salt

For the mushrooms

1 pound mixed mushrooms, torn

3 tablespoons olive oil

4 garlic cloves, sliced

2 tablespoons fresh thyme leaves

1 tablespoon balsamic vinegar

3/4 teaspoon fine sea salt

Fresh parsley and cracked pepper

METHOD

1. Toast the millet dry for 3 minutes, then add the broth, garlic, and salt and simmer uncovered 25 to 30 minutes, stirring often, until thick and creamy.
2. Stir in the nutritional yeast and olive oil, then pour into an oiled 8-inch pan and smooth the top.
3. Chill at least 2 hours, until firm enough to cut cleanly. It sets exactly like polenta and can be made two days ahead.
4. Cut into squares or wedges and sear in a hot oiled skillet 4 minutes per side, until a golden crust forms. Do not move them while they cook.
5. In another pan, cook the mushrooms in the oil over high heat for 8 minutes without stirring much, until deeply browned.
6. Add the garlic, thyme, and salt for 1 minute, then the balsamic vinegar, and toss.
7. Pile the mushrooms over the seared millet and finish with parsley and pepper.

SHACK NOTE

Millet sets firm because of its starch, exactly the way cornmeal polenta does, which makes it a completely different food on day two than it was on day one. This is the recipe that convinced me millet was worth learning.

Make it yours. *Serve the creamy version straight from the pot if you do not want to wait, with the mushrooms spooned over.*



Millet Polenta with Mushrooms

PHOTOGRAPH TO COME

Three-quarter view of golden seared squares on a dark plate, dark glossy mushrooms heaped on top, thyme scattered. Dramatic side light, rich earthy palette.

FILE: [photos/millet-polenta-mushrooms.jpg](#)

Vegetable Fried Rice

with coconut aminos and yesterday's rice

SERVES

4

PREP

15 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

ONE-PAN

UNDER 30 MINUTES

INGREDIENTS

4 cups cooked jasmine rice, cold from the refrigerator

3 tablespoons avocado oil, divided

3 pasture-raised eggs, beaten

1 onion, diced

2 carrots, diced small

1 cup frozen peas

1 red bell pepper, diced

4 garlic cloves, minced

1 tablespoon fresh ginger, grated

1/3 cup coconut aminos

2 teaspoons toasted sesame oil

1 teaspoon fine sea salt

5 scallions, sliced thin

Sesame seeds and chili oil, to finish

METHOD

1. Use rice that has been cooked and refrigerated at least overnight. Fresh warm rice will steam into mush the moment it hits the pan, and cold rice is the entire secret to fried rice.
2. Heat 1 tablespoon of oil in a large skillet over high heat. Scramble the eggs quickly, break them up, and set aside.
3. Add the remaining oil, then the onion, carrots, and pepper, and cook 5 minutes over high heat.
4. Add the garlic and ginger for 30 seconds.
5. Add the cold rice and press it into the pan. Let it sit undisturbed for 2 minutes so the bottom crisps, then toss and repeat once.
6. Add the peas, coconut aminos, sesame oil, and salt and toss 2 minutes.
7. Fold in the eggs and scallions and finish with sesame seeds and chili oil.

SHACK NOTE

Cooking rice, cooling it fully, and then using it the next day also converts some of its starch into resistant starch, which behaves more like fiber than sugar. The technique that makes better fried rice happens to make it a gentler bowl too.

***Make it yours.** Add shredded chicken or leftover beef. Cooked millet or quinoa both fry well using the same cold method.*



Vegetable Fried Rice

PHOTOGRAPH TO COME

Overhead of a dark skillet, glossy rice with visible peas, carrot, and egg, scallions heaped on top, sesame seeds. High contrast, steam, dramatic side light.

FILE: `photos/vegetable-fried-rice.jpg`

Stuffed Cabbage Rolls

beef, rice, and dill in a slow tomato sauce

SERVES

6

PREP

40 minutes

COOK

1 hour 30 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

FREEZER

MAKE-AHEAD

INGREDIENTS

For the rolls

- 1 large head green cabbage
- 1 1/2 pounds grass-fed ground beef
- 1 1/2 cups cooked rice, cooled
- 1 onion, grated
- 4 garlic cloves, minced
- 1/2 cup fresh dill, chopped
- 1 pasture-raised egg
- 1 3/4 teaspoons fine sea salt

For the sauce

- 2 cans crushed tomatoes, 28 ounces each
- 3 tablespoons olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 tablespoons raw honey
- 2 tablespoons apple cider vinegar
- 1 teaspoon smoked paprika and 1 teaspoon salt

METHOD

1. Core the cabbage, then lower the whole head into a large pot of boiling water for 4 minutes. Peel off the softened outer leaves as they loosen and return the head for more. This is far easier than blanching leaves one at a time.
2. Shave down the thick rib on each leaf with a paring knife so it rolls without tearing.
3. Mix the beef, cooled rice, grated onion, garlic, dill, egg, and salt with your hands just until combined.
4. Warm the oil in a pot and cook the diced onion 6 minutes, add the garlic, then the tomatoes, honey, vinegar, smoked paprika, and salt. Simmer 10 minutes.
5. Spoon a third of the sauce into a large baking dish. Roll about a third of a cup of filling in each leaf, tucking the sides in, and set them seam side down in the dish.
6. Pour the remaining sauce over, cover tightly with foil, and bake at 350 degrees for 75 to 90 minutes.
7. Rest 15 minutes before serving and spoon plenty of sauce over each roll.

SHACK NOTE

This is a Sunday afternoon and it is worth every minute of it. It also freezes better than almost anything else in this book, either assembled and raw or fully cooked, and it feeds a crowd for very little money.

Make it yours. Cooked millet or quinoa work in place of the rice. Ground lamb or turkey both work in place of beef.



Stuffed Cabbage Rolls

PHOTOGRAPH TO COME

Three-quarter view of a baking dish of rolls in deep red sauce, one cut open showing the filling, fresh dill scattered. Rustic, generous, warm low light.

FILE: photos/stuffed-cabbage-rolls.jpg

Saffron Rice with Chicken and Peppers

one pan, a crisp bottom, and no stirring

SERVES

6

PREP

25 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

ONE-PAN

SUNDAY DINNER

INGREDIENTS

8 bone-in, skin-on chicken thighs
 2 teaspoons fine sea salt, divided
 1/4 cup olive oil
 1 onion, diced
 2 red bell peppers, sliced
 6 garlic cloves, minced
 2 teaspoons smoked paprika
 1 teaspoon ground cumin
 1/2 teaspoon saffron threads, crushed
 2 cups short-grain rice, rinsed and parboiled
 4 cups gluten-free chicken broth, hot
 1 cup green beans, cut into pieces
 1 cup frozen peas
 Lemon wedges and parsley, to serve

METHOD

1. Rinse the rice until the water runs clear, then boil it in plenty of water for 4 minutes and drain. See the rice page for why this step is here.
2. Season the chicken with 1 1/2 teaspoons of the salt and brown it skin side down in the oil in a wide shallow pan for 7 minutes, then set aside.
3. Cook the onion and peppers in the same pan 8 minutes, then add the garlic, smoked paprika, cumin, and saffron for 1 minute.
4. Steep the crushed saffron in a few tablespoons of the hot broth for five minutes before it goes in. It draws out far more color and aroma than dropping the threads in dry.
5. Add the rice and stir once to coat, then pour in the hot broth and remaining salt and spread everything level.
6. Nestle the chicken back in skin side up and do not stir again from this point. Stirring is what turns this into risotto instead.
7. Simmer uncovered 20 minutes, scatter the green beans and peas over, and cook 8 minutes more until the liquid is gone.
8. Turn the heat to high for 90 seconds to crisp the bottom, then rest 10 minutes off the heat and serve with lemon and parsley.

SHACK NOTE

The crisp layer at the bottom of the pan is the best part and it is called socarrat. Listen for a faint crackle in the last minute and pull it before it smells like burning. It takes a batch or two to learn the sound.

Make it yours. Chorizo is traditional and most contains wheat; check the label or leave it out. Add clams or shrimp only if they are on your list.



Saffron Rice with Chicken and Peppers

PHOTOGRAPH TO COME

Overhead of a wide shallow pan of golden rice with browned chicken thighs, green peas and beans, lemon wedges around the edge. Warm rich light, family-style.

FILE: photos/saffron-rice-chicken.jpg

Beef Heart Kebabs with Chimichurri

the gateway organ meat, and it tastes like steak

SERVES

4

PREP

25 minutes, plus 4 hours marinating

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

NUTRIENT-DENSE

INGREDIENTS

For the kebabs

2 pounds beef heart, trimmed and cut into 1 1/2-inch cubes

1/4 cup extra virgin olive oil

3 tablespoons red wine vinegar

5 garlic cloves, grated

2 teaspoons ground cumin

1 teaspoon smoked paprika

1 1/2 teaspoons fine sea salt

2 red onions, cut into wedges

2 bell peppers, cut into squares

For the chimichurri

1 1/2 cups flat-leaf parsley, packed

1/2 cup cilantro and 3 tablespoons fresh oregano

4 garlic cloves

2/3 cup extra virgin olive oil

1/4 cup red wine vinegar

1 teaspoon fine sea salt and 1/2 teaspoon red pepper flakes

METHOD

1. Trim the heart carefully: remove the tough outer silverskin, any hard white fat, and the sinew inside the chambers. What remains is a deep red, lean muscle that looks and behaves like steak.
2. Whisk the oil, vinegar, garlic, cumin, smoked paprika, and salt together and toss the cubes in it. Marinate at least 4 hours, ideally overnight. The acid tenderizes and the marinade seasons all the way in.
3. Chop all the chimichurri ingredients by hand for the best texture, or pulse in a processor no more than eight times. Let it sit at least 30 minutes before serving.
4. Thread the heart onto skewers, alternating with onion wedges and pepper squares.
5. Grill over high heat, or broil, 3 to 4 minutes per side. Heart is very lean and must be served medium-rare. Cooked through it turns tough and livery, which is exactly what people fear.
6. Rest 5 minutes and serve with the chimichurri spooned generously over.

SHACK NOTE

Beef heart is the organ to start with. It is a working muscle rather than a filtering organ, and it tastes almost exactly like a lean, slightly mineral steak. It also costs a fraction of what steak costs, because so few people ask for it. Order it from a farmer or a real butcher.

Make it yours. *The chimichurri belongs on everything: roast chicken, grilled salmon, sheet-pan vegetables, or the short ribs a few pages back.*



Beef Heart Kebabs with Chimichurri

PHOTOGRAPH TO COME

Close three-quarter view of skewers on a dark grill or board, charred edges, deep pink interior visible on one cut cube, green chimichurri spooned over. Dramatic side light.

FILE: `photos/beef-heart-kebabs.jpg`



SECTION SEVEN

DESSERTS

Every dessert here is sweetened with fruit, honey, pure maple syrup, or whole leaf stevia. Not one of them contains refined sugar or flour of any kind. They are still dessert. Your family will not be conducting an investigation.

IN THIS SECTION

Date-Sweetened Chocolate Mousse

Honey-Roasted Peaches with Cinnamon

Flourless Almond and Orange Cake

Frozen Banana and Cacao Nice Cream

Berry and Coconut Cream Parfait

Baked Apples Stuffed with Dates and Walnuts

No-Bake Chocolate Almond Butter Bites

Maple Pecan Bars

Frozen Berry Yogurt Bark

No-Bake Oat and Date Bars

Apple Crisp with Oat and Pecan Topping

Honey Coconut Macaroons

Pears Poached in Spiced Cider

Grain-Free Chocolate Chunk Cookies

Dark Chocolate Bark

Date-Sweetened Chocolate Mousse

made from avocado, and nobody will guess

SERVES

6

PREP

15 minutes

COOK

None, plus 2 hours chilling

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

3 large ripe avocados
 10 Medjool dates, pitted and soaked in hot water 15 minutes
 2/3 cup raw cacao powder
 1/2 cup full-fat coconut milk
 2 tablespoons pure maple syrup
 2 teaspoons pure vanilla extract
 1/2 teaspoon fine sea salt
 1/4 teaspoon ground cinnamon
 Fresh raspberries and cacao nibs, to finish

METHOD

1. Drain the dates but keep 1/4 cup of their soaking water.
2. Put the avocado flesh, dates, cacao, coconut milk, maple syrup, vanilla, salt, and cinnamon in a food processor.
3. Run it for a full 3 minutes. Stop twice to scrape down the sides and the bottom. Under-processing is the only way this recipe fails, and it fails as green flecks in a brown mousse.
4. Add the reserved date water a tablespoon at a time if the mousse is stiffer than soft-serve.
5. Taste. It should be deeply chocolate with a faint sweetness that arrives late. Add another date if your family likes things sweeter.
6. Spoon into small glasses and chill at least 2 hours. The avocado flavor recedes entirely as it sits.
7. Finish with raspberries and cacao nibs.

SHACK NOTE

Serve this in small glasses. It is rich enough that a half cup satisfies completely, and the small portion is what keeps a fruit-sweetened dessert from turning into a sugar experience by volume.

***Make it yours.** Whole leaf stevia powder can replace the maple syrup entirely. Start with an eighth of a teaspoon, blend, then taste before adding more.*



Date-Sweetened Chocolate Mousse

PHOTOGRAPH TO COME

*Side view of small glasses on a dark wooden board, one with a spoonful lifted out.
Raspberries and nibs on top. Moody low-key lighting, deep shadows, single light source.*

FILE: photos/chocolate-avocado-mousse.jpg

Honey-Roasted Peaches with Cinnamon

and toasted pecans over coconut cream

SERVES

6

PREP

10 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

INGREDIENTS

6 ripe but firm freestone peaches, halved and pitted

3 tablespoons raw honey, warmed slightly

1 tablespoon fresh lemon juice

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

Pinch of fine sea salt

2/3 cup raw pecan halves

1 can full-fat coconut milk, chilled overnight

1 teaspoon pure vanilla extract

Fresh mint or basil leaves, to finish

METHOD

1. Chill the can of coconut milk overnight without shaking it. This is not optional and it cannot be rushed.
2. Heat the oven to 400 degrees. Whisk the honey, lemon juice, cinnamon, nutmeg, and salt together.
3. Set the peach halves cut side up in a baking dish and brush the honey mixture generously over the cut faces.
4. Roast 20 to 25 minutes, basting once with the syrup that collects in the dish, until the peaches are tender and the edges have caramelized.
5. Toast the pecans on a separate small pan for the last 7 minutes of roasting, then chop them roughly.
6. Open the chilled can without tipping it and scoop only the thick cream from the top into a bowl, leaving the watery liquid behind. Whip with the vanilla for 2 minutes until light.
7. Spoon the coconut cream into shallow bowls, set two peach halves on top, drizzle with the pan syrup, and finish with pecans and torn mint.

SHACK NOTE

In the winter, this works with pears or with halved apples given ten extra minutes. In August, when the Utah peaches come in and the whole valley smells like it, this is the only dessert I make.

***Make it yours.** Pure maple syrup can replace the honey for a vegan version, and walnuts or pistachios stand in for pecans.*



Honey-Roasted Peaches with Cinnamon

PHOTOGRAPH TO COME

Three-quarter view of a shallow ceramic bowl, golden peach halves on white cream, syrup pooling. Warm late-afternoon light, long soft shadows, a few whole peaches behind.

FILE: photos/roasted-peaches.jpg

Flourless Almond and Orange Cake

sweetened with honey, made from whole almonds

SERVES

10

PREP

20 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

INGREDIENTS

2 1/2 cups almond flour, finely ground

6 pasture-raised eggs, separated

2/3 cup raw honey, warmed slightly

Zest of 2 oranges

1/2 cup fresh orange juice

1/3 cup extra virgin olive oil

2 teaspoons pure vanilla extract

1 1/2 teaspoons ground cinnamon

1/2 teaspoon fine sea salt

1 teaspoon baking soda

1 tablespoon apple cider vinegar

1/3 cup sliced almonds

Orange slices and honey, to serve

METHOD

1. Heat the oven to 325 degrees. Line the bottom of a 9-inch springform pan with parchment and oil the sides.
2. Whisk the egg yolks, honey, orange zest, orange juice, olive oil, and vanilla together until smooth.
3. Stir in the almond flour, cinnamon, salt, and baking soda.
4. In a clean, completely dry bowl, beat the egg whites with the vinegar to firm peaks. Any trace of fat or yolk will keep them from whipping, so wipe the bowl with vinegar first if you are unsure.
5. Fold a third of the whites into the batter to loosen it, then fold in the rest in two additions. Fold, do not stir. Those whites are the only thing lifting this cake.
6. Pour into the pan, scatter the sliced almonds over the top, and bake 45 to 55 minutes, until deeply golden and a skewer comes out clean.
7. Cool completely in the pan before releasing the ring. A warm flourless cake will collapse and tear.
8. Serve with orange slices and a thread of honey.

SHACK NOTE

Almond flour is nothing but ground almonds, which is why this belongs in a book with no flour in it. Buy blanched and finely ground for a tender crumb; almond meal with the skins left on makes a heavier, more rustic cake that is also very good, just different.

Make it yours. Lemon zest and juice make a sharper version. Pure maple syrup can replace the honey measure for measure.



Flourless Almond and Orange Cake

PHOTOGRAPH TO COME

Three-quarter view of the whole cake on a cake stand with one slice cut and pulled slightly forward, golden top with almonds, orange slices beside. Soft natural light, warm tones.

FILE: [photos/flourless-almond-orange-cake.jpg](#)

Frozen Banana and Cacao Nice Cream

four ingredients, five minutes, no ice cream maker

SERVES

4

PREP

5 minutes, plus freezing

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

5 very ripe bananas, peeled, sliced, and frozen solid

1/3 cup raw cacao powder

1/4 cup full-fat coconut milk

2 tablespoons almond butter

1 teaspoon pure vanilla extract

1/2 teaspoon fine sea salt

2 Medjool dates, pitted, optional

Cacao nibs and flaky salt, to finish

METHOD

1. Freeze the banana slices in a single layer on a sheet pan for at least 4 hours, then bag them. Frozen in a lump, they will not blend.
2. Put the frozen bananas in a food processor and run it. For the first minute it will look like gravel and sound alarming. Keep going.
3. At about the two minute mark it suddenly turns creamy. This transition always happens and it always seems like it will not.
4. Add the cacao, coconut milk, almond butter, vanilla, salt, and dates if using. Process 60 seconds more until glossy.
5. Serve immediately for soft-serve texture, or freeze 2 hours for scoopable.
6. Finish with cacao nibs and a pinch of flaky salt.

SHACK NOTE

The riper the bananas the better this is. Wait until they are heavily freckled and almost too soft to eat before freezing, which is also the perfect use for the bunch nobody got to in time.

Make it yours. Frozen mango and lime make a bright tropical version. Frozen wild blueberries with a splash of lemon make it purple and tart.



Frozen Banana and Cacao Nice Cream

PHOTOGRAPH TO COME

Close overhead of two small bowls with scoops, dark chocolate color, cacao nibs and flaky salt visible, a metal scoop resting beside. Cold light, condensation on the bowl.

FILE: `photos/banana-cacao-nice-cream.jpg`

Berry and Coconut Cream Parfait

layered in a glass, sweetened with maple

SERVES

6

PREP

20 minutes, plus overnight chilling

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the cream

2 cans full-fat coconut milk, chilled overnight

2 tablespoons pure maple syrup

2 teaspoons pure vanilla extract

Pinch of fine sea salt

For the berries and crumble

4 cups mixed berries

2 tablespoons raw honey

1 tablespoon fresh lemon juice

1 cup raw pecans

1/2 cup unsweetened coconut flakes

3 Medjool dates, pitted

1/2 teaspoon ground cinnamon

Pinch of fine sea salt

METHOD

1. Chill the coconut milk cans overnight, upright and undisturbed. Skip this and there is no recipe.
2. Simmer half the berries with the honey and lemon juice for 8 minutes, mashing lightly, until syrupy. Cool completely.
3. Pulse the pecans, coconut flakes, dates, cinnamon, and salt in a food processor until it holds together in clumps but still has crunch. Six or seven pulses.
4. Open the chilled cans without tipping them, scoop only the thick cream off the top, and leave the watery liquid behind. Whip with the maple syrup, vanilla, and salt for 2 to 3 minutes until it holds a soft peak.
5. Layer in six glasses: crumble, cream, cooked berries, fresh berries, and repeat.
6. Finish with crumble and a few whole berries. Serve within an hour so the crumble stays crisp.

SHACK NOTE

Different brands of coconut milk separate very differently. Look for one with no gums or emulsifiers in the ingredient list, because those are added specifically to keep it from separating, which is precisely what you need it to do.

Make it yours. Roasted peaches from a few pages back work in place of the berries in late summer.



Berry and Coconut Cream Parfait

PHOTOGRAPH TO COME

Straight-on side view of glasses on a marble surface, distinct layers of white cream, dark berries, golden crumble. Backlit, bright and clean, one glass slightly forward.

FILE: `photos/berry-coconut-parfait.jpg`

Baked Apples Stuffed with Dates and Walnuts

cinnamon, cardamom, and a splash of cider

SERVES

6

PREP

20 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

6 firm baking apples, Honeycrisp or Braeburn
 8 Medjool dates, pitted and chopped
 3/4 cup raw walnuts, chopped
 1/3 cup unsweetened coconut flakes
 2 tablespoons raw honey
 1 1/2 teaspoons ground cinnamon
 1/2 teaspoon ground cardamom
 1/4 teaspoon ground nutmeg
 1/2 teaspoon fine sea salt
 2 tablespoons coconut oil, melted
 1 cup unsweetened apple cider
 Juice of 1/2 lemon
 Whipped coconut cream, to serve

METHOD

1. Heat the oven to 375 degrees.
2. Core each apple from the top, going about three-quarters of the way down but not through the bottom. A melon baller does this best. Leave the walls at least half an inch thick or they will collapse.
3. Score a shallow ring through the skin around the middle of each apple. This lets it expand instead of splitting open.
4. Combine the dates, walnuts, coconut flakes, honey, spices, salt, and melted coconut oil.
5. Pack the filling into the apples, mounding it over the top.
6. Set them in a baking dish, pour the cider and lemon juice around them, and bake 40 to 50 minutes, basting twice, until tender when pierced but still holding their shape.
7. Spoon the reduced cider from the dish over each apple and serve warm with whipped coconut cream.

SHACK NOTE

Use a firm baking apple. A softer variety will slump into applesauce in the dish, which tastes fine and looks like a failure. The scored ring around the middle is a small thing that saves the presentation every time.

Make it yours. Firm pears work beautifully and need about ten minutes less. Pecans in place of walnuts, dried figs in place of dates.



Baked Apples Stuffed with Dates and Walnuts

PHOTOGRAPH TO COME

Three-quarter view in a ceramic baking dish, six apples with mounded golden filling, syrupy cider in the bottom of the dish. Warm low light, autumn palette, steam rising.

FILE: photos/stuffed-baked-apples.jpg

No-Bake Chocolate Almond Butter Bites

from the freezer, in under a minute

SERVES

Makes 24

PREP

20 minutes

COOK

None, plus freezing

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

1 1/2 cups Medjool dates, pitted
 1 cup raw almonds
 1/2 cup unsweetened almond butter
 1/3 cup raw cacao powder
 1/4 cup ground flaxseed
 2 tablespoons coconut oil, melted
 2 teaspoons pure vanilla extract
 3/4 teaspoon fine sea salt
 1/3 cup cacao nibs
 Unsweetened shredded coconut, for rolling

METHOD

1. Soak the dates in hot water 10 minutes if they are dry, then drain thoroughly and pat them.
2. Pulse the almonds in a food processor until they are coarse crumbs with some texture left.
3. Add the dates, almond butter, cacao, flaxseed, coconut oil, vanilla, and salt. Run 90 seconds, until the mixture rolls into a ball against the side of the bowl.
4. Pulse in the cacao nibs three times so they stay whole.
5. Roll into 24 balls with damp hands, then roll each through shredded coconut.
6. Freeze on a sheet pan for 1 hour, then store in a bag in the freezer. Eat straight from frozen; they are never rock hard.

SHACK NOTE

These live in my freezer permanently. They are what stands between a child and the pantry at four in the afternoon, and they are made entirely of dates, nuts, and cacao. Two is a serving and two is genuinely enough.

Make it yours. Sunflower seed butter and sunflower seeds make a nut-free version for a school bag.



No-Bake Chocolate Almond Butter Bites

PHOTOGRAPH TO COME

Close overhead of bites on parchment, dark brown rolled in white coconut, one cut in half showing the dense interior with cacao nibs. Cool light, high texture detail.

FILE: `photos/freezer-chocolate-bites.jpg`

Maple Pecan Bars

on an almond shortbread base, no corn syrup

SERVES

16

PREP

20 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

HOLIDAY

INGREDIENTS

For the base

2 cups almond flour

1/3 cup coconut oil, melted

3 tablespoons pure maple syrup

1/2 teaspoon fine sea salt

1 teaspoon pure vanilla extract

For the topping

3 cups pecan halves

3/4 cup pure maple syrup

1/3 cup coconut oil

2 pasture-raised eggs

2 teaspoons pure vanilla extract

1 1/2 teaspoons ground cinnamon

3/4 teaspoon fine sea salt

Flaky sea salt, to finish

METHOD

1. Heat the oven to 350 degrees. Line a 9 by 9 pan with parchment, leaving overhang on two sides as handles.
2. Mix the base ingredients until they clump, press firmly and evenly into the pan, and bake 15 minutes until just golden.
3. Warm the maple syrup and coconut oil together until fluid, then cool for 5 minutes. Adding hot syrup to eggs will scramble them.
4. Whisk in the eggs, vanilla, cinnamon, and salt until smooth.
5. Scatter the pecans over the warm base and pour the maple mixture over them evenly.
6. Bake 25 to 30 minutes, until the center is set and no longer sloshes when you tilt the pan.
7. Cool completely in the pan, then chill 2 hours before lifting out and cutting. Warm bars will not cut cleanly and will fall apart on you.

SHACK NOTE

Traditional pecan pie is built on corn syrup and a wheat crust. This is neither, and it holds together far better than a slice of pie on a crowded dessert table. Cut it small; it is rich.

Make it yours. Walnuts work in place of pecans. Cut the bars and freeze them layered between parchment for up to three months.



Maple Pecan Bars

PHOTOGRAPH TO COME

Overhead of cut bars on parchment, glossy pecan tops with flaky salt, one bar turned on its side showing the layers. Warm holiday light, rich amber tones.

FILE: photos/maple-pecan-bars.jpg

Frozen Berry Yogurt Bark

coconut yogurt, honey, and whatever fruit you have

SERVES

8

PREP

15 minutes

COOK

None, plus 4 hours freezing

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

NO-BAKE

INGREDIENTS

3 cups unsweetened coconut yogurt with live cultures

3 tablespoons raw honey

2 teaspoons pure vanilla extract

1/4 teaspoon fine sea salt

1 1/2 cups mixed berries, halved if large

1/3 cup pistachios, chopped

2 tablespoons unsweetened coconut flakes

1 tablespoon cacao nibs

Fresh mint, chopped fine, optional

METHOD

1. Line a rimmed sheet pan with parchment, letting it come up the sides.
2. Whisk the yogurt, honey, vanilla, and salt together until smooth.
3. Spread onto the parchment in an even layer about a quarter inch thick. Thicker than that and it is hard to break; thinner and it shatters.
4. Scatter the berries, pistachios, coconut flakes, and cacao nibs over the surface and press them in lightly so they anchor.
5. Freeze at least 4 hours, until solid all the way through.
6. Lift the parchment out and break the bark into irregular pieces. Store in a bag in the freezer and serve straight from frozen.

SHACK NOTE

Buy coconut yogurt with live active cultures listed on the label rather than one that is simply coconut and thickeners. It costs about the same and it turns a frozen treat into something that also carries live cultures, which is the theme of an earlier section in this book.

Make it yours. Any fruit works. Mango and lime zest, or peach and cinnamon, or blueberry and lemon.



Frozen Berry Yogurt Bark

PHOTOGRAPH TO COME

*Overhead of broken bark pieces on parchment over a marble slab, white with vivid berries
and green pistachios, frost visible on the surface. Cold bright light.*

FILE: `photos/frozen-berry-bark.jpg`

No-Bake Oat and Date Bars

pressed, chilled, cut, and gone by Thursday

SERVES

Makes 16

PREP

20 minutes

COOK

None, plus chilling

GLUTEN-FREE

DAIRY-FREE

REFINED-SUGAR-FREE

VEGAN

NO-BAKE

INGREDIENTS

2 cups certified gluten-free rolled oats
 1 3/4 cups Medjool dates, pitted
 1 cup raw almonds
 1/2 cup almond butter
 1/3 cup unsweetened shredded coconut
 1/4 cup ground flaxseed
 3 tablespoons coconut oil, melted
 2 teaspoons pure vanilla extract
 3/4 teaspoon fine sea salt
 1/3 cup cacao nibs
 Flaky sea salt, to finish

METHOD

1. Toast the oats and almonds together on a sheet pan at 325 degrees for 10 minutes, then cool. Toasting is optional and it doubles the flavor.
2. Soak the dates in hot water 10 minutes if dry, then drain and pat.
3. Pulse the almonds in a food processor to coarse crumbs and tip them out.
4. Process the dates with the almond butter, coconut oil, vanilla, and salt for 60 seconds, until a thick paste forms.
5. Add the oats, almonds, coconut, and flaxseed and pulse until it clumps when squeezed. Pulse in the cacao nibs three times.
6. Press very firmly into a parchment-lined 8-inch pan. Press harder than feels necessary; loosely packed bars crumble when cut.
7. Chill 2 hours, then lift out, cut into 16 bars, and finish with flaky salt. Store in the refrigerator or freezer.

SHACK NOTE

See the oats page before making these for anyone newly diagnosed. If oats are off the table in your house, this recipe works with two cups of extra chopped nuts and seeds in their place and is arguably better.

Make it yours. *Sunflower seed butter and pumpkin seeds make a nut-free lunchbox version.*



No-Bake Oat and Date Bars

PHOTOGRAPH TO COME

Overhead of cut bars on parchment, dense textured surface with visible oats and nibs, flaky salt catching light, one bar turned on its side. Cool clean light.

FILE: photos/oat-date-energy-bars.jpg

Apple Crisp with Oat and Pecan Topping

maple sweetened, and it actually gets crisp

SERVES

8

PREP

25 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

REFINED-SUGAR-FREE

HOLIDAY

CONTAINS OATS

INGREDIENTS

For the filling

8 apples, peeled and sliced 1/4 inch thick

3 tablespoons pure maple syrup

Juice of 1 lemon

2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

3 tablespoons arrowroot starch

1/2 teaspoon fine sea salt

For the topping

1 1/2 cups certified gluten-free rolled oats

1 cup almond flour

1 cup pecans, chopped

1/2 cup coconut oil, melted

1/3 cup pure maple syrup

2 teaspoons ground cinnamon

3/4 teaspoon fine sea salt

METHOD

1. Heat the oven to 375 degrees. Use a mix of apple varieties if you can; one tart and one sweet makes a filling with more going on than a single kind ever does.
2. Toss the apples with the maple syrup, lemon juice, cinnamon, nutmeg, arrowroot, and salt and spread in a 9 by 13 dish.
3. Combine all the topping ingredients and work them together with your fingers until the mixture holds in loose clumps.
4. Scatter the topping over the apples in uneven clumps rather than a smooth layer. The gaps are where steam escapes, and steam is what makes a crisp soggy.
5. Bake 40 to 50 minutes, until the topping is deep golden and the filling bubbles thickly at the edges.
6. Rest 20 minutes before serving. The arrowroot needs to cool a little to set, and served straight from the oven it will run.
7. Serve warm with whipped coconut cream.

SHACK NOTE

Read the oats page first. If oats are out in your house, replace them with an extra cup of almond flour and a cup of chopped walnuts, and the topping is still excellent. Nobody at a holiday table has ever inspected a crisp.

***Make it yours.** Pears, or apples with a cup of cranberries stirred in, both work. Assemble it unbaked and refrigerate a day ahead.*



Apple Crisp with Oat and Pecan Topping

PHOTOGRAPH TO COME

Three-quarter view of a baking dish with one serving scooped out, golden clumpy topping over bubbling apple filling. Coconut cream melting on top. Warm oven light.

FILE: `photos/apple-crisp-oat-topping.jpg`

Honey Coconut Macaroons

three ingredients and twenty minutes

SERVES

Makes 20

PREP

15 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

3 1/2 cups unsweetened shredded coconut
4 egg whites, from pasture-raised eggs
1/2 cup raw honey
2 teaspoons pure vanilla extract
3/4 teaspoon fine sea salt
1/2 teaspoon ground cinnamon, optional
1/2 cup raw cacao powder mixed with 1/4 cup melted coconut oil, for dipping, optional

METHOD

1. Heat the oven to 325 degrees and line a sheet pan with parchment.
2. Whisk the egg whites with the salt to soft peaks. Not stiff peaks; soft ones, which fold in without deflating.
3. Gently fold in the honey and vanilla.
4. Fold in the coconut in three additions, keeping as much air as you can.
5. Scoop into 20 tightly packed mounds using a small ice cream scoop or two spoons. Pack them firmly or they spread and fall apart.
6. Bake 18 to 22 minutes, until golden on the tips and set. Cool completely on the pan; they are fragile while warm.
7. Dip the bases in the cacao mixture and set on parchment to firm if you like.

SHACK NOTE

Buy unsweetened shredded coconut, not the sweetened flake sold for baking, which is coated in sugar and will make these cloying. The bag should list coconut and nothing else.

***Make it yours.** Lemon or orange zest folded in is excellent. They keep a week in a sealed tin and freeze for three months.*



Honey Coconut Macaroons

PHOTOGRAPH TO COME

Overhead of golden macaroons on a cooling rack, some with dark chocolate bases, one broken open. Warm light, simple styling, cozy bakery feeling.

FILE: photos/coconut-macaroons.jpg

Pears Poached in Spiced Cider

cinnamon, star anise, and a syrup worth spooning

SERVES

6

PREP

15 minutes

COOK

40 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

6 firm pears, peeled with stems left on

4 cups unsweetened apple cider

1 cup filtered water

3 cinnamon sticks

3 star anise pods

6 whole cloves

1 vanilla bean, split, or 2 teaspoons
vanilla extract

2-inch piece fresh ginger, sliced

Peel of 1 orange in wide strips

3 tablespoons raw honey

Pinch of fine sea salt

Whipped coconut cream and toasted
pistachios, to serve

METHOD

1. Choose pears that are firm and slightly underripe. A soft pear collapses into mush in the poaching liquid and there is no recovering it.
2. Peel them, leaving the stems on, and slice a thin piece off the bottom so they stand up.
3. Bring the cider, water, spices, ginger, orange peel, honey, and salt to a bare simmer in a pot just wide enough to hold the pears.
4. Lower the pears in on their sides, cover with a round of parchment pressed onto the surface, and poach 25 to 35 minutes, turning once, until a knife slides in with slight resistance.
5. Lift the pears out carefully. Reduce the poaching liquid over high heat for 12 to 15 minutes, until it thickens into a glossy syrup.
6. Serve the pears standing in shallow bowls with syrup spooned over, whipped coconut cream, and toasted pistachios.

SHACK NOTE

Poach these a day ahead and let them sit in the liquid overnight in the refrigerator. They take on a deeper color and more spice, and it takes all the pressure off a holiday afternoon.

Make it yours. Firm apples work with the same method and about ten more minutes. Add a few hibiscus flowers to the pot for a ruby color.



Pears Poached in Spiced Cider

PHOTOGRAPH TO COME

Three-quarter view of whole pears standing in a shallow bowl, glossy amber syrup pooled around, cream and pistachios. Star anise beside. Warm dim light, elegant.

FILE: [photos/poached-pears-spiced-cider.jpg](#)

Grain-Free Chocolate Chunk Cookies

almond flour, maple, and flaky salt

SERVES

Makes 18

PREP

15 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

KID-FRIENDLY

INGREDIENTS

2 1/2 cups almond flour
 1/2 cup coconut flour
 1/2 cup coconut oil, melted
 1/2 cup pure maple syrup
 1 pasture-raised egg
 2 teaspoons pure vanilla extract
 1 teaspoon baking soda
 3/4 teaspoon fine sea salt
 1 1/2 cups dark chocolate chunks, 70 percent or higher
 1/2 cup chopped pecans, optional
 Flaky sea salt, to finish

METHOD

1. Heat the oven to 350 degrees and line two sheet pans with parchment.
2. Whisk the melted coconut oil, maple syrup, egg, and vanilla together.
3. Stir in the almond flour, coconut flour, baking soda, and salt.
4. Let the dough rest 10 minutes. Coconut flour absorbs an extraordinary amount of liquid and the dough will thicken noticeably. Skipping this gives you cookies that spread into a single sheet.
5. Fold in the chocolate chunks and pecans.
6. Scoop 18 balls, flatten them slightly, and space them well apart.
7. Bake 10 to 12 minutes, until the edges are set and the centers still look underdone. Finish with flaky salt and cool completely on the pan; they firm as they cool.

SHACK NOTE

Check the chocolate. Most high-percentage dark chocolate is cocoa, cocoa butter, and sugar, but plenty of brands are made on shared equipment with wheat-containing products, and milk chocolate almost always carries dairy. Buy one that states its allergens clearly.

Make it yours. Freeze the scooped raw dough balls and bake from frozen, adding 3 minutes. Fresh cookies in fifteen minutes with no bowl to wash.



Grain-Free Chocolate Chunk Cookies

PHOTOGRAPH TO COME

Overhead of cookies on parchment, one broken to show melted chocolate, flaky salt on top. Warm natural light, homey, a glass of almond milk at the frame edge.

FILE: `photos/grain-free-chocolate-cookies.jpg`

Dark Chocolate Bark

nuts, dried fruit, and sea salt

SERVES

12

PREP

15 minutes, plus chilling

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-BAKE

HOLIDAY

INGREDIENTS

12 ounces dark chocolate, 70 percent or higher, chopped

1/2 cup pistachios, toasted

1/2 cup almonds, toasted and chopped

1/3 cup dried cranberries sweetened with fruit juice

1/3 cup dried apricots, chopped

1/4 cup unsweetened coconut flakes, toasted

2 tablespoons cacao nibs

1 teaspoon flaky sea salt

Zest of 1 orange, optional

METHOD

1. Line a sheet pan with parchment.
2. Melt three-quarters of the chocolate in a bowl set over barely simmering water, stirring until smooth. Do not let the bowl touch the water and do not let a single drop of water reach the chocolate, which will seize it instantly.
3. Take it off the heat and stir in the remaining chopped chocolate until it melts. This rough tempering is what gives you bark that snaps and stays glossy rather than turning dull and streaky.
4. Pour onto the parchment and spread to about a quarter inch thick.
5. Scatter the nuts, fruit, coconut, nibs, orange zest, and flaky salt over the surface and press them in lightly.
6. Chill 30 minutes, then break into irregular pieces. Store in a cool place or the refrigerator.

SHACK NOTE

This is the gift I make every December. In a cellophane bag with a ribbon it looks like something from a shop, it costs a fraction of what it looks like, and it takes fifteen minutes for six bags.

Make it yours. Freeze-dried raspberries are spectacular against dark chocolate. Candied ginger, dried cherries, or hazelnuts all work.



Dark Chocolate Bark

PHOTOGRAPH TO COME

Overhead of broken bark pieces on parchment, dark chocolate studded with green pistachios, red cranberries, and white coconut, salt crystals catching light. Rich and jewel-like.

FILE: `photos/dark-chocolate-bark.jpg`



SECTION EIGHT

DRINKS

What you drink between meals shapes your day more than most people realize. These are the sippers, coolers, and warm mugs I keep in rotation. They are built on herbs, fruit, and water, and they are meant to replace the can, not merely to sit beside it.

IN THIS SECTION

Sparkling Ginger and Lime Cooler

Golden Turmeric Coconut Steamer

Chamomile and Lemon Balm Iced Tea

Cucumber, Mint, and Lime Water

Warm Spiced Apple Cider

Beet Kvass

Hibiscus and Ginger Iced Tea

Roasted Dandelion Brew

Watermelon Lime Agua Fresca

Fermented Ginger Ale

Peppermint and Nettle Infusion

Blackberry Sage Shrub

Hot Cacao with Coconut Milk

Homemade Electrolyte Water

Sparkling Ginger and Lime Cooler

sweetened with whole leaf stevia

SERVES

6

PREP

10 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

1 cup fresh ginger, unpeeled and sliced thin
3 cups filtered water
1/8 teaspoon whole leaf stevia powder, plus more to taste
1/2 cup fresh lime juice, from about 5 limes
1 tablespoon raw honey, optional
6 cups sparkling mineral water, well chilled
Lime wheels, fresh mint, and ice, to serve

METHOD

1. Combine the ginger and filtered water in a saucepan. Bring to a boil, then reduce to a low simmer and cook 15 minutes, uncovered.
2. Take the pan off the heat and whisk in the whole leaf stevia powder while the liquid is still hot. Green stevia leaf dissolves into hot liquid far better than cold.
3. Steep another 20 minutes off the heat, then strain through a fine mesh sieve, pressing hard on the ginger.
4. Stir in the lime juice and the honey if you are using it. Taste the concentrate. It should be aggressively strong. It gets cut in half by the sparkling water.
5. Chill the concentrate completely, at least 2 hours. It keeps a week in a sealed jar.
6. To serve, fill a glass with ice, pour it half full of concentrate, and top with sparkling water. Garnish with a lime wheel and a slapped sprig of mint.

SHACK NOTE

Slap the mint between your palms before it goes in the glass rather than tearing it. It releases the oil without bruising the leaf into bitterness, and it is the single easiest thing you can do to make a homemade drink taste like it came from somewhere expensive.

Make it yours. Add a cinnamon stick and two star anise pods to the simmering ginger for a warmer, more autumn version.



Sparkling Ginger and Lime Cooler

PHOTOGRAPH TO COME

Backlit side view of a tall glass on a bright surface, condensation on the glass, bubbles rising, ice visible. Lime wheels and a mint sprig. Clean high-key styling.

FILE: photos/ginger-lime-cooler.jpg

Golden Turmeric Coconut Steamer

the mug I hold at the end of a long day

SERVES

2

PREP

5 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

CAFFEINE-FREE

INGREDIENTS

1 1/2 cups full-fat coconut milk
 1 cup filtered water
 1 1/2 teaspoons ground turmeric, or 1
 tablespoon grated fresh
 1/2 teaspoon ground cinnamon
 1/4 teaspoon ground ginger
 1/8 teaspoon freshly cracked black
 pepper
 1 teaspoon pure vanilla extract
 2 teaspoons raw honey, or a pinch of
 whole leaf stevia powder
 Pinch of fine sea salt
 Extra cinnamon, to finish

METHOD

1. Whisk the coconut milk, water, turmeric, cinnamon, ginger, black pepper, and salt together in a small saucepan.
2. Warm over medium-low heat, whisking often, for 8 to 10 minutes. Do not let it boil. Boiling makes coconut milk grainy and turns the spices harsh.
3. Take it off the heat and whisk in the vanilla and honey.
4. For a proper foam, pour the hot mixture into a blender and run it 20 seconds with the lid vented, or use a handheld frother right in the pan.
5. Pour into warmed mugs and dust with cinnamon.

SHACK NOTE

The black pepper is not a flavoring here. Turmeric and pepper have been used together in traditional kitchens for centuries, long before anybody wrote a study about it, and the small amount called for disappears into the cinnamon entirely.

Make it yours. Turmeric stains everything it touches, including light countertops and grout. Wipe spills immediately and use a dark cutting board for the fresh root.



Golden Turmeric Coconut Steamer

PHOTOGRAPH TO COME

Two hands wrapped around a stoneware mug on a wool blanket, steam catching the light.

Warm, dim, cozy. Cinnamon stick resting beside. Shallow focus on the rim.

FILE: `photos/turmeric-steamer.jpg`

Chamomile and Lemon Balm Iced Tea

with honey and a long slow steep

SERVES

8

PREP

10 minutes

COOK

None, plus 4 hours steeping

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

CAFFEINE-FREE

INGREDIENTS

1/2 cup dried chamomile flowers
1/3 cup dried lemon balm leaf
2 tablespoons dried spearmint
8 cups filtered water, cold
3 tablespoons raw honey, or 1/8 teaspoon
whole leaf stevia powder
1 lemon, sliced
Fresh mint sprigs and ice, to serve

METHOD

1. Combine the chamomile, lemon balm, and spearmint in a large glass jar or pitcher.
2. Pour the cold water over them, cover, and refrigerate 4 to 8 hours.
3. Cold steeping is what makes this worth doing. Hot water pulls tannins and bitterness out of chamomile within minutes. Cold water pulls the sweet, apple-like top notes and almost nothing harsh.
4. Strain through a fine mesh sieve, pressing gently on the herbs.
5. Warm one cup of the tea just enough to dissolve the honey, then stir it back into the pitcher. Honey will not dissolve in a cold liquid and you will find it in a lump at the bottom.
6. Add the lemon slices and chill completely.
7. Serve over ice with a slapped sprig of mint.

SHACK NOTE

I drink herbal tea rather than coffee or black tea, and this is the pitcher that lives in my refrigerator all summer. Buy loose herbs from a reputable herb supplier rather than tea bags. The difference in both flavor and price is remarkable.

***Make it yours.** Add dried rose petals or a few slices of fresh ginger to the steep. Peach slices in the pitcher make it taste like something from a porch in July.*



Chamomile and Lemon Balm Iced Tea

PHOTOGRAPH TO COME

Backlit side view of a tall glass pitcher on a bright surface, pale gold tea with lemon slices and mint suspended, condensation. Two filled glasses beside. High-key summer light.

FILE: [photos/chamomile-lemon-balm-tea.jpg](#)

Cucumber, Mint, and Lime Water

the pitcher that replaces the afternoon soda

SERVES

8

PREP

10 minutes

COOK

None, plus 2 hours chilling

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

SUGAR-FREE

INGREDIENTS

1 English cucumber, sliced thin
1 lime, sliced
1/2 lemon, sliced
1 cup fresh mint leaves, on the stems
1-inch piece fresh ginger, sliced thin, optional
8 cups filtered water, cold
Ice, to serve

METHOD

1. Slap the mint firmly between your palms two or three times. This releases the oils without bruising the leaf into bitterness, which is what tearing or muddling does.
2. Layer the cucumber, lime, lemon, mint, and ginger in a large pitcher.
3. Fill with cold filtered water and stir once, gently.
4. Refrigerate at least 2 hours. Four is better.
5. Strain out the solids after about eight hours, or the cucumber softens and the citrus peel begins to turn the water bitter.
6. Serve over plenty of ice.

SHACK NOTE

This is the least impressive recipe in the book and quite possibly the most useful. Making one pitcher on Sunday and keeping it at eye level in the refrigerator has done more for how much water my family drinks than any amount of encouragement ever did.

Make it yours. Strawberry and basil, watermelon and mint, or orange and rosemary all work on the same principle. Use what is in season and cheap.



Cucumber, Mint, and Lime Water

PHOTOGRAPH TO COME

Overhead of a glass pitcher on a pale surface, cucumber wheels and citrus slices suspended in clear water, mint floating. Bright clean light, cool blue-green palette.

FILE: photos/cucumber-mint-water.jpg

Warm Spiced Apple Cider

cinnamon, clove, star anise, and orange

SERVES

8

PREP

10 minutes

COOK

40 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

CAFFEINE-FREE

INGREDIENTS

8 cups unsweetened apple cider
1 orange, sliced into rounds
4 cinnamon sticks
8 whole cloves
3 star anise pods
4 whole allspice berries
2-inch piece fresh ginger, sliced
1 vanilla bean, split, or 2 teaspoons pure vanilla extract
2 tablespoons raw honey, optional
Apple slices and extra cinnamon sticks, to serve

METHOD

1. Combine the cider, orange slices, cinnamon sticks, cloves, star anise, allspice, ginger, and vanilla bean in a large pot.
2. Bring to the barest simmer over medium-low heat. Do not let it boil. Boiling drives off the volatile oils that make the whole house smell like this and turns the spices bitter.
3. Hold it at a lazy simmer for 30 to 40 minutes, with the occasional bubble breaking the surface and no more.
4. Fish out the orange slices after about 25 minutes so the pith does not turn the cider bitter.
5. Strain, or leave the whole spices in if you are serving from the pot.
6. Stir in the honey and vanilla extract if using, and ladle into warm mugs with an apple slice and a cinnamon stick.

SHACK NOTE

Buy cider with one ingredient on the label. Most of what is sold as spiced cider at the store is apple juice from concentrate with sugar and flavoring added, which is a different drink entirely and about a third as good.

***Make it yours.** A slow cooker on low for three hours is the ideal vessel for this if you are having people over. It stays warm and the house smells extraordinary.*



Warm Spiced Apple Cider

PHOTOGRAPH TO COME

Close view of a stoneware mug held in two hands, steam rising, cinnamon stick and apple slice, spices visible in the mug. Warm dim light, wool blanket, deeply cozy.

FILE: `photos/spiced-apple-cider.jpg`

Beet Kvass

a fermented tonic with three ingredients

SERVES

Makes 2 quarts

PREP

15 minutes

COOK

None, plus 5 days fermenting

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

SUGAR-FREE

INGREDIENTS

3 medium beets, scrubbed and cut into 1-inch chunks
2 tablespoons fine sea salt, non-iodized
8 cups filtered water, without chlorine
1/4 cup whey or sauerkraut brine, optional starter
2 garlic cloves, smashed, optional
1-inch piece fresh ginger, sliced, optional

METHOD

1. Do not peel or grate the beets. Peeling removes the wild bacteria on the skin that drives the ferment, and grating releases so much sugar that it ferments to alcohol instead of acid. Chunks, skin on.
2. Put the beets in a clean half-gallon jar with the salt and any of the optional additions.
3. Fill with filtered water, leaving two inches of headspace. Chlorinated tap water will inhibit the ferment, so use filtered or let tap water sit out overnight first.
4. Stir until the salt dissolves, then cover with a cloth secured with a rubber band, or a loose lid.
5. Leave at cool room temperature, out of direct sun, for 3 to 5 days. Stir once a day. You will see small bubbles and the liquid will turn deep ruby and smell earthy and tart.
6. Taste on day three. When it is pleasantly sour and no longer tastes like salty beet water, strain into bottles and refrigerate.
7. Drink two to four ounces at a time, chilled, before a meal.

SHACK NOTE

A white film on the surface is kahm yeast. It is harmless and you can skim it off. Fuzzy, colored mold is different, and that batch goes in the compost. When in doubt, trust your nose. A good ferment smells sour and clean, never rotten.

Make it yours. Use the leftover beets for a second, milder batch, then eat them. Traditional kvass is fermented from rye bread and is not gluten-free. Beet kvass is a completely different thing and is safe.



Beet Kvass

PHOTOGRAPH TO COME

Backlit side view of a glass jar of deep ruby liquid on a windowsill, beet chunks visible, small bubbles at the surface. A small glass poured beside it. Rich saturated red.

FILE: photos/beet-kvass.jpg

Hibiscus and Ginger Iced Tea

tart, ruby red, and gone by evening

SERVES

8

PREP

10 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

CAFFEINE-FREE

INGREDIENTS

1 cup dried hibiscus flowers
 3-inch piece fresh ginger, sliced thin
 8 cups filtered water
 3 tablespoons raw honey, or 1/8 teaspoon whole leaf stevia powder
 2 cinnamon sticks
 Juice of 2 limes
 Lime wheels, fresh mint, and ice, to serve

METHOD

1. Simmer the ginger and cinnamon sticks in the water for 15 minutes.
2. Take the pot off the heat, add the hibiscus, and steep exactly 10 minutes. Longer than that and hibiscus turns astringent and drying rather than tart and bright.
3. Strain through a fine sieve, pressing gently.
4. Whisk the honey into the hot liquid while it is still warm. It will not dissolve later.
5. Cool completely, then stir in the lime juice and chill.
6. Serve over plenty of ice with a lime wheel and a slapped sprig of mint.

SHACK NOTE

This is agua de jamaica, which is sold on every corner in Mexico and made with a great deal more sugar than this. Hibiscus is naturally so tart that it will take far more sweetener than you want to give it, so lean on the lime instead and let it be sharp.

Make it yours. Add a few allspice berries and a strip of orange peel to the simmer for a warmer, more autumn version. Serve hot in November.



Hibiscus and Ginger Iced Tea

PHOTOGRAPH TO COME

Backlit side view of a tall glass pitcher of deep ruby liquid on a bright surface, ice and lime wheels, condensation. Two filled glasses. High-key summer light.

FILE: `photos/hibiscus-ginger-tea.jpg`

Roasted Dandelion Brew

the mug I hold instead of coffee

SERVES

2

PREP

5 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

CAFFEINE-FREE

INGREDIENTS

3 tablespoons roasted dandelion root,
coarsely cut

1 tablespoon roasted chicory root,
optional

3 cups filtered water

1/2 cup full-fat coconut milk

1 teaspoon pure vanilla extract

1/2 teaspoon ground cinnamon

2 teaspoons raw honey or pure maple
syrup

Pinch of fine sea salt

METHOD

1. Simmer the dandelion and chicory root in the water for 10 to 12 minutes, covered. Roots need a simmer rather than a steep; pouring hot water over them the way you would over a leaf gets you tinted water and nothing more.
2. Strain through a fine sieve.
3. Warm the coconut milk separately with the cinnamon and salt.
4. Combine the brew and the warm coconut milk in a blender and run 20 seconds for foam, or use a handheld frother.
5. Stir in the vanilla and honey.
6. Pour into warm mugs and dust with cinnamon.

SHACK NOTE

I do not drink coffee or black tea, and this is what I hold in the morning while everyone else does. Roasted dandelion root is genuinely bitter and roasty in a way that herbal teas are not, which is the entire reason it works as a substitute rather than as a consolation.

Make it yours. Buy the roasted root, not the raw. Raw dandelion root is a different and far grassier thing. A good herb supplier will carry both and label them clearly.



Roasted Dandelion Brew

PHOTOGRAPH TO COME

*Two hands around a stoneware mug of dark foamy brew on a wooden table, cinnamon
dusted on the foam, morning window light. Quiet and warm.*

FILE: `photos/roasted-dandelion-brew.jpg`

Watermelon Lime Agua Fresca

three ingredients and a blender

SERVES

6

PREP

10 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

8 cups watermelon, cubed and seeded

2 cups cold filtered water

Juice of 3 limes

1/4 cup fresh mint leaves

1/4 teaspoon fine sea salt

1 tablespoon raw honey, only if the melon is pale

Lime wheels and ice, to serve

METHOD

1. Blend the watermelon with the water for 30 seconds.
2. Strain through a fine mesh sieve if you want it clear, or leave it as is if you do not mind the pulp. I do not strain it.
3. Stir in the lime juice and salt.
4. Slap the mint between your palms and drop it in whole. Blending mint turns a drink army green and slightly bitter.
5. Chill at least an hour, then taste. A ripe summer melon needs no honey at all.
6. Serve over ice with a lime wheel.

SHACK NOTE

The quarter teaspoon of salt is doing the same work it does on a slice of watermelon at a picnic. It makes the melon taste more like itself, and without it this is just pink water.

Make it yours. Cantaloupe, honeydew, pineapple, or cucumber all work on the same method. Cucumber and lime is startlingly good in August.



Watermelon Lime Agua Fresca

PHOTOGRAPH TO COME

*Backlit side view of a pitcher of vivid pink liquid with mint and lime floating, glasses
beside on a bright outdoor table. Summer light, high key, condensation.*

FILE: `photos/watermelon-agua-fresca.jpg`

Fermented Ginger Ale

made from a bug on the counter, not a can

SERVES

Makes 2 quarts

PREP

20 minutes

COOK

None, plus 5 days

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

For the ginger bug

3 tablespoons fresh ginger, grated with the skin on

3 tablespoons raw honey or organic cane sugar

2 cups filtered water, without chlorine

For the ale

8 cups filtered water

3/4 cup fresh ginger, grated

1/2 cup raw honey

Juice of 3 lemons

1/2 cup active ginger bug liquid

METHOD

1. Start the bug first. Combine 1 tablespoon each of grated ginger and sweetener with the water in a jar, cover with cloth, and leave on the counter.
2. Feed it 1 tablespoon each of grated ginger and sweetener daily, stirring, for 3 to 5 days. Do not peel the ginger; the wild yeast that drives the whole thing lives on the skin. When it fizzes visibly when stirred, it is ready.
3. Simmer the ginger for the ale in half the water for 15 minutes, then take it off the heat and stir in the honey until dissolved.
4. Add the remaining cold water and the lemon juice, and let it cool to room temperature. Adding the bug to hot liquid kills it.
5. Strain in the ginger bug liquid, then bottle in flip-top bottles, leaving two inches of headspace.
6. Leave at room temperature 2 to 4 days, then refrigerate. Burp the bottles once daily by cracking them open, which releases pressure.

SHACK NOTE

Burp the bottles. I am serious about this. A sealed bottle of active ferment builds real pressure and glass can and does break. Open each one over a sink once a day during the counter ferment, and move them to the refrigerator as soon as they are lively, which slows everything down.

Make it yours. Keep the bug alive indefinitely by feeding it weekly and storing it in the refrigerator. Turmeric, lemon, or hibiscus can go into the ale.



Fermented Ginger Ale

PHOTOGRAPH TO COME

Side view of flip-top bottles on a counter, pale golden liquid with visible bubbles, one glass poured with foam on top. Ginger root and a small jar of bug beside.

FILE: photos/fermented-ginger-ale.jpg

Peppermint and Nettle Infusion

steeped overnight, drunk all day

SERVES

4

PREP

5 minutes

COOK

None, plus overnight steeping

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

CAFFEINE-FREE

INGREDIENTS

1/2 cup dried nettle leaf
1/4 cup dried peppermint leaf
2 tablespoons dried oatstraw or lemon balm, optional
4 cups boiling filtered water
Raw honey, to taste
Lemon wedges and ice, to serve

METHOD

1. Put the dried herbs in a quart jar.
2. Pour boiling water over them, filling the jar to the top so there is no air space.
3. Cap it and let it stand at room temperature 4 to 8 hours, or overnight. This is a long infusion rather than a cup of tea, and the difference is not subtle. A five-minute steep gives you flavor; an overnight one extracts far more of what is in the leaf.
4. Strain through a fine sieve, pressing the herbs firmly.
5. Sweeten with a little honey while it is still warm if you want it, and refrigerate.
6. Drink within two days, hot or over ice with lemon. It keeps three days at most; a long infusion is a food and it will eventually spoil.

SHACK NOTE

Nettle is deeply green and mineral-tasting on its own, which most people do not love straight. The peppermint is there to carry it, and the combination is what makes this a jar you will actually finish.

***Make it yours.** Buy loose dried herbs from a reputable herb supplier rather than in tea bags. The quality difference is considerable and the cost difference runs the other way.*



Peppermint and Nettle Infusion

PHOTOGRAPH TO COME

Side view of a quart jar of deep green infusion on a windowsill, a strainer and loose dried herbs beside, glass poured with lemon. Soft natural light.

FILE: [photos/peppermint-nettle-infusion.jpg](#)

Blackberry Sage Shrub

a drinking vinegar, sharp and refreshing

SERVES

Makes about 3 cups

PREP

15 minutes

COOK

None, plus 3 days

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 cups fresh blackberries
 3/4 cup raw honey
 1 1/2 cups raw apple cider vinegar with the mother
 8 fresh sage leaves
 1 strip lemon peel
 Pinch of fine sea salt
 Sparkling mineral water and ice, to serve

METHOD

1. Crush the blackberries roughly in a bowl with the honey, sage, lemon peel, and salt.
2. Cover and refrigerate 24 hours. The honey draws the juice out of the fruit without any heat at all, which is why the flavor stays bright rather than cooked.
3. Add the vinegar, stir well, and return to the refrigerator for another 2 days, stirring once a day.
4. Strain through a fine sieve, pressing hard on the solids, then through cheesecloth if you want it clear.
5. Bottle and refrigerate. It keeps six months and improves for the first month.
6. To serve, pour two tablespoons into a glass of ice and top with sparkling water.

SHACK NOTE

A shrub is a colonial American preservation method that has come back around, and it is the most refreshing thing I know to drink on a hot afternoon. The vinegar reads as sharpness rather than sourness once it is diluted, the way lemon does.

Make it yours. Raspberry and thyme, peach and basil, or strawberry and black pepper all work. Use whatever is overripe and about to be lost.



Blackberry Sage Shrub

PHOTOGRAPH TO COME

Side view of a tall glass with deep purple shrub and sparkling water layering as it pours, ice and a sage leaf. Bottle behind. Backlit, jewel tones, dramatic.

FILE: `photos/blackberry-sage-shrub.jpg`

Hot Cacao with Coconut Milk

cinnamon, vanilla, and a pinch of salt

SERVES

4

PREP

5 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

1 can full-fat coconut milk, 13.5 ounces
2 cups unsweetened almond milk
1/2 cup raw cacao powder
3 tablespoons pure maple syrup
2 teaspoons pure vanilla extract
1 1/2 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg
3/4 teaspoon fine sea salt
Pinch of cayenne, optional
Whipped coconut cream and cacao nibs,
to serve

METHOD

1. Whisk the cacao powder with about half a cup of the almond milk in the cold pan first, until it makes a smooth paste with no lumps. Cacao added to hot liquid clumps and never fully recovers.
2. Whisk in the remaining almond milk, coconut milk, cinnamon, nutmeg, salt, and cayenne.
3. Warm over medium-low heat, whisking often, for 8 to 10 minutes. Do not boil.
4. Take it off the heat and stir in the maple syrup and vanilla.
5. Blend for 20 seconds with the lid vented, or froth in the pan, for a proper foam.
6. Pour into warm mugs and top with whipped coconut cream and cacao nibs.

SHACK NOTE

The three-quarter teaspoon of salt looks like a mistake and it is not. Salt suppresses the bitterness in cacao and pushes the sweetness forward, which means you need considerably less maple syrup to get there. Leave it out and this tastes thin and bitter.

***Make it yours.** A cinnamon stick and two star anise simmered in for ten minutes, then removed, makes a Mexican-style version. A drop of peppermint extract makes it Christmas.*



Hot Cacao with Coconut Milk

PHOTOGRAPH TO COME

Overhead of four mugs on a wooden tray, dark cacao with cream swirled on top and nibs scattered, cinnamon sticks. Warm dim holiday light, cozy.

FILE: photos/hot-cacao-coconut.jpg

Homemade Electrolyte Water

sea salt, citrus, and nothing artificial

SERVES

4

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

4 cups filtered water

1 cup coconut water

Juice of 2 lemons

Juice of 1 lime

1/2 teaspoon fine sea salt

1 tablespoon raw honey or pure maple syrup

1/4 teaspoon cream of tartar, optional, for potassium

Ice and citrus wheels, to serve

METHOD

1. Warm about half a cup of the water just enough to dissolve the honey and salt completely. Undissolved salt sinks to the bottom and the last glass is undrinkable.
2. Combine with the remaining water, coconut water, and citrus juice.
3. Add the cream of tartar if using and whisk well.
4. Chill thoroughly and shake before pouring.
5. Serve over ice with citrus wheels.
6. Drink within two days.

SHACK NOTE

This is what I make for long hikes, hot Utah afternoons, and anyone in the house who has been unwell. Coconut water carries potassium, the sea salt carries sodium and trace minerals, and the small amount of sweetener is there because sugar is what actually helps the sodium and water get absorbed rather than pass through.

Make it yours. *If you are on a sodium-restricted diet or have kidney or blood pressure concerns, ask your doctor before drinking salted beverages regularly.*



Homemade Electrolyte Water

PHOTOGRAPH TO COME

Side view of a glass bottle and a poured glass on a picnic table outdoors, pale citrus color, ice, lemon wheels. Bright natural daylight, active and fresh.

FILE: `photos/electrolyte-water.jpg`



SECTION NINE

SMOOTHIES

A smoothie can be a meal or it can be a milkshake pretending to be health food. The difference is the ratio. Every smoothie in this section holds the greens up and the fruit down, with real fat and real protein so it carries you past ten o'clock.

IN THIS SECTION

Green Apple, Spinach, and Avocado Smoothie

Wild Blueberry and Cacao Smoothie

Strawberry Beet Recovery Smoothie

Mango Turmeric Coconut Smoothie

Dark Cherry, Cacao, and Almond Smoothie

Cucumber, Pear, and Kale Smoothie

Freezer Smoothie Packs

Peach and Basil Smoothie

Coconut Vanilla Protein Smoothie

Pineapple Ginger Green Smoothie

Pumpkin Pie Smoothie

Carrot Cake Smoothie

Blueberry Lavender Smoothie

Avocado Lime Smoothie

Green Apple, Spinach, and Avocado Smoothie

the one that tastes like nothing green

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

2 cups packed baby spinach
1 tart green apple, cored and roughly chopped
1/2 ripe avocado
1 cup coconut water
1/2 cup filtered water
Juice of 1/2 lemon
1-inch piece fresh ginger, peeled
1/4 cup fresh mint leaves
1 tablespoon hemp seeds
1 cup ice

METHOD

1. Put the coconut water, filtered water, and lemon juice in the blender first. Liquids at the bottom let the blade catch, and this one habit will save your motor over the years.
2. Add the spinach and mint and blend on low for 30 seconds until the greens are completely liquefied with no visible flecks.
3. Add the apple, avocado, ginger, and hemp seeds. Blend on high for 45 seconds.
4. Add the ice and blend one final 30 seconds until frosty and thick.
5. Pour into two tall glasses and drink within a few minutes, while it is still cold and bright.

SHACK NOTE

Blending the greens with the liquid before anything else goes in is what gets you a smooth drink instead of a chunky one. The avocado is what makes it feel like a meal rather than a juice.

***Make it yours.** Frozen pineapple or half a frozen banana can go in for a sweeter version. Chopped romaine is a good starter green for anyone still nervous about spinach.*



Green Apple, Spinach, and Avocado Smoothie

PHOTOGRAPH TO COME

*Two tall glasses side by side, bright green, on a white marble counter with morning light.
Green apple slices and a halved avocado in soft focus behind. Glass straws.*

FILE: photos/green-apple-smoothie.jpg

Wild Blueberry and Cacao Smoothie

with almond butter and a pinch of sea salt

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

1 1/2 cups frozen wild blueberries
 1 cup unsweetened almond milk
 1/2 cup full-fat coconut milk
 2 tablespoons unsweetened almond butter
 2 tablespoons raw cacao powder
 1 tablespoon chia seeds
 2 Medjool dates, pitted
 1 teaspoon pure vanilla extract
 1/4 teaspoon ground cinnamon
 Generous pinch of fine sea salt

METHOD

1. If your dates are at all dry, soak them in hot water for 10 minutes and drain before blending.
2. Add the almond milk, coconut milk, and dates to the blender and run 30 seconds so the dates break down completely first.
3. Add the almond butter, cacao, chia, vanilla, cinnamon, and salt. Blend 30 seconds more.
4. Add the frozen blueberries last and blend on high for 60 seconds, until thick and uniformly deep purple.
5. Let it stand 2 minutes before pouring. The chia hydrates slightly and the texture improves noticeably.
6. Pour into two glasses and finish with a few extra blueberries.

SHACK NOTE

The pinch of salt is doing real work. Salt makes cacao read as chocolate rather than as bitter powder, and it means you need fewer dates to get there. Do not leave it out.

***Make it yours.** Sunflower seed butter makes this nut-free, and it holds up to the cacao better than most people expect.*



Wild Blueberry and Cacao Smoothie

PHOTOGRAPH TO COME

Side view of two glasses on a dark slate, deep purple against the dark surface. Scattered frozen blueberries with visible frost. Directional light from the right, dramatic shadow.

FILE: `photos/blueberry-cacao-smoothie.jpg`

Strawberry Beet Recovery Smoothie

with ginger, lime, and hemp

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

1 small beet, cooked, peeled, and chopped
 2 cups frozen strawberries
 1 cup coconut water
 1/2 cup full-fat coconut milk
 3 tablespoons hemp hearts
 1-inch piece fresh ginger, peeled
 Juice of 1 lime
 1 tablespoon pure maple syrup, optional
 1/4 teaspoon fine sea salt
 1/2 cup ice

METHOD

1. Roast or boil the beet ahead of time and keep it in the refrigerator. Raw beet in a smoothie is gritty and tastes like dirt no matter how long you blend it.
2. Put the coconut water, coconut milk, and lime juice in the blender first.
3. Add the beet, ginger, hemp hearts, salt, and maple syrup if using. Blend 45 seconds.
4. Add the frozen strawberries and ice and blend on high for 60 seconds, until deeply pink and completely smooth.
5. Pour into two glasses and drink cold.

SHACK NOTE

Beets are one of the most-studied foods for athletic performance, largely because of their naturally occurring nitrates, and this is what I make after a hard morning. Cook a few beets at the start of the week and this takes four minutes.

Make it yours. Frozen cherries in place of strawberries make this darker and less sweet. A tablespoon of almond butter makes it a fuller meal.



Strawberry Beet Recovery Smoothie

PHOTOGRAPH TO COME

Side view of two glasses on a white surface, vivid magenta, hemp hearts sprinkled on top, fresh strawberries and a lime half beside. Bright clean light, strong color.

FILE: `photos/strawberry-beet-smoothie.jpg`

Mango Turmeric Coconut Smoothie

with black pepper and a squeeze of lime

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

2 cups frozen mango chunks
 1 cup full-fat coconut milk
 3/4 cup coconut water
 1 teaspoon ground turmeric, or 1
 tablespoon grated fresh
 1/2 teaspoon ground ginger
 1/8 teaspoon freshly cracked black
 pepper
 2 tablespoons hemp hearts
 1 tablespoon chia seeds
 Juice of 1/2 lime
 1 teaspoon pure vanilla extract
 Pinch of fine sea salt

METHOD

1. Add the coconut milk, coconut water, and lime juice to the blender first.
2. Add the turmeric, ginger, black pepper, hemp hearts, chia, vanilla, and salt and blend 30 seconds.
3. Add the frozen mango and blend on high 60 seconds, until thick and uniformly gold.
4. Let it stand 2 minutes so the chia hydrates, then pour.
5. Finish with a little extra lime if it tastes flat. Mango needs acid to keep from being cloying.

SHACK NOTE

The pinch of black pepper is traditional rather than incidental. Turmeric and pepper have been used together in kitchens for centuries, and at this quantity it disappears entirely into the mango. Turmeric will also stain a plastic blender jar permanently, so use glass if you have it.

***Make it yours.** Frozen pineapple in place of half the mango makes it sharper. A handful of spinach disappears completely under this much gold.*



Mango Turmeric Coconut Smoothie

PHOTOGRAPH TO COME

Overhead of two glasses on a pale wooden board, bright gold, chia seeds visible, lime wheels and a scattering of turmeric powder beside. Warm bright light, tropical palette.

FILE: `photos/mango-turmeric-smoothie.jpg`

Dark Cherry, Cacao, and Almond Smoothie

the one that tastes like dessert

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

2 cups frozen dark sweet cherries
1 cup unsweetened almond milk
1/2 cup full-fat coconut milk
3 tablespoons almond butter
3 tablespoons raw cacao powder
2 Medjool dates, pitted
1 tablespoon chia seeds
1 teaspoon pure vanilla extract
1/4 teaspoon almond extract
1/2 teaspoon fine sea salt
Cacao nibs, to finish

METHOD

1. Soak the dates in hot water 10 minutes if they are at all dry, then drain.
2. Blend the almond milk, coconut milk, and dates for 30 seconds until no date pieces remain.
3. Add the almond butter, cacao, chia, vanilla, almond extract, and salt. Blend 30 seconds more.
4. Add the frozen cherries and blend on high 60 seconds until thick and dark.
5. Pour into two glasses and top with cacao nibs.

SHACK NOTE

The quarter teaspoon of almond extract is what makes this taste like a black forest cake rather than a health drink. It is a small amount doing a great deal of work, and doubling it will overwhelm everything, so measure it.

Make it yours. Sunflower seed butter makes this nut-free. A tablespoon of hemp hearts adds protein without changing the texture.



Dark Cherry, Cacao, and Almond Smoothie

PHOTOGRAPH TO COME

Side view of two glasses against a dark slate background, deep burgundy-brown, cacao nibs on top, frozen cherries scattered with visible frost. Low-key dramatic light.

FILE: `photos/cherry-cacao-almond-smoothie.jpg`

Cucumber, Pear, and Kale Smoothie

the gentlest green in the book

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

1 ripe pear, cored and chopped
 1/2 English cucumber, chopped
 2 cups lacinato kale, stems removed
 1/2 ripe avocado
 1 cup coconut water
 1/2 cup filtered water
 2 tablespoons hemp hearts
 Juice of 1/2 lemon
 1/4 cup fresh mint leaves
 Pinch of fine sea salt
 1 cup ice

METHOD

1. Liquids into the blender first, then the kale and mint. Blend on low 30 seconds until the greens have completely disappeared.
2. Add the pear, cucumber, avocado, hemp hearts, lemon juice, and salt. Blend on high 45 seconds.
3. Add the ice and blend a final 30 seconds.
4. Taste. A very ripe pear needs nothing. An underripe one may want a date or a teaspoon of honey.
5. Pour and drink right away, while it is cold and bright green.

SHACK NOTE

This is the green smoothie I hand to people who are convinced they hate green smoothies. Pear is sweeter and far more forgiving than apple, cucumber makes it refreshing rather than heavy, and the mint covers any last trace of kale.

Make it yours. Spinach is milder than kale if you are just starting. Frozen banana in place of the ice makes it thicker and considerably sweeter.



Cucumber, Pear, and Kale Smoothie

PHOTOGRAPH TO COME

Two glasses on a white marble counter, pale green, mint sprigs and cucumber ribbons as garnish. Sliced pear beside. Bright morning light, fresh and clean.

FILE: [photos/cucumber-pear-green-smoothie.jpg](#)

Freezer Smoothie Packs

four blends bagged ahead, blended in ninety seconds

SERVES

Makes 12 packs

PREP

30 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

Green, makes 3

3 cups spinach, 1 chopped green apple

1 1/2 avocados in chunks, 3 tablespoons hemp hearts

3 one-inch pieces of ginger

Berry, makes 3

4 1/2 cups mixed frozen berries

3 tablespoons almond butter, 3 tablespoons chia

3 Medjool dates

Chocolate, makes 3

3 sliced bananas, 6 tablespoons cacao powder

6 tablespoons almond butter, 3 pinches sea salt

Gold, makes 3

4 1/2 cups frozen mango, 3 teaspoons turmeric

3 tablespoons hemp hearts, 3 pinches black pepper

METHOD

1. Set out twelve freezer bags or wide-mouth pint jars, three for each blend, and label them before you fill anything. You will not remember which is which in three weeks.
2. Divide the ingredients for each blend evenly among its three bags.
3. Press the air out of each bag, lay them flat, and freeze in a stack. Flat bags thaw faster and store far better than lumpy ones.
4. To blend, tip one pack into the blender with one cup of liquid: coconut water, almond milk, or full-fat coconut milk depending on how rich you want it.
5. Blend 60 to 90 seconds on high, adding more liquid until it moves freely.
6. Taste and add a date or a pinch of stevia only if it needs it. Frozen fruit reads sweeter than fresh.

SHACK NOTE

Thirty minutes on a Sunday makes twelve breakfasts. This is the most useful half hour in this whole book for anyone with children and a schedule, because it removes the decision entirely and a child can operate it alone.

Make it yours. Freeze the liquid into cubes as well if you want a thicker result, or keep bananas out of the green pack for lower sugar.



Freezer Smoothie Packs

PHOTOGRAPH TO COME

Overhead of four labeled bags laid flat in a row on a white counter, contents visible through the plastic in four distinct colors. Graphic, orderly, bright even light.

FILE: `photos/freezer-smoothie-packs.jpg`

Peach and Basil Smoothie

with lemon and hemp

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

2 1/2 cups frozen peach slices
 1 cup coconut water
 1/2 cup full-fat coconut milk
 1/3 cup fresh basil leaves
 3 tablespoons hemp hearts
 Juice of 1/2 lemon
 1 teaspoon pure vanilla extract
 Pinch of fine sea salt
 1 Medjool date, if the peaches are tart

METHOD

1. Liquids into the blender first, then the basil and hemp hearts, and blend 20 seconds.
2. Add the frozen peaches, lemon juice, vanilla, salt, and the date if using.
3. Blend on high 60 seconds until thick and pale gold.
4. Taste. Peach and basil both want acid; add more lemon before you add more sweetness.
5. Pour and garnish with a basil leaf.

SHACK NOTE

Basil in a smoothie sounds like a mistake and it is the whole reason to make this one. Peach and basil is a classic pairing on a plate and it works exactly as well in a glass, and nobody ever guesses what the second flavor is.

***Make it yours.** Nectarine or apricot in place of peach. Mint instead of basil makes it a completely different drink.*



Peach and Basil Smoothie

PHOTOGRAPH TO COME

*Two glasses on a pale wooden board, soft golden color, whole basil leaves as garnish,
fresh peach halves beside. Warm summer light, soft focus background.*

FILE: `photos/peach-basil-smoothie.jpg`

Coconut Vanilla Protein Smoothie

the one that actually holds until lunch

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

UNDER 10 MINUTES

INGREDIENTS

1 1/2 cups unsweetened almond milk
 1/2 cup full-fat coconut milk
 1 frozen banana
 1/2 avocado
 2 scoops collagen peptides
 3 tablespoons almond butter
 2 tablespoons hemp hearts
 1 tablespoon chia seeds
 2 teaspoons pure vanilla extract
 1 teaspoon ground cinnamon
 1/2 teaspoon fine sea salt
 1 cup ice

METHOD

1. Liquids and collagen into the blender first and blend 15 seconds. Collagen dissolves cleanly into liquid and clumps against frozen fruit.
2. Add the banana, avocado, almond butter, hemp, chia, vanilla, cinnamon, and salt.
3. Blend on high 45 seconds.
4. Add the ice and blend a final 30 seconds until thick and smooth.
5. Let it stand 2 minutes so the chia hydrates, then pour.

SHACK NOTE

Most smoothies are fruit with a little something added and they leave you hungry by ten. This one is built the other way around, with fat and protein carrying it and just enough banana for sweetness. There is a real difference in how the morning goes.

Make it yours. A scoop of your preferred protein powder works in place of collagen for a plant-based version. Frozen cauliflower rice adds body without changing the flavor at all.



Coconut Vanilla Protein Smoothie

PHOTOGRAPH TO COME

Two tall glasses on a marble counter, creamy pale beige, cinnamon dusted on top, a jar of almond butter beside. Clean bright light, minimal styling.

FILE: `photos/vanilla-collagen-smoothie.jpg`

Pineapple Ginger Green Smoothie

sharp, bright, and hard to dislike

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

2 cups frozen pineapple chunks

3 cups packed baby spinach

1 cup coconut water

1/2 cup filtered water

1/2 avocado

2-inch piece fresh ginger, peeled

Juice of 1 lime

2 tablespoons hemp hearts

1/4 cup fresh mint

Pinch of fine sea salt

METHOD

1. Liquids in first, then the spinach and mint, and blend on low 30 seconds until the greens have completely disappeared.
2. Add the avocado, ginger, hemp hearts, lime juice, and salt and blend 30 seconds.
3. Add the frozen pineapple last and blend on high 60 seconds until thick.
4. Taste for ginger. Two inches is assertive and that is the point, but start with one if you are making it for children.
5. Pour and drink cold.

SHACK NOTE

Pineapple is the most forgiving fruit in a green smoothie. It is sweet and acidic enough to cover three cups of spinach entirely, which makes this the one I hand to skeptics.

***Make it yours.** Frozen mango works too and is milder. A tablespoon of coconut oil makes it richer and slower to leave you.*



Pineapple Ginger Green Smoothie

PHOTOGRAPH TO COME

Two glasses of vivid green on a white surface, mint sprigs and lime wheels, pineapple wedges beside. Bright saturated color, tropical, high-key light.

FILE: `photos/pineapple-ginger-green.jpg`

Pumpkin Pie Smoothie

the whole dessert, in a glass, for breakfast

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

1 cup pumpkin puree, pure pumpkin only, chilled
 1 frozen banana
 1 1/2 cups unsweetened almond milk
 1/2 cup full-fat coconut milk
 3 tablespoons almond butter
 2 Medjool dates, pitted
 2 teaspoons ground cinnamon
 1 teaspoon ground ginger
 1/2 teaspoon ground nutmeg
 1/4 teaspoon ground cloves
 2 teaspoons pure vanilla extract
 1/2 teaspoon fine sea salt
 1 cup ice

METHOD

1. Blend the almond milk, coconut milk, and dates for 30 seconds so the dates break down completely first.
2. Add the pumpkin, banana, almond butter, all the spices, vanilla, and salt.
3. Blend 45 seconds.
4. Add the ice and blend 30 seconds more.
5. Taste and add another date only if it needs it. Ripe banana carries most of the sweetness on its own.

SHACK NOTE

Freeze leftover canned pumpkin in ice cube trays. Half a can always gets pushed to the back of the refrigerator in November and thrown out in December, and frozen cubes make this a five-minute drink through the whole winter.

***Make it yours.** Roasted butternut or kabocha puree works identically. A scoop of collagen turns it into a fuller breakfast.*



Pumpkin Pie Smoothie

PHOTOGRAPH TO COME

Two glasses of warm orange smoothie with cinnamon dusted on top, a cinnamon stick in one, small pumpkins in the background. Autumn light, warm and rich.

FILE: `photos/pumpkin-pie-smoothie.jpg`

Carrot Cake Smoothie

with walnut, cinnamon, and a frozen banana

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

2 large carrots, cooked and chilled, or 1 cup carrot juice

1 frozen banana

1 1/2 cups unsweetened almond milk

1/3 cup raw walnuts

2 Medjool dates, pitted

2 tablespoons unsweetened shredded coconut

2 teaspoons ground cinnamon

1/2 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1 teaspoon pure vanilla extract

1/2 teaspoon fine sea salt

1 cup ice

METHOD

1. Steam or roast the carrots ahead and chill them. Raw carrot in a blender stays gritty no matter how long you run it, which is the mistake that puts people off carrot smoothies entirely.
2. Blend the almond milk, walnuts, and dates for 45 seconds until completely smooth.
3. Add the carrots, banana, coconut, spices, vanilla, and salt and blend 45 seconds.
4. Add the ice and blend a final 30 seconds.
5. Pour and top with a little extra cinnamon and shredded coconut.

SHACK NOTE

It tastes remarkably like the batter, which is exactly why children drink it without any negotiation. It also gets a full serving of vegetable into a glass before eight in the morning, which is not a small thing on a school day.

Make it yours. Cooked sweet potato in place of half the carrot. Pecans instead of walnuts.



Carrot Cake Smoothie

PHOTOGRAPH TO COME

Two glasses of pale orange smoothie with coconut and cinnamon on top, a carrot and walnuts beside on a wooden board. Warm morning light, homey.

FILE: photos/carrot-cake-smoothie.jpg

Blueberry Lavender Smoothie

a small amount of flower goes a long way

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

2 cups frozen wild blueberries
 1 1/2 cups unsweetened coconut milk beverage
 1/2 cup full-fat coconut milk
 1/2 teaspoon dried culinary lavender
 3 tablespoons hemp hearts
 1 tablespoon chia seeds
 Juice of 1/2 lemon
 1 teaspoon pure vanilla extract
 1 Medjool date, pitted
 Pinch of fine sea salt

METHOD

1. Warm the coconut milk beverage briefly with the lavender and let it steep 10 minutes, then strain the flowers out. Blending lavender whole makes a drink that tastes like soap, and this five-minute step is the difference.
2. Cool the infused milk, or use ice to compensate.
3. Blend the infused milk, coconut milk, date, hemp, chia, lemon juice, vanilla, and salt for 30 seconds.
4. Add the frozen blueberries and blend on high 60 seconds until deep purple and thick.
5. Let it stand 2 minutes for the chia, then pour.

SHACK NOTE

Buy culinary lavender specifically, and use half a teaspoon for the whole batch. Lavender sold for sachets and soap is often a different variety with far more camphor in it, and it is genuinely unpleasant to drink.

Make it yours. Leave the lavender out entirely and this is still an excellent blueberry smoothie. Add it once you are curious.



Blueberry Lavender Smoothie

PHOTOGRAPH TO COME

Two glasses of deep violet smoothie on a pale linen, a few dried lavender buds and fresh blueberries scattered. Soft diffused light, muted romantic palette.

FILE: [photos/blueberry-lavender-smoothie.jpg](#)

Avocado Lime Smoothie

creamy, barely sweet, and very filling

SERVES

2

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

1 large ripe avocado
 1 1/2 cups unsweetened coconut milk beverage
 1/2 cup coconut water
 Juice and zest of 2 limes
 1/4 cup fresh cilantro or mint
 3 tablespoons hemp hearts
 1 tablespoon raw honey or 1 Medjool date
 1/2 teaspoon fine sea salt
 1 1/2 cups ice

METHOD

1. Liquids in first, then the herbs, and blend on low 20 seconds.
2. Add the avocado, lime juice and zest, hemp hearts, sweetener, and salt.
3. Blend on high 45 seconds until completely smooth and pale green.
4. Add the ice and blend a final 45 seconds until thick and frosty.
5. Taste for lime and salt, which is what carries this one, and pour.

SHACK NOTE

This is the smoothie for anyone who finds most smoothies too sweet, and it is the one I make in the afternoon rather than the morning. It is almost entirely fat and fiber with very little sugar in it, and it will hold you for hours.

Make it yours. Cilantro makes it savory and mint makes it dessert-adjacent. Pick one; both together muddle it.



Avocado Lime Smoothie

PHOTOGRAPH TO COME

*Two glasses of pale green smoothie with lime zest on top and a lime wheel on the rim,
halved avocado beside. Cool clean light, fresh and modern.*

FILE: `photos/avocado-lime-smoothie.jpg`



SECTION TEN

HOLIDAYS AND GATHERINGS

This is the section that costs the most and matters the most. A holiday table is where a gluten-free person feels the diagnosis hardest, because the food at a holiday is not just food, it is the whole memory of the day. So this section is built to be the main table rather than the safe plate off to the side. Nobody should have to eat differently at Thanksgiving in order to eat safely at Thanksgiving. Everything here is written to be made ahead, carried, and set down among everything else without a label on it.

IN THIS SECTION

Herb-Roasted Turkey Breast with Pan Gravy

Wild Rice and Mushroom Stuffing

Maple-Roasted Root Vegetables

Fresh Cranberry Orange Relish

Green Beans with Toasted Almonds

Whipped Sweet Potatoes with Coconut

Maple Pumpkin Custard

Honey-Rosemary Roasted Nuts

Toasted Millet Pilaf

Coconut Jasmine Rice

Lemon Herb Rice Pilaf

Arroz Verde

Herb-Roasted Turkey Breast with Pan Gravy

thickened with arrowroot, not with flour

SERVES

8

PREP

20 minutes

COOK

1 hour 45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

HOLIDAY

INGREDIENTS

For the turkey

1 bone-in turkey breast, 6 to 7 pounds
 1 tablespoon fine sea salt
 1/3 cup extra virgin olive oil
 3 tablespoons fresh sage, chopped
 2 tablespoons fresh rosemary, chopped
 2 tablespoons fresh thyme leaves
 6 garlic cloves, grated
 Zest of 1 lemon
 2 onions and 3 celery stalks, roughly chopped
 2 cups gluten-free chicken broth

For the gravy

3 tablespoons arrowroot starch
 1/4 cup cold gluten-free broth
 Pan drippings, fat skimmed
 Sea salt and black pepper

METHOD

1. Salt the turkey all over, under the skin where you can reach, and leave it uncovered on a rack in the refrigerator for 24 hours. This dry brine seasons the meat through and dries the skin.
2. Take it out an hour before roasting. Heat the oven to 425 degrees.
3. Mash the oil, herbs, garlic, and lemon zest together and work most of it under the skin, then rub the rest over the outside.
4. Scatter the onions and celery in a roasting pan, pour in the broth, and set the turkey on top.
5. Roast 25 minutes at 425, then lower to 325 and roast 60 to 75 minutes more, until the thickest part reads 160 degrees. Tent with foil if it browns early.
6. Rest the turkey on a board for 25 minutes. It will carry up to 165 while it rests, and this is where the juice stays in the meat instead of running onto the board.
7. Strain the pan juices and skim the fat. Bring the juices to a simmer. Whisk the arrowroot into the cold broth until smooth, then whisk that slurry into the simmering liquid.
8. Cook 2 minutes only, until it thickens and turns glossy. Arrowroot thins out if you boil it hard or hold it too long, so make the gravy last and serve it right away.

SHACK NOTE

The gravy is the reason so many gluten-free people end up with a dry plate at Thanksgiving. Arrowroot makes a gravy that is glossier and cleaner-tasting than a flour roux, and nobody will know. The rules are different though: mix it into cold liquid first, add it at the end, and do not let it boil hard.

Make it yours. Tapioca starch works the same way. Cornstarch will also do it but produces a cloudier, heavier gravy.



Herb-Roasted Turkey Breast with Pan Gravy

PHOTOGRAPH TO COME

Three-quarter view of the carved breast on a wooden board, herb crust visible, slices fanned. Gravy boat beside with gravy mid-pour. Warm holiday light, dark background.

FILE: photos/herb-roasted-turkey-breast.jpg

Wild Rice and Mushroom Stuffing

with sage, pecans, and dried cranberries

SERVES

10

PREP

20 minutes

COOK

1 hour

GLUTEN-FREE

DAIRY-FREE

VEGAN

HOLIDAY

MAKE-AHEAD

INGREDIENTS

2 cups wild rice, rinsed well
 5 cups gluten-free vegetable broth
 1/4 cup extra virgin olive oil
 1 large onion, diced
 3 celery stalks, diced
 1 pound cremini mushrooms, quartered
 6 garlic cloves, minced
 3 tablespoons fresh sage, chopped
 2 tablespoons fresh thyme leaves
 1 cup raw pecans, toasted and chopped
 3/4 cup dried cranberries sweetened with fruit juice
 1 1/2 teaspoons fine sea salt
 1/2 cup flat-leaf parsley, chopped
 Zest and juice of 1 lemon

METHOD

1. Simmer the wild rice in the broth, covered, for 45 to 55 minutes, until the grains have split open and curled but still have chew. Wild rice takes far longer than any other grain and it is done when it looks burst, not when it looks soft.
2. Drain off any broth that remains and spread the rice on a sheet pan to stop the cooking.
3. Heat the oil in a large skillet. Cook the onion and celery 8 minutes.
4. Add the mushrooms and a pinch of salt and cook 10 to 12 minutes without stirring much, until they have released their water and then browned in it.
5. Add the garlic, sage, and thyme and cook 1 minute.
6. Fold everything together with the pecans, cranberries, salt, parsley, lemon zest, and juice.
7. Serve warm, or spread into a baking dish and reheat covered at 350 for 25 minutes.

SHACK NOTE

This is the dish that lets a gluten-free person eat stuffing at their own family's table. Make it two days ahead, refrigerate it in the baking dish, and reheat it while the turkey rests. It takes the oven pressure off entirely.

Make it yours. Wild rice is not actually rice; it is the seed of an aquatic grass. Buy true hand-harvested wild rice if you can find it, though the cultivated black variety works fine and costs far less.



Wild Rice and Mushroom Stuffing

PHOTOGRAPH TO COME

Overhead of a rustic baking dish, dark wild rice with mushrooms, ruby cranberries and pale pecans throughout, parsley on top. Warm autumn light, linen napkin at the edge.

FILE: [photos/wild-rice-mushroom-stuffing.jpg](#)

Maple-Roasted Root Vegetables

with rosemary and cracked pepper

SERVES

10

PREP

25 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 pounds carrots, cut into 2-inch batons

1 1/2 pounds parsnips, cut into 2-inch batons

1 pound beets, cut into wedges

1 large sweet potato, cut into thick half-moons

2 red onions, cut into wedges

1/3 cup avocado oil

3 tablespoons pure maple syrup

3 tablespoons fresh rosemary, chopped

2 tablespoons apple cider vinegar

2 teaspoons fine sea salt

1 teaspoon cracked black pepper

Flaky sea salt and parsley, to finish

METHOD

1. Heat the oven to 425 degrees with racks in the upper and lower thirds.
2. Keep the beets on their own pan. They bleed, and everything else will turn pink if you let them.
3. Toss all the vegetables with the oil, rosemary, salt, and pepper and spread across two or three sheet pans in a single layer with space between the pieces.
4. Roast 35 minutes, swapping the pans between racks once.
5. Drizzle the maple syrup over the vegetables, toss, and roast 12 to 15 minutes more, until the edges are deeply caramelized. Adding the syrup at the end rather than the start is what keeps it from burning.
6. Sprinkle with the vinegar while the pans are still hot, then finish with flaky salt and parsley.

SHACK NOTE

The splash of vinegar on the hot pan is what keeps a maple-glazed vegetable from tasting like candy. Sweet and browned needs acid behind it or the whole dish sits heavy on a holiday plate.

Make it yours. *Delicata squash, rutabaga, turnips, and celery root all belong here. Cut everything to the same thickness so it finishes together.*



Maple-Roasted Root Vegetables

PHOTOGRAPH TO COME

Overhead of a full sheet pan, vegetables in orange, purple, and gold with dark caramelized edges, rosemary scattered. Straight from the oven. Warm directional light.

FILE: `photos/maple-roasted-roots.jpg`

Fresh Cranberry Orange Relish

raw, sweetened with honey, ready in ten minutes

SERVES

12

PREP

10 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

12 ounces fresh or frozen cranberries
 1 navel orange, scrubbed, quartered,
 seeds removed, peel left on
 1/3 cup raw honey, or more to taste
 1-inch piece fresh ginger, peeled
 1/4 teaspoon ground cinnamon
 1/4 teaspoon fine sea salt
 1/3 cup toasted pecans, chopped, optional

METHOD

1. Put the cranberries, orange quarters with the peel still on, ginger, cinnamon, and salt in a food processor.
2. Pulse about fifteen times, until everything is finely chopped but not pureed. You want texture and flecks of orange peel, not a smooth sauce.
3. Add the honey and pulse three more times.
4. Taste. Cranberries vary enormously in tartness and this may want another spoonful of honey. Remember that it mellows considerably as it sits.
5. Refrigerate at least 4 hours and ideally overnight. The relish softens, the flavors marry, and the raw edge disappears.
6. Stir in the pecans just before serving if using.

SHACK NOTE

Leaving the orange peel on is the whole point. The oils in the peel are where the flavor lives, and the small bitter note is exactly what a sweet relish needs beside rich meat. Scrub the orange well and use the whole thing.

Make it yours. This keeps ten days refrigerated and freezes for three months, which makes it the first thing to cross off a holiday list.



Fresh Cranberry Orange Relish

PHOTOGRAPH TO COME

Close overhead of a small glass bowl of vivid ruby relish with visible texture and flecks of orange, a spoon resting in it. Fresh cranberries scattered. Bright cool light.

FILE: photos/cranberry-orange-relish.jpg

Green Beans with Toasted Almonds

lemon, garlic, and no cream soup anywhere

SERVES

10

PREP

15 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

HOLIDAY

INGREDIENTS

2 1/2 pounds green beans, trimmed

3/4 cup sliced almonds

1/4 cup extra virgin olive oil

6 garlic cloves, sliced thin

Zest and juice of 2 lemons

1/2 teaspoon red pepper flakes

1 1/2 teaspoons fine sea salt

Freshly cracked black pepper

Flaky sea salt, to finish

METHOD

1. Bring a large pot of well-salted water to a hard boil. Cook the beans 4 to 5 minutes, until bright green and just tender with a snap.
2. Move them straight into a bowl of ice water. This stops the cooking cold and locks the color, and it is what lets you do this step the day before.
3. Drain and dry the beans thoroughly.
4. Toast the almonds in a dry skillet 5 minutes, until golden, and tip them onto a plate.
5. Warm the oil in the same skillet over medium-low and cook the garlic slices 2 to 3 minutes, until pale gold and fragrant. Pull them the moment they take on color or they will turn bitter.
6. Add the beans, salt, pepper flakes, and lemon zest and toss over medium-high heat 3 minutes, until hot through.
7. Take off the heat, add the lemon juice and almonds, and finish with flaky salt.

SHACK NOTE

The green bean casserole most of us grew up with is built on canned cream soup and fried onions, both of which are made with wheat. This is the dish that replaces it, and honestly it is better. Blanch the beans the day before and the final step takes eight minutes.

Make it yours. *Haricots verts need only 3 minutes of blanching. Hazelnuts or pine nuts work in place of almonds.*



Green Beans with Toasted Almonds

PHOTOGRAPH TO COME

Overhead of a long white platter, bright green beans with golden almonds and garlic slices, lemon zest visible. Fresh and crisp. Bright even light, high color saturation.

FILE: photos/green-beans-almonds.jpg

Whipped Sweet Potatoes with Coconut

cinnamon, maple, and no marshmallows

SERVES

10

PREP

15 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

5 pounds sweet potatoes, peeled and cut into 2-inch chunks

3/4 cup full-fat coconut milk, warmed

1/4 cup coconut oil

3 tablespoons pure maple syrup

1 1/2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cardamom

1 3/4 teaspoons fine sea salt

2 teaspoons pure vanilla extract

1/2 cup pecans, toasted and chopped

2 tablespoons coconut flakes, toasted

METHOD

1. Boil the sweet potatoes in well-salted water for 18 to 22 minutes, until a knife slides through with no resistance.
2. Drain thoroughly and return them to the hot dry pot. Let them steam off for 3 full minutes, shaking the pot once. Wet potatoes make a loose, gluey mash.
3. Add the warm coconut milk, coconut oil, maple syrup, spices, salt, and vanilla.
4. Mash by hand with a potato masher or pass through a ricer. Do not use a food processor or a stick blender, which will turn them into wallpaper paste within seconds.
5. Taste for salt. Sweet potatoes take more than you would guess, and underseasoning is what makes this dish taste like dessert by mistake.
6. Spread into a serving dish and top with toasted pecans and coconut flakes.

SHACK NOTE

Boil the potatoes in water that tastes like the sea. Salting the water seasons them from the inside, and nothing you add afterward achieves the same thing. This is the single most common reason a mash tastes flat.

Make it yours. Make it two days ahead, refrigerate in the baking dish, and reheat covered at 350 for 30 minutes with an extra splash of coconut milk stirred in.



Whipped Sweet Potatoes with Coconut

PHOTOGRAPH TO COME

Overhead of a wide ceramic dish, deep orange whipped potatoes with swoops and peaks catching light, pecans and coconut scattered across one side. Warm holiday light.

FILE: photos/whipped-sweet-potatoes.jpg

Maple Pumpkin Custard

all the pie filling, none of the crust

SERVES

8

PREP

15 minutes

COOK

50 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

1 can pumpkin puree, 15 ounces, pure pumpkin only

1 1/4 cups full-fat coconut milk

4 pasture-raised eggs

1/2 cup pure maple syrup

2 teaspoons pure vanilla extract

2 teaspoons ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cloves

1/4 teaspoon ground cardamom

3/4 teaspoon fine sea salt

Whipped coconut cream and toasted pecans, to serve

METHOD

1. Heat the oven to 325 degrees. Set eight ramekins in a deep roasting pan and put a kettle on.
2. Whisk the pumpkin, coconut milk, eggs, maple syrup, vanilla, spices, and salt until completely smooth. Whisk longer than you think, a good 90 seconds, so no streaks of egg remain.
3. Divide among the ramekins.
4. Pour hot water into the roasting pan until it comes halfway up the sides of the ramekins. This water bath is what makes the difference between silky custard and scrambled egg.
5. Bake 45 to 55 minutes, until the edges are set and the centers still wobble like loose gelatin when you nudge the pan.
6. Lift the ramekins out of the water and cool completely, then chill at least 4 hours.
7. Serve cold with whipped coconut cream and toasted pecans.

SHACK NOTE

Check the can. Pumpkin pie filling is already sweetened and spiced and often carries thickeners; you want the one whose ingredient list reads pumpkin. This custard is also the answer for anyone whose holiday problem is the crust rather than the filling.

Make it yours. Bake it in one 9-inch dish instead of ramekins, adding about 15 minutes. Roasted butternut or kabocha puree works in place of pumpkin.



Maple Pumpkin Custard

PHOTOGRAPH TO COME

Side view of ramekins on a dark board, one with a spoonful taken showing the silky interior, coconut cream and pecans on top. Candlelight warmth, deep shadows.

FILE: `photos/pumpkin-custard.jpg`

Honey-Rosemary Roasted Nuts

the bowl that empties before dinner

SERVES

12

PREP

10 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

REFINED-SUGAR-FREE

INGREDIENTS

4 cups mixed raw nuts: pecans, almonds, walnuts, cashews

3 tablespoons raw honey

2 tablespoons coconut oil, melted

3 tablespoons fresh rosemary, minced

1 1/2 teaspoons fine sea salt

1/2 teaspoon smoked paprika

1/2 teaspoon cracked black pepper

1/4 teaspoon cayenne

1 teaspoon flaky sea salt, to finish

METHOD

1. Heat the oven to 325 degrees and line a sheet pan with parchment.
2. Whisk the honey, melted coconut oil, rosemary, sea salt, smoked paprika, pepper, and cayenne together.
3. Toss the nuts in the mixture until every one is coated.
4. Spread in a single layer and roast 22 to 28 minutes, stirring every 8 minutes, until deeply fragrant and just golden. They will still look underdone and slightly tacky when you pull them.
5. Cool completely on the pan without touching them. They crisp entirely as they cool, and this is the step everyone rushes.
6. Break apart and finish with flaky salt.

SHACK NOTE

Stir every eight minutes without fail. Honey goes from golden to burnt in about ninety seconds at the end, and the edges of the pan always run ahead of the middle.

Make it yours. These keep two weeks in a sealed jar and make a genuinely good gift in a mason jar with a ribbon. Double the batch; the first one never makes it to the party.



Honey-Rosemary Roasted Nuts

PHOTOGRAPH TO COME

Close overhead of a small bowl overflowing onto a dark wood board, glossy nuts with visible rosemary and salt crystals. Warm lamplight, rich brown palette, shallow focus.

FILE: photos/honey-rosemary-nuts.jpg

Toasted Millet Pilaf

with herbs, almonds, and lemon

SERVES

8

PREP

15 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

HOLIDAY

INGREDIENTS

2 cups millet
 4 cups gluten-free vegetable broth
 3 tablespoons extra virgin olive oil
 1 onion, diced fine
 3 celery stalks, diced fine
 4 garlic cloves, minced
 1 1/4 teaspoons fine sea salt
 1 cup flat-leaf parsley, chopped
 1/2 cup fresh dill, chopped
 4 scallions, sliced thin
 2/3 cup sliced almonds, toasted
 Zest and juice of 1 lemon
 Freshly cracked black pepper

METHOD

1. Toast the millet in a dry pan over medium heat for 3 to 4 minutes, shaking often, until it smells nutty and a few grains pop. Tip it onto a plate. This step is the entire difference between good millet and forgettable millet.
2. Warm the oil in the same pan and cook the onion and celery 8 minutes, until soft.
3. Add the garlic for 1 minute, then return the toasted millet and stir it in the oil for 1 minute more.
4. Pour in the broth, add the salt, and bring to a boil. Reduce to the lowest simmer, cover, and cook 18 minutes.
5. Take it off the heat and let it stand covered for a full 10 minutes without lifting the lid. This is where the grains finish and separate.
6. Fluff with a fork, then fold in the herbs, scallions, almonds, lemon zest, and juice.
7. Taste for salt and finish with cracked pepper.

SHACK NOTE

This is the dish that replaced rice pilaf on our holiday table and nobody asked where the rice went. It holds beautifully at room temperature, which matters when six things need the oven at once.

Make it yours. Make it a day ahead and reheat covered with a splash of broth. Dried cranberries and pistachios make a more festive version.



Toasted Millet Pilaf

PHOTOGRAPH TO COME

Overhead of a wide platter of pale gold millet flecked heavily with green herbs and pale almonds, lemon halves beside. Warm holiday light, generous serving.

FILE: `photos/toasted-millet-pilaf.jpg`

Coconut Jasmine Rice

with lime, cilantro, and toasted coconut

SERVES

8

PREP

10 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

UNDER 45 MINUTES

INGREDIENTS

2 cups Thai jasmine rice
 1 can full-fat coconut milk, 13.5 ounces
 1 3/4 cups filtered water, plus more for parboiling
 1 1/4 teaspoons fine sea salt
 3 kaffir lime leaves or the zest of 1 lime
 Juice of 1 lime
 1/2 cup fresh cilantro, chopped
 1/3 cup unsweetened coconut flakes, toasted
 3 scallions, sliced thin

METHOD

1. Rinse the rice in a fine strainer until the water runs clear, a full minute of it.
2. Bring a large pot of water to a boil, add the rinsed rice, and boil 5 minutes. Drain it completely. This parboil-and-drain step removes a substantial share of the arsenic that rice naturally carries, and it costs you nothing but a colander.
3. Return the drained rice to the pot with the coconut milk, the 1 3/4 cups of water, salt, and lime leaves or zest.
4. Bring to a boil, then cover and cook on the lowest heat 12 to 15 minutes, until the liquid is absorbed.
5. Rest covered off the heat 10 minutes without lifting the lid.
6. Fluff with a fork, fold in the lime juice, cilantro, and scallions, and top with toasted coconut.

SHACK NOTE

Thai jasmine tests lower for arsenic than unspecified domestic long grain, and the parboil step lowers it further. See the rice page in the Foundations section. This is the one place in the book where the method has a reason behind it that has nothing to do with flavor.

Make it yours. Serve under the coconut curry chicken or alongside anything from the dinner section. Basmati works identically and tests lower still.



Coconut Jasmine Rice

PHOTOGRAPH TO COME

Overhead of a wide bowl of white rice flecked with green cilantro and pale toasted coconut, lime wedges beside. Bright clean light, tropical and fresh.

FILE: photos/coconut-jasmine-rice.jpg

Lemon Herb Rice Pilaf

toasted almonds, dill, and a great deal of parsley

SERVES

8

PREP

15 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

VEGAN

HOLIDAY

MAKE-AHEAD

INGREDIENTS

2 cups basmati rice, rinsed and parboiled
 3 tablespoons olive oil
 1 onion, diced fine
 5 garlic cloves, minced
 3 1/2 cups gluten-free vegetable broth
 1 1/4 teaspoons fine sea salt
 1 1/2 cups flat-leaf parsley, chopped
 1/2 cup fresh dill, chopped
 1/3 cup fresh mint, chopped
 5 scallions, sliced thin
 2/3 cup sliced almonds, toasted
 Zest and juice of 2 lemons
 Cracked black pepper

METHOD

1. Rinse the rice until the water runs clear, boil it 4 minutes in plenty of water, and drain.
2. Warm the oil and cook the onion 8 minutes, then add the garlic for 1 minute.
3. Add the drained rice and stir it in the oil for 2 minutes so every grain is coated. This is what keeps the grains separate rather than sticky.
4. Pour in the broth, add the salt, and bring to a boil. Cover and cook on the lowest heat 15 minutes.
5. Rest covered 10 minutes off the heat without lifting the lid.
6. Fluff with a fork, then fold in all the herbs, scallions, lemon zest and juice, and almonds.
7. Taste for salt and lemon and finish with pepper.

SHACK NOTE

Fold the herbs in after the rice has rested rather than during cooking. Steam turns fresh parsley and dill gray and flat, and this pilaf lives or dies on the herbs staying bright.

Make it yours. Add dried currants and pistachios for a more festive version. Serves beautifully at room temperature, which matters on a crowded holiday table.



Lemon Herb Rice Pilaf

PHOTOGRAPH TO COME

Overhead of a wide platter of white rice heavily flecked with green herbs and pale almonds, lemon halves beside. Bright even light, fresh and generous.

FILE: `photos/lemon-herb-rice-pilaf.jpg`

Arroz Verde

green rice with poblano, cilantro, and lime

SERVES

8

PREP

20 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

HOLIDAY

INGREDIENTS

2 cups long-grain rice, rinsed and parboiled
 2 poblano peppers, charred and peeled
 2 cups fresh cilantro, packed
 1 cup flat-leaf parsley
 1 cup baby spinach
 3 1/2 cups gluten-free vegetable broth
 1/2 onion, roughly chopped
 4 garlic cloves
 3 tablespoons avocado oil
 1 1/2 teaspoons fine sea salt
 Juice of 2 limes
 Toasted pepitas and lime wedges, to serve

METHOD

1. Char the poblanos over a flame or under a broiler until blackened all over, steam them covered 10 minutes, then slip off the skins and pull out the seeds.
2. Blend the poblanos, cilantro, parsley, spinach, onion, garlic, and broth until completely smooth and vivid green.
3. Rinse the rice until the water runs clear, boil it 4 minutes, and drain.
4. Warm the oil in a heavy pot and toast the drained rice in it for 3 minutes, stirring, until the grains turn opaque.
5. Pour in the green liquid, add the salt, and bring to a boil. Cover and cook on the lowest heat 15 to 18 minutes.
6. Rest covered 10 minutes off the heat, then fluff and fold in the lime juice.
7. Serve topped with toasted pepitas and lime wedges.

SHACK NOTE

The rice will lose some of its brightness as it cooks, which is simply what chlorophyll does under heat. It will still be a striking green and the flavor is entirely intact. Do not add more greens trying to fix the color; you will only make it taste raw.

Make it yours. Serve alongside anything from the slow cooker section, or under a fried egg with avocado for breakfast.



Arroz Verde

PHOTOGRAPH TO COME

Overhead of a platter of green-tinted rice with pepitas scattered and lime wedges around the edge. Fresh saturated color, bright natural light.

FILE: photos/arroz-verde.jpg



SECTION ELEVEN

FROM THE BLENDER

A high-powered blender is the single most useful appliance in a whole-food kitchen, and most people who own one use it for smoothies and nothing else. It makes hot soup from cold vegetables by friction alone. It makes milk out of nuts, cream out of cashews, butter out of almonds, and sorbet out of frozen fruit and nothing else. It turns a bunch of herbs into a sauce that makes a plain roasted vegetable worth eating. This section is the argument for pulling it out of the cabinet and leaving it on the counter.

IN THIS SECTION

The Morning Glass

omega-3, fiber, berries, collagen, water

Blender Tortilla Soup

hot from the blender itself, no pot required

Roasted Red Pepper and Tomato Soup

eight minutes from cold to steaming

Creamy Broccoli and Leek Soup

bright green, no cream, no flour

Homemade Almond Milk

two ingredients, and it tastes like almonds

All-Purpose Cashew Cream

the one recipe that replaces dairy everywhere

Green Goddess Dressing

every herb in the drawer, all at once

Romesco Sauce

roasted peppers, toasted almonds, smoked paprika

Blender Salsa Verde

charred tomatillos, lime, and a great deal of cilantro

Blender Nut Butter

one ingredient, ten minutes, and a lot of patience

Two-Minute Mango Sorbet

frozen fruit and lime, and nothing else

The Morning Glass

omega-3, fiber, berries, collagen, water

SERVES

1

PREP

3 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

1 serving omega-3 oil, per the label on yours

1 serving fiber supplement, psyllium or acacia

1/2 cup frozen or fresh berries

1 scoop collagen peptides

10 to 12 ounces filtered water

Juice of 1/2 lemon, optional

A few ice cubes, optional

1/2 teaspoon ground cinnamon, optional

METHOD

1. Water into the blender first, always. It lets the blade catch and it keeps powder from packing into the bottom corners.
2. Add the collagen and the fiber and blend 10 seconds before anything else goes in. Fiber powders clump the moment they meet fruit, and this order prevents it entirely.
3. Add the omega-3 oil, berries, lemon juice, and cinnamon.
4. Blend 30 seconds on high, until uniformly colored with no streaks.
5. Drink it within a few minutes. Psyllium keeps thickening in the glass and it will set into pudding if you wander off.
6. Follow it with a second glass of plain water, which is not optional when you have taken fiber.

SHACK NOTE

This is not breakfast and it is not trying to be. It is a delivery system for the four things I do not want to leave to chance on a busy day: fat, fiber, color, and protein. Breakfast comes later, from the breakfast pages.

Make it yours. Half an avocado or a tablespoon of ground flax adds body if you want it more filling. See the omega-3 and fiber pages in the Foundations section before you buy either supplement.



The Morning Glass

PHOTOGRAPH TO COME

*Side view of a tall glass on a kitchen counter in early light, deep berry color, a blender jar
in soft focus behind, window light. Quiet, unstyled, real morning.*

FILE: photos/morning-glass.jpg

Blender Tortilla Soup

hot from the blender itself, no pot required

SERVES

4

PREP

20 minutes

COOK

8 minutes in the blender

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

UNDER 45 MINUTES

INGREDIENTS

For the soup

1 pound Roma tomatoes, roasted or fire-roasted from a can
 1 red bell pepper, roasted and peeled
 1/2 onion, charred in a dry pan
 4 garlic cloves, charred
 1 chipotle pepper in adobo, or 1 teaspoon chipotle powder
 2 cups hot gluten-free vegetable broth
 1/2 avocado
 2 teaspoons ground cumin
 1 teaspoon smoked paprika
 1 1/2 teaspoons fine sea salt
 Juice of 2 limes
 1/2 cup fresh cilantro

To finish

Corn tortillas, cut into strips and crisped, or toasted pepitas
 Diced avocado, radish, and more cilantro

METHOD

1. Char the onion halves and unpeeled garlic in a dry cast iron pan over high heat for 6 to 8 minutes, turning until blackened in patches. This is the smoke that makes the soup taste cooked, and it is the only stove work involved.
2. Peel the garlic and put everything for the soup into the blender.
3. Start on low and climb to the highest speed. Run it a full 6 to 8 minutes. The friction of the blade heats the soup to steaming, which is what a high-powered blender is actually for and what almost nobody uses it for.
4. Vent the lid plug or lift a corner while it runs. Hot liquid expands and a sealed blender will blow its lid off, which I have done.
5. Taste. It will want more lime and more salt than you expect.
6. Pour into bowls and top with crisped tortilla strips, avocado, radish, and cilantro.

SHACK NOTE

Buy corn tortillas that carry a gluten-free certification. Corn tortillas are naturally gluten-free, but many are pressed and packed on shared lines with flour tortillas, and this is one of the most common places people get caught. Toasted pepitas make a grain-free topping that is just as good.

Make it yours. Add shredded chicken to the bowls, not the blender. A handful of soaked cashews blended in makes it creamier.



Blender Tortilla Soup

PHOTOGRAPH TO COME

Overhead of a deep red-orange bowl, crisp strips standing up in the center, avocado and radish and cilantro. Steam. Lime wedges. Saturated color, warm light.

FILE: photos/blender-tortilla-soup.jpg

Roasted Red Pepper and Tomato Soup

eight minutes from cold to steaming

SERVES

4

PREP

10 minutes

COOK

8 minutes in the blender

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

UNDER 30 MINUTES

INGREDIENTS

3 roasted red peppers, jarred or your own
 1 can fire-roasted tomatoes, 14 ounces
 1/2 cup raw cashews
 2 cups hot gluten-free vegetable broth
 3 garlic cloves, roasted
 2 tablespoons tomato paste
 1 teaspoon smoked paprika
 1 teaspoon dried oregano
 1/4 teaspoon red pepper flakes
 1 1/4 teaspoons fine sea salt
 1 tablespoon balsamic vinegar
 1/2 cup fresh basil
 Olive oil and basil, to finish

METHOD

1. Put everything except the finishing oil and basil into the blender.
2. Run from low up to high and hold it there for 6 to 8 minutes, with the lid plug removed so steam can escape.
3. The raw cashews do two things at once here: they blend into cream, and they thicken the soup without any starch at all.
4. Check the temperature. It should be genuinely hot, not warm. If your blender is less powerful, warm the broth first and give it a few extra minutes.
5. Taste for salt and vinegar.
6. Pour into bowls, drizzle with olive oil, and tear basil over the top.

SHACK NOTE

This is the fastest real soup in the book and it is the one I make when someone is coming over in twenty minutes. Nothing about it tastes like a shortcut.

Make it yours. Roast your own peppers under the broiler until blackened, steam them covered for 10 minutes, and the skins slip off. Worth doing when you have time.



Roasted Red Pepper and Tomato Soup

PHOTOGRAPH TO COME

Overhead of a bowl of deep orange-red soup with an olive oil swirl and torn basil, cracked pepper. Second bowl at the frame edge. Warm even light.

FILE: `photos/blender-pepper-tomato-soup.jpg`

Creamy Broccoli and Leek Soup

bright green, no cream, no flour

SERVES

4

PREP

15 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

UNDER 45 MINUTES

INGREDIENTS

2 large heads broccoli, florets and peeled stems

2 leeks, white and pale green, sliced and washed well

3 tablespoons olive oil

5 garlic cloves

4 cups gluten-free vegetable broth

1/2 cup raw cashews

2 cups baby spinach

1 1/2 teaspoons fine sea salt

1/4 teaspoon ground nutmeg

Juice of 1 lemon

Toasted almonds and olive oil, to finish

METHOD

1. Cook the leeks in the oil in a pot for 8 minutes, until soft and sweet. Leeks hide grit between their layers, so slice them first and wash them after.
2. Add the garlic for 1 minute, then the broth, and bring to a boil.
3. Add the broccoli and cook only 5 to 6 minutes, until bright green and barely tender. Overcooked broccoli turns army green and no blender will bring the color back.
4. Take it off the heat and add the spinach, which will wilt in the residual heat and deepen the green.
5. Blend in batches with the cashews, salt, and nutmeg, with the lid vented, for a full 60 seconds per batch.
6. Stir in the lemon juice, taste, and serve topped with toasted almonds and a thread of olive oil.

SHACK NOTE

Peel the broccoli stems and use them. The stem is sweeter than the floret and most of it goes in the compost out of habit rather than for any reason. A vegetable peeler takes the woody outer layer off in about twenty seconds.

Make it yours. Cauliflower makes a paler, milder version. A handful of fresh basil or tarragon blended in changes it completely.



Creamy Broccoli and Leek Soup

PHOTOGRAPH TO COME

Overhead of a vivid green bowl of soup with toasted almonds and oil on top, a broccoli floret beside it. High color saturation, bright natural light.

FILE: photos/blender-broccoli-leek-soup.jpg

Homemade Almond Milk

two ingredients, and it tastes like almonds

SERVES

Makes 4 cups

PREP

10 minutes, plus overnight soaking

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

1 cup raw almonds, soaked overnight
4 cups filtered water
Pinch of fine sea salt
2 Medjool dates, pitted, optional
1 teaspoon pure vanilla extract, optional
1/2 teaspoon ground cinnamon, optional

METHOD

1. Soak the almonds in plenty of water overnight, or at least 8 hours. They plump, soften, and blend into something creamy rather than gritty.
2. Drain and rinse them well. Discard the soaking water; it carries the bitter compounds that came off the skins.
3. Blend the almonds with the fresh water and salt on high for a full 90 seconds.
4. Add the dates, vanilla, and cinnamon if using and blend 30 seconds more.
5. Strain through a nut milk bag or a double layer of cheesecloth set in a strainer, squeezing hard to get everything out.
6. Refrigerate in a sealed jar for up to four days. It separates, which is what real almond milk does. Shake it.

SHACK NOTE

Read the label on the carton in your refrigerator and count the ingredients. Then read this recipe. Most commercial almond milk is around two percent almonds, thickened with gums and fortified to make up for what is not in it.

***Make it yours.** Do not throw out the pulp. Dry it in a low oven and it becomes almond meal for the muffins and pancakes elsewhere in this book. Cashews need no straining at all, which makes cashew milk the lazy version.*



Homemade Almond Milk

PHOTOGRAPH TO COME

Side view of a glass bottle of white milk on a marble counter, a glass poured beside it, soaked almonds in a small bowl. Bright clean light, minimal styling.

FILE: `photos/homemade-almond-milk.jpg`

All-Purpose Cashew Cream

the one recipe that replaces dairy everywhere

SERVES

Makes about 2 cups

PREP

10 minutes, plus soaking

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

1 1/2 cups raw cashews, soaked 4 hours
or boiled 15 minutes

3/4 cup filtered water, plus more as
needed

2 tablespoons fresh lemon juice

1 teaspoon apple cider vinegar

3/4 teaspoon fine sea salt

1 small garlic clove, for the savory
version

2 tablespoons pure maple syrup and 1
teaspoon vanilla, for the sweet version

METHOD

1. Boil the cashews for 15 minutes if you did not plan ahead. It gets you to the same place as an overnight soak.
2. Drain and rinse, then blend with the water, lemon juice, vinegar, and salt.
3. Run it for a full 2 minutes. Rub a little between your fingers; if you feel any grit at all, keep going. This is where most people stop too early.
4. For savory cream, add the garlic and blend 20 seconds more. This is your sour cream, your ranch base, and your soup finisher.
5. For sweet cream, add the maple syrup and vanilla instead. This is your whipped topping and your dessert sauce.
6. Thin with water a tablespoon at a time to whatever consistency the job needs. Thick for dolloping, pourable for drizzling.

SHACK NOTE

Learn this one and a great deal of dairy-free cooking stops being a problem. It keeps five days refrigerated and thickens as it sits, so make it slightly looser than you want it.

Make it yours. Sunflower seeds make a nut-free version. Soak them a full four hours and expect a slightly earthier flavor and a paler gray color.



All-Purpose Cashew Cream

PHOTOGRAPH TO COME

Close overhead of a jar of thick white cream with a spoon lifting a dollop, the trail visible.

Raw cashews scattered. Soft light, high texture detail.

FILE: [photos/all-purpose-cashew-cream.jpg](#)

Green Goddess Dressing

every herb in the drawer, all at once

SERVES

Makes about 2 cups

PREP

10 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

1 ripe avocado
 1 cup flat-leaf parsley, packed
 1/2 cup fresh basil
 1/3 cup fresh dill
 1/4 cup fresh tarragon or mint
 3 scallions, roughly chopped
 1/2 cup extra virgin olive oil
 1/3 cup fresh lemon juice
 1/3 cup filtered water, plus more as needed
 2 garlic cloves
 1 tablespoon capers, rinsed
 1 1/4 teaspoons fine sea salt
 Cracked black pepper

METHOD

1. Put the liquids in the blender first: olive oil, lemon juice, and water.
2. Add the garlic, capers, salt, and pepper.
3. Pack the herbs in on top and blend on low for 20 seconds to break them down before you go to high.
4. Add the avocado and blend on high 45 seconds, until brilliantly green and completely smooth.
5. Add water a tablespoon at a time until it pours in a slow ribbon off a spoon.
6. Taste for salt and lemon. Herb sauces need considerably more of both than you think.

SHACK NOTE

This is the sauce that makes plain food worth eating. Over roasted vegetables, over grilled chicken, over a bowl of quinoa, as a dip for raw peppers, thinned as a dressing. Make it on Sunday and use it all week.

Make it yours. *It keeps four days and the avocado darkens slightly on top. Scrape that off or stir it in; the flavor is unaffected.*



Green Goddess Dressing

PHOTOGRAPH TO COME

Overhead of a jar of vivid green sauce with a spoon in it, surrounded by loose herb bunches on a pale board. Extremely saturated green, bright even light.

FILE: `photos/green-goddess-dressing.jpg`

Romesco Sauce

roasted peppers, toasted almonds, smoked paprika

SERVES

Makes about 2 cups

PREP

15 minutes

COOK

8 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

3 roasted red peppers, peeled
1 cup raw almonds, toasted
4 garlic cloves
1/3 cup oil-packed sun-dried tomatoes
1/2 cup extra virgin olive oil
3 tablespoons red wine vinegar
1 tablespoon smoked paprika
1/2 teaspoon red pepper flakes
1 1/4 teaspoons fine sea salt
1/4 cup flat-leaf parsley
Water, to loosen

METHOD

1. Toast the almonds in a dry pan 6 to 8 minutes, until fragrant and just golden. Cool them before blending or they will turn to butter from the heat.
2. Pulse the almonds and garlic in the blender until coarsely ground.
3. Add the peppers, sun-dried tomatoes, vinegar, smoked paprika, pepper flakes, and salt and pulse to a coarse paste.
4. With the motor running on low, pour the olive oil in slowly. This emulsifies it rather than leaving oil sitting on top.
5. Pulse in the parsley three times only, so it stays in flecks.
6. Loosen with water to the consistency you want. Traditional romesco is thick enough to hold its shape on a spoon.

SHACK NOTE

Traditional romesco is thickened with stale bread, which is exactly why most people who eat gluten-free have never had it. Almonds do the job better and it is how the older versions of the sauce were made anyway.

Make it yours. *It keeps a week refrigerated and freezes well. Serve with grilled fish, roasted cauliflower, chicken, eggs, or spooned over the millet polenta.*



Romesco Sauce

PHOTOGRAPH TO COME

Close overhead of a rustic bowl of brick-red sauce with visible almond texture, a spoon dragged through it, olive oil pooling. Dark board, warm directional light.

FILE: `photos/romesco-sauce.jpg`

Blender Salsa Verde

charred tomatillos, lime, and a great deal of cilantro

SERVES

Makes about 3 cups

PREP

10 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 1/2 pounds tomatillos, husked and rinsed
 2 jalapeños, stemmed
 1 poblano pepper
 1/2 white onion, cut into thick wedges
 5 garlic cloves, unpeeled
 1 1/2 cups fresh cilantro, packed
 Juice of 2 limes
 1 1/2 teaspoons fine sea salt
 1 teaspoon ground cumin
 1 teaspoon raw honey, optional

METHOD

1. Rinse the tomatillos well after husking. They are sticky under the papery skin and that residue is bitter.
2. Broil the tomatillos, peppers, onion, and unpeeled garlic on a sheet pan 8 to 12 minutes, turning once, until blistered and blackened in patches.
3. Let them cool enough to handle, then squeeze the garlic out of its skins and pull the stem and most seeds from the poblano.
4. Put everything into the blender with the cilantro, lime juice, salt, and cumin.
5. Pulse rather than blend. Eight or ten pulses gives you a salsa with texture; holding the button gives you a smoothie.
6. Taste. If the tomatillos were very tart, the teaspoon of honey balances it. Rest 30 minutes before serving.

SHACK NOTE

Char is the whole flavor. Raw tomatillo salsa is sharp and one-dimensional, and eight minutes under a broiler turns it sweet, smoky, and complex. Do not skip it and do not be timid about the blackening.

***Make it yours.** Keeps a week and freezes for three months. Spoon it over eggs, into the turkey taco skillet, or over any roasted vegetable.*



Blender Salsa Verde

PHOTOGRAPH TO COME

Overhead of a bowl of chunky green salsa with visible char flecks, lime halves and a cilantro bunch beside, charred tomatillos on the pan behind. Bright warm light.

FILE: `photos/blender-salsa-verde.jpg`

Blender Nut Butter

one ingredient, ten minutes, and a lot of patience

SERVES

Makes about 1 1/2 cups

PREP

5 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

3 cups raw almonds, cashews, or pecans
 1/2 teaspoon fine sea salt
 1 tablespoon coconut oil, only if needed
 1 teaspoon ground cinnamon, optional
 2 teaspoons pure vanilla extract, optional
 1 tablespoon raw honey or maple syrup, optional

METHOD

1. Toast the nuts at 325 degrees for 10 to 12 minutes, until fragrant. Warm nuts release their oil far more readily than cold ones and this cuts the blending time in half.
2. Put the warm nuts and salt in the blender or a food processor.
3. Run it. For the first few minutes you will have crumbs, then a thick paste, then a dry ball that climbs the sides and looks like a failure.
4. Keep going. Stop to scrape down every two minutes. Somewhere between minute six and minute ten the oil releases and it turns suddenly, dramatically, into butter.
5. Only if it absolutely refuses after ten minutes should you add the coconut oil, and only a tablespoon.
6. Blend in the cinnamon, vanilla, or sweetener at the very end. Store in a jar at room temperature for two weeks or refrigerated for two months.

SHACK NOTE

The dry-ball stage is where everyone gives up, and it happens every single time. It is not broken. The nuts simply have not released their oil yet. Set a timer for ten minutes and trust it.

Make it yours. Cashews are the fastest and creamiest. Almonds take the longest. Pecans and macadamias are the richest and need the least time of the three.



Blender Nut Butter

PHOTOGRAPH TO COME

Close overhead of a jar of glossy nut butter with a knife pulling a ribbon out of it, toasted nuts scattered on the board. Warm light, rich brown tones.

FILE: photos/blender-nut-butter.jpg

Two-Minute Mango Sorbet

frozen fruit and lime, and nothing else

SERVES

4

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

4 cups frozen mango chunks

1/4 cup full-fat coconut milk

Juice of 2 limes

2 tablespoons raw honey, optional

1/4 teaspoon fine sea salt

Zest of 1 lime and fresh mint, to finish

METHOD

1. Put the lime juice and coconut milk into the blender first so the blade has something to grab.
2. Add the frozen mango, honey if using, and salt.
3. Use the tamper and work steadily. Do not add more liquid to make it easier; that gives you a smoothie instead of sorbet.
4. Blend 90 seconds to 2 minutes, pushing constantly, until it turns thick, smooth, and holds a peak.
5. Serve immediately for soft-serve texture, or spread into a pan and freeze 1 hour for scoopable.
6. Finish with lime zest and torn mint.

SHACK NOTE

The pinch of salt is the difference between fruit and dessert. It sharpens the mango and makes the lime read brighter, and without it the whole thing tastes flat in a way you cannot quite name.

Make it yours. Frozen pineapple, peaches, cherries, or mixed berries all work. Berries need a little more liquid because they carry less flesh.



Two-Minute Mango Sorbet

PHOTOGRAPH TO COME

Close view of scoops in a chilled bowl, vivid orange, lime zest and mint on top, condensation on the glass. Bright cold light, saturated tropical color.

FILE: `photos/two-minute-mango-sorbet.jpg`



SECTION TWELVE

RAW AND LIVING FOODS

Some things are simply better uncooked, and not for any ideological reason. Heat softens texture, dulls color, and takes the top notes off a fresh herb. It also breaks down some vitamins, vitamin C among them. This section is not a raw food diet and I am not asking you to adopt one. It is a collection of the dishes in my rotation that happen never to see a stove, including a set of desserts that are made entirely of nuts, dates, fruit, and cacao and that people refuse to believe are not baked.

IN THIS SECTION

Raw Chocolate Tart

Raw Lemon Cheesecake Bars

Raw Carrot Cake Bites

Raw Cacao Truffles with Sea Salt

Zucchini Noodles with Basil Pesto

Rainbow Collard Wraps

Raw Beet, Apple, and Walnut Salad

Raw Key Lime Tart

Raw Pad Thai Salad

Raw Cauliflower Tabbouleh

Raw Apple Crumble in a Glass

Raw Berry Cheesecake Jars

Raw Almond Butter Cups

Raw Chocolate Tart

on a date and almond crust, never near an oven

SERVES

12

PREP

30 minutes, plus chilling

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the crust

- 1 1/2 cups raw almonds
- 1 1/4 cups Medjool dates, pitted
- 1/4 cup raw cacao powder
- 2 tablespoons coconut oil, melted
- 3/4 teaspoon fine sea salt

For the filling

- 2 large ripe avocados
- 3/4 cup raw cacao powder
- 3/4 cup Medjool dates, soaked and drained
- 1/2 cup full-fat coconut milk
- 1/4 cup coconut oil, melted
- 2 teaspoons pure vanilla extract
- 3/4 teaspoon fine sea salt
- Raspberries, cacao nibs, and flaky salt, to finish

METHOD

1. Process the almonds to coarse crumbs, then add the dates, cacao, coconut oil, and salt and run until it clumps when pressed.
2. Press firmly into a 9-inch tart pan, up the sides as well as across the bottom. Press harder than feels right; a loose crust crumbles when you cut it.
3. Chill the crust 30 minutes while you make the filling.
4. Blend all the filling ingredients for a full 3 minutes, scraping down twice. Three minutes, not two. Under-blending is the only way this fails and it fails as green flecks in a brown tart.
5. Pour into the chilled crust and smooth the top with an offset spatula.
6. Chill at least 4 hours, or overnight. The coconut oil sets it firm and the avocado flavor disappears entirely as it sits.
7. Top with raspberries, cacao nibs, and flaky salt just before serving.

SHACK NOTE

Nobody has ever guessed the filling. I have served this to a great many people over the years and I have stopped mentioning what is in it until after the second slice.

Make it yours. Add a teaspoon of instant espresso to the filling to deepen the chocolate, or the zest of an orange to brighten it.



Raw Chocolate Tart

PHOTOGRAPH TO COME

Three-quarter view of the whole tart with one slice cut and lifted, glossy dark filling, raspberries on top. Dark board, low moody light, dramatic and rich.

FILE: `photos/raw-chocolate-avocado-tart.jpg`

Raw Lemon Cheesecake Bars

cashew, coconut, and a great deal of lemon

SERVES

16

PREP

30 minutes, plus freezing

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the crust

- 1 1/4 cups raw pecans
- 1 cup Medjool dates, pitted
- 1/2 cup unsweetened shredded coconut
- 1/2 teaspoon fine sea salt

For the filling

- 2 1/2 cups raw cashews, soaked 4 hours
- 3/4 cup fresh lemon juice, from about 5 lemons
- Zest of 3 lemons
- 2/3 cup coconut oil, melted
- 1/2 cup raw honey or pure maple syrup
- 1/3 cup full-fat coconut milk
- 2 teaspoons pure vanilla extract
- 3/4 teaspoon fine sea salt

METHOD

1. Line an 8-inch square pan with parchment, leaving overhang on two sides as handles.
2. Process the crust ingredients until they clump, then press very firmly into the pan and freeze 20 minutes.
3. Drain the soaked cashews thoroughly. Excess water makes a filling that never sets properly.
4. Blend everything for the filling for a full 3 minutes on high, until it is completely, absolutely smooth. Rub some between your fingers to check.
5. Pour over the crust, tap the pan on the counter to release air bubbles, and smooth the top.
6. Freeze at least 4 hours, until firm.
7. Lift out by the parchment and cut with a hot dry knife, wiping between cuts. Let the bars sit at room temperature 10 minutes before eating; frozen solid, they are too hard to taste.

SHACK NOTE

The zest of three lemons sounds like a great deal and it is not. Nearly all the aromatic oil is in the peel and the juice alone gives you sour without giving you lemon. Zest before you juice, which is a lesson I learned the hard way more than once.

Make it yours. Lime and coconut, or orange and cardamom, both work with the same method. Keep frozen up to three months.



Raw Lemon Cheesecake Bars

PHOTOGRAPH TO COME

Overhead of cut bars on parchment, pale yellow tops with visible zest flecks, dark crust edge, one bar turned to show the layers. Cool bright light, clean and graphic.

FILE: photos/raw-lemon-cheesecake-bars.jpg

Raw Carrot Cake Bites

cinnamon, walnut, and grated carrot

SERVES

Makes 24

PREP

25 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

2 cups raw walnuts
 1 1/2 cups Medjool dates, pitted
 1 1/2 cups carrots, grated fine
 1/2 cup unsweetened shredded coconut,
 plus more for rolling
 1/3 cup golden raisins
 2 teaspoons ground cinnamon
 1/2 teaspoon ground ginger
 1/4 teaspoon ground nutmeg
 1/4 teaspoon ground cardamom
 2 teaspoons pure vanilla extract
 3/4 teaspoon fine sea salt

METHOD

1. Squeeze the grated carrot in a clean towel until it stops dripping. Carrots hold far more water than they look like they do and wet carrot makes a bite that will not hold together.
2. Pulse the walnuts to coarse crumbs and tip out half of them to keep the texture.
3. Process the dates with the spices, vanilla, and salt until a paste forms.
4. Add the carrot, coconut, and all the walnuts and pulse until it holds together when squeezed. Do not run it smooth; this should look like carrot cake, not like fudge.
5. Pulse in the raisins twice.
6. Roll into 24 balls with damp hands and roll each through shredded coconut.
7. Chill 1 hour before serving. They keep two weeks refrigerated and three months frozen.

SHACK NOTE

These taste startlingly like carrot cake, right down to the way the spice sits at the back. My children take them in lunches and have never once mentioned that they are made entirely of vegetables, fruit, and nuts.

***Make it yours.** Pecans in place of walnuts. A tablespoon of orange zest brightens the whole batch considerably.*



Raw Carrot Cake Bites

PHOTOGRAPH TO COME

Overhead of coconut-rolled bites on a pale board, one broken open showing the orange-flecked interior, grated carrot and cinnamon sticks beside. Warm soft light.

FILE: photos/raw-carrot-cake-bites.jpg

Raw Cacao Truffles with Sea Salt

five ingredients, rolled by hand

SERVES

Makes 20

PREP

20 minutes, plus chilling

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

1 1/2 cups Medjool dates, pitted and soaked 10 minutes
 3/4 cup raw cacao powder, plus more for rolling
 1/2 cup almond butter
 3 tablespoons coconut oil, melted
 2 teaspoons pure vanilla extract
 3/4 teaspoon fine sea salt
 Flaky sea salt and chopped pistachios, to finish

METHOD

1. Drain the soaked dates thoroughly and pat them dry.
2. Process the dates with the almond butter, coconut oil, vanilla, and salt for 90 seconds, until completely smooth.
3. Add the cacao powder and process 60 seconds more, until it forms a thick, glossy, workable dough.
4. Chill the dough 30 minutes. Trying to roll it warm is a sticky, frustrating mistake.
5. Roll into 20 balls, then roll each through cacao powder.
6. Press a pinch of flaky salt and a few chopped pistachios onto the top of each and chill until firm.

SHACK NOTE

The flaky salt on top is not decoration. Salt on chocolate suppresses bitterness and lifts the sweetness forward, which is why every good chocolatier does it and why these taste more like a truffle than like a date ball.

Make it yours. Roll them in shredded coconut, chopped pistachios, or crushed freeze-dried raspberries instead. They make a beautiful gift in a small box.



Raw Cacao Truffles with Sea Salt

PHOTOGRAPH TO COME

Close macro of truffles on dark slate, matte cacao coating with flaky salt catching the light, one cut in half. Dramatic single-source light, deep shadows.

FILE: `photos/raw-cacao-truffles.jpg`

Zucchini Noodles with Basil Pesto

no cooking, no wilting, no soggy bowl

SERVES

4

PREP

25 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

For the noodles

5 medium zucchini, spiralized

1 teaspoon fine sea salt

1 pint cherry tomatoes, halved

1/3 cup pine nuts, toasted

Fresh basil leaves, to finish

For the pesto

3 cups fresh basil, packed

3/4 cup raw pine nuts or walnuts

3 garlic cloves

1/2 cup extra virgin olive oil

3 tablespoons fresh lemon juice

3 tablespoons nutritional yeast

1 teaspoon fine sea salt

METHOD

1. Spiralize the zucchini, toss with the salt, and set in a colander over a bowl for 20 minutes.
2. Then squeeze them gently in a clean towel. This is the entire recipe. Zucchini is more than ninety percent water and unsalted, undrained noodles turn any sauce into soup within five minutes.
3. Pulse the pine nuts and garlic in a food processor until coarse.
4. Add the basil, lemon juice, nutritional yeast, and salt and pulse until finely chopped.
5. With the motor on low, stream in the olive oil until it comes together. Do not over-process or the basil bruises and darkens.
6. Toss the drained noodles with the pesto, fold in the tomatoes, and top with toasted pine nuts and whole basil leaves. Serve within twenty minutes.

SHACK NOTE

Everyone's first attempt at zucchini noodles ends in a puddle and they conclude the dish does not work. It works. You simply have to take the water out first, and salting and draining takes twenty minutes of doing nothing.

Make it yours. Cucumber noodles work the same way. Add white beans or shredded chicken for protein, or arugula for bite.



Zucchini Noodles with Basil Pesto

PHOTOGRAPH TO COME

Overhead of a wide bowl of green noodles with bright pesto, halved tomatoes and pine nuts scattered, basil leaves on top. Fresh saturated green, bright light.

FILE: `photos/raw-zucchini-noodles-pesto.jpg`

Rainbow Collard Wraps

with almond-ginger dipping sauce

SERVES

4

PREP

30 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

For the wraps

8 large collard leaves
2 carrots, cut into fine matchsticks
1 red bell pepper, sliced thin
1 cucumber, cut into batons
1 avocado, sliced
1 cup purple cabbage, shredded
1 cup pea shoots or sprouts
1/2 cup fresh cilantro and 1/4 cup mint

For the sauce

1/3 cup almond butter
3 tablespoons coconut aminos
2 tablespoons fresh lime juice
1 tablespoon raw honey
1 teaspoon fresh ginger, grated
1/4 teaspoon red pepper flakes
3 to 5 tablespoons warm water

METHOD

1. Lay each collard leaf face down and shave the thick central stem down flat with a paring knife, running the blade parallel to the leaf. Do not cut through. This is what lets a stiff leaf roll without cracking.
2. Blanching is traditional here and I skip it. A shaved raw leaf rolls perfectly well and keeps all its crunch and color.
3. Whisk the sauce ingredients together, adding warm water until it ribbons off the whisk.
4. Overlap two leaves slightly to make a wider surface, then pile the vegetables and herbs in a line across the lower third.
5. Fold the sides in, then roll tightly away from you, keeping firm pressure the whole way.
6. Cut each roll in half on a sharp diagonal and serve with the sauce for dipping.

SHACK NOTE

Collard leaves are sturdier than any lettuce and they do not tear, weep, or go limp in a lunchbox. Wrapped tightly in parchment, these hold beautifully until noon, which is more than a tortilla substitute manages.

Make it yours. Add shredded chicken, baked salmon, or a scoop of the herbed sunflower spread from the hors d'oeuvres section.



Rainbow Collard Wraps

PHOTOGRAPH TO COME

Overhead of rolls cut on the diagonal showing the rainbow cross-section, arranged on a board with a bowl of sauce. Extremely colorful, bright even light, graphic.

FILE: photos/raw-collard-wraps.jpg

Raw Beet, Apple, and Walnut Salad

shredded fine, dressed in orange and mustard

SERVES

6

PREP

25 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

4 medium beets, peeled and shredded
 2 crisp apples, shredded
 2 carrots, shredded
 1 cup raw walnuts, chopped
 1/2 cup fresh parsley, chopped
 1/3 cup fresh dill, chopped
 1/4 cup extra virgin olive oil
 3 tablespoons fresh orange juice
 2 tablespoons apple cider vinegar
 1 tablespoon certified gluten-free Dijon mustard
 1 tablespoon raw honey
 1 1/4 teaspoons fine sea salt
 Zest of 1 orange and cracked pepper

METHOD

1. Shred the beets, apples, and carrots on the coarse side of a box grater or with the shredding disc of a food processor.
2. Toss the shredded apple with a squeeze of the orange juice right away so it does not brown.
3. Whisk the olive oil, remaining orange juice, vinegar, mustard, honey, salt, and pepper together.
4. Combine everything with the dressing and toss thoroughly. Wear an apron; raw beet stains and it does not come out.
5. Let it rest at least 30 minutes. The beets soften slightly and lose their raw edge entirely, which is what makes this work.
6. Fold in the walnuts, parsley, dill, and orange zest just before serving.

SHACK NOTE

Raw beets are sweeter than cooked ones and hold a texture that roasting takes away entirely. Most people have only ever had them boiled or roasted, and shredded raw they are a completely different vegetable.

Make it yours. This holds three days and gets better on day two. Add a handful of pomegranate seeds in winter.



Raw Beet, Apple, and Walnut Salad

PHOTOGRAPH TO COME

Overhead of a wide bowl of vivid magenta shreds with pale walnut and green herbs throughout, orange zest on top. Extremely saturated color, bright even light.

FILE: `photos/raw-beet-apple-walnut.jpg`

Raw Key Lime Tart

avocado and cashew, set with coconut oil

SERVES

10

PREP

30 minutes, plus chilling

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the crust

1 1/2 cups raw macadamia nuts or cashews
1 cup Medjool dates, pitted
1/2 cup unsweetened shredded coconut
1/2 teaspoon fine sea salt

For the filling

2 ripe avocados
1 1/2 cups raw cashews, soaked 4 hours
2/3 cup fresh lime juice
Zest of 4 limes
1/2 cup coconut oil, melted
1/2 cup raw honey or pure maple syrup
1/3 cup full-fat coconut milk
3/4 teaspoon fine sea salt
Whipped coconut cream and lime zest, to serve

METHOD

1. Process the crust ingredients until they clump, then press firmly into a 9-inch tart pan and freeze 20 minutes.
2. Drain the cashews thoroughly.
3. Blend all the filling ingredients for a full 3 minutes, until absolutely smooth and pale green.
4. Taste before it goes in the pan. Limes vary enormously and this is your only chance to adjust the sweetness.
5. Pour into the crust, tap to settle, and smooth the top.
6. Chill 6 hours or freeze 3. The coconut oil is what sets it, so it needs to get properly cold.
7. Serve with whipped coconut cream and a shower of lime zest.

SHACK NOTE

This tart is pale green because of the avocado, not because of food coloring, and it looks like exactly what it is. If you want it paler, use one avocado and add a quarter cup more cashews.

Make it yours. Regular limes work fine; key limes are more aromatic and considerably more work to juice. Freeze slices individually wrapped for up to two months.



Raw Key Lime Tart

PHOTOGRAPH TO COME

Three-quarter view of the tart with one slice pulled forward, pale green filling against dark crust, whipped cream and lime zest on top. Bright clean light, fresh.

FILE: `photos/raw-key-lime-tart.jpg`

Raw Pad Thai Salad

spiralized vegetables in almond-lime sauce

SERVES

4

PREP

30 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

For the salad

3 zucchini, spiralized
 2 large carrots, spiralized or julienned
 1 red bell pepper, sliced thin
 2 cups purple cabbage, shredded
 1 cup snap peas, sliced on the bias
 4 scallions, sliced thin
 1 cup fresh cilantro and 1/2 cup fresh basil
 1/2 cup raw almonds, chopped

For the sauce

1/2 cup almond butter
 1/4 cup coconut aminos
 1/4 cup fresh lime juice
 2 tablespoons raw honey
 1 tablespoon fresh ginger, grated
 2 garlic cloves, grated
 1/2 teaspoon red pepper flakes
 4 to 6 tablespoons warm water

METHOD

1. Salt the spiralized zucchini lightly and drain it in a colander for 20 minutes, then squeeze gently in a towel. Skip this and the sauce turns to soup within ten minutes.
2. Whisk all the sauce ingredients together, adding warm water until it pours in a slow ribbon.
3. Combine the drained zucchini, carrots, pepper, cabbage, snap peas, and scallions in a large bowl.
4. Pour about three-quarters of the sauce over and toss thoroughly with your hands.
5. Fold in the cilantro and basil.
6. Top with chopped almonds and serve the remaining sauce alongside.

SHACK NOTE

Traditional pad thai sauce is built on fish sauce and tamarind and often on soy, all of which want checking. This one is built on almond butter, coconut aminos, and lime, and it is a different dish that scratches exactly the same itch.

Make it yours. Add shredded chicken or a soft-boiled egg for protein. Kelp noodles in place of some of the zucchini add a little iodine and a nice slippery texture.



Raw Pad Thai Salad

PHOTOGRAPH TO COME

Overhead of a wide bowl with brightly colored spiralized vegetables tossed in pale sauce, herbs and almonds on top, lime wedges. Very high color saturation, bright light.

FILE: photos/raw-pad-thai-salad.jpg

Raw Cauliflower Tabbouleh

grain-free, herb-heavy, and ready in twenty minutes

SERVES

6

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 large head cauliflower, riced in a food processor
 3 cups flat-leaf parsley, chopped fine
 1 cup fresh mint, chopped
 1 pint cherry tomatoes, diced small
 1 English cucumber, diced small
 5 scallions, sliced thin
 1/2 cup extra virgin olive oil
 1/2 cup fresh lemon juice
 2 garlic cloves, grated
 1 1/2 teaspoons fine sea salt
 1/2 teaspoon ground allspice
 Cracked black pepper

METHOD

1. Rice the cauliflower in a food processor with about eight pulses, until it is the size of couscous. Do not run it continuously or you will get a wet paste.
2. Spread the riced cauliflower on a towel and press gently. Raw cauliflower carries more water than it looks like it does.
3. Chop the parsley by hand with a sharp knife rather than in the processor, which bruises it into green mush. This is ten minutes of work and it is the difference between good tabbouleh and bad.
4. Whisk the olive oil, lemon juice, garlic, salt, allspice, and pepper together.
5. Combine everything and toss thoroughly.
6. Rest 20 minutes so the cauliflower softens slightly in the acid, then taste again for salt and lemon.

SHACK NOTE

The cauliflower version is not a compromise on the quinoa one; it is a different dish that happens to work better in the heat. It stays crisp for three days where a grain version goes soft on day two.

***Make it yours.** Add diced avocado, chickpeas, or pomegranate seeds. A little sumac if you keep it is very good here.*



Raw Cauliflower Tabbouleh

PHOTOGRAPH TO COME

Overhead of a wide shallow bowl, overwhelmingly green with white cauliflower and red tomato flecks throughout. Lemon halves beside. Bright fresh light, saturated green.

FILE: [photos/cauliflower-rice-tabbouleh.jpg](#)

Raw Apple Crumble in a Glass

layered, chilled, and never near an oven

SERVES

6

PREP

25 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the apples

5 crisp apples, 3 grated and 2 diced small

Juice of 1 lemon

3 tablespoons raw honey

2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cardamom

1/2 teaspoon fine sea salt

For the crumble and cream

1 1/4 cups raw pecans

3/4 cup Medjool dates, pitted

1/2 cup unsweetened shredded coconut

1/2 teaspoon fine sea salt

1 1/2 cups whipped coconut cream,
sweetened with maple

METHOD

1. Toss all the apple with the lemon juice immediately so it does not brown.
2. Stir in the honey, spices, and salt and let it stand 20 minutes. The grated apple releases juice and turns syrupy without any cooking at all, which is what makes this read as crumble filling rather than as fruit salad.
3. Pulse the pecans, dates, coconut, and salt in a food processor until it clumps but still has real crunch. Six or seven pulses only.
4. Layer in six glasses: crumble, apple with its syrup, coconut cream, and repeat.
5. Finish with a generous layer of crumble on top.
6. Serve within an hour so the crumble stays crisp, or assemble at the table.

SHACK NOTE

Grating two-thirds of the apple and dicing the rest is what gives this both a saucy body and something to bite. All grated and it is applesauce; all diced and it never comes together.

Make it yours. Pears in autumn, or peaches with basil in August. Walnuts in place of pecans.



Raw Apple Crumble in a Glass

PHOTOGRAPH TO COME

Straight-on side view of glasses in a row on a marble surface, distinct layers of golden crumble, apple, and white cream. Backlit, bright and clean, one glass forward.

FILE: `photos/raw-apple-crumble-glass.jpg`

Raw Berry Cheesecake Jars

cashew, coconut, and a great deal of fruit

SERVES

6

PREP

25 minutes, plus chilling

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the base

1 cup raw almonds
3/4 cup Medjool dates, pitted
1/3 cup unsweetened shredded coconut
1/2 teaspoon fine sea salt

For the filling

2 cups raw cashews, soaked 4 hours
1/2 cup coconut oil, melted
1/2 cup raw honey or pure maple syrup
1/3 cup fresh lemon juice
1/3 cup full-fat coconut milk
2 teaspoons pure vanilla extract
3/4 teaspoon fine sea salt
1 1/2 cups mixed berries, plus more to serve

METHOD

1. Process the base ingredients until they clump, then press about two tablespoons firmly into the bottom of each of six small jars.
2. Drain the soaked cashews thoroughly. Wet cashews make a filling that never sets.
3. Blend the cashews, coconut oil, honey, lemon juice, coconut milk, vanilla, and salt for a full 3 minutes, until absolutely smooth.
4. Pour half the plain filling over the bases and freeze 20 minutes.
5. Blend the remaining filling with one cup of the berries until vivid, then pour it over the set layer.
6. Chill 4 hours or freeze 2. Top with fresh berries and let them stand at room temperature 10 minutes before eating.

SHACK NOTE

Jars rather than a tart pan is the practical choice. They portion themselves, they travel to a potluck without a crisis, and the two-tone layers look far more impressive than the effort involved.

Make it yours. *Mango and lime, or cherry and cacao. Keep frozen up to three months and move one to the refrigerator in the morning.*



Raw Berry Cheesecake Jars

PHOTOGRAPH TO COME

Straight-on side view of six small jars in a row, white bottom layer and vivid pink top, fresh berries mounded on each. Bright clean light, graphic composition.

FILE: photos/raw-berry-cheesecake-jars.jpg

Raw Almond Butter Cups

cacao, coconut oil, and flaky salt

SERVES

Makes 12

PREP

20 minutes, plus freezing

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

REFINED-SUGAR-FREE

VEGAN

INGREDIENTS

For the chocolate

3/4 cup coconut oil, melted

3/4 cup raw cacao powder

1/3 cup pure maple syrup

2 teaspoons pure vanilla extract

1/2 teaspoon fine sea salt

For the filling

3/4 cup unsweetened almond butter

2 tablespoons coconut oil, melted

2 tablespoons pure maple syrup

3 tablespoons ground flaxseed

1/2 teaspoon fine sea salt

Flaky sea salt, to finish

METHOD

1. Line a muffin tin with 12 paper liners.
2. Whisk the chocolate ingredients together until glossy and smooth.
3. Spoon about a tablespoon into each liner and freeze 15 minutes, until firm.
4. Stir the filling ingredients together. The ground flaxseed is what makes the filling hold its shape instead of oozing out when you bite it.
5. Spoon a rounded teaspoon of filling onto each set chocolate base, keeping it away from the edges.
6. Cover with the remaining chocolate, tap the tin to settle it, and finish with flaky salt.
7. Freeze 30 minutes. Store in the freezer and eat straight from it; coconut oil melts at room temperature and these will not survive a warm counter.

SHACK NOTE

Coconut oil chocolate is soft at room temperature and firm from the freezer, which is simply how it behaves and not a flaw. Keep them frozen and hand them out cold.

***Make it yours.** Sunflower seed butter for a nut-free version. Add a drop of peppermint extract to the chocolate in December.*



Raw Almond Butter Cups

PHOTOGRAPH TO COME

Close overhead of dark cups on parchment, flaky salt on top, one bitten showing the pale filling. Frost visible. Cold light, high contrast, dramatic.

FILE: photos/raw-almond-butter-cups.jpg



SECTION THIRTEEN

OW COOKER AND THE PRESSURE C

Two appliances that solve opposite problems. The slow cooker is for the morning you have fifteen minutes and the evening you will have none: put it together before church or before work, walk away for eight hours, and come home to a house that smells like dinner is already handled. The pressure cooker is the reverse, for the afternoon you forgot to plan anything, turning dried beans into supper in forty minutes and bones into broth in two hours instead of eighteen. Between them they cover most of what a busy week throws at you, and they happen to be where the least expensive cuts of meat become the best food in this book.

IN THIS SECTION

Roasted Beef Bone Broth

Sipping Broth with Turmeric and Ginger

Slow Cooker Beef Barbacoa

Braised Lamb Shanks

Slow Cooker Chicken Tinga

Slow Cooker Moroccan Chicken

Slow Cooker Coconut Butter Chicken

Slow-Cooked Collard Greens

Slow Cooker Sweet Potato and Red Lentil Dal

Slow Cooker Chicken Adobo

Sunday Pot Roast

Slow Cooker Whole Chicken

Slow Cooker Turkey Chili

Slow Cooker Ratatouille

Slow Cooker Beef and Sweet Potato Curry

Slow Cooker Herbed Pulled Chicken

Slow Cooker Apple Butter

Pressure Cooker Bone Broth

Pressure Cooker Beans from Scratch

Pressure Cooker Chicken and Vegetable Soup

Pressure Cooker Whole Chicken and Broth

Pressure Cooker Wild Rice Pilaf

Roasted Beef Bone Broth

dark, gelatinous, and worth the whole day

SERVES

Makes about 4 quarts

PREP

20 minutes

COOK

18 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

5 pounds beef bones: knuckle, marrow, and a few meaty ones

2 tablespoons avocado oil

3 tablespoons apple cider vinegar

2 onions, quartered, skins on

4 carrots and 4 celery stalks, cut in thirds

1 head garlic, halved crosswise

3 tablespoons tomato paste

2 bay leaves

1 tablespoon black peppercorns

6 sprigs fresh thyme

Filtered water to cover by 2 inches

METHOD

1. Heat the oven to 425 degrees. Toss the bones with the oil and roast on a sheet pan 40 minutes, turning once, until deeply browned. Beef bones must be roasted first; chicken bones need not be. This is where all the color and half the flavor comes from.
2. In the last 15 minutes, add the onions and carrots to the pan and smear the tomato paste over the bones.
3. Move everything to a large pot or slow cooker. Deglaze the sheet pan with a cup of water, scraping hard, and pour every bit of it in.
4. Add the remaining vegetables, garlic, herbs, peppercorns, vinegar, and water to cover by two inches. Let it stand off the heat 30 minutes; the acid starts drawing minerals from the bone before any heat is applied.
5. Bring to the barest simmer and hold it there. Never a boil, which turns broth cloudy and greasy and never recovers.
6. Skim the gray foam in the first half hour. Then leave it 12 to 24 hours, topping up water as needed. A slow cooker on low is ideal for this.
7. Strain through a fine sieve, cool, then refrigerate. Lift the fat cap off the top when cold and save it for cooking.
8. A good broth sets to a firm jelly in the refrigerator. If yours stayed liquid, use more knuckle and joint bones next time; that is where the collagen lives.

SHACK NOTE

Ask your butcher for a mix of knuckle, marrow, and neck bones. Marrow bones alone make a rich broth that will not gel, because gel comes from joints and connective tissue rather than from marrow. The mix is what you want.

Make it yours. Freeze in wide-mouth pint jars with an inch of headspace so the glass does not crack, or in silicone trays for cooking-sized cubes.



Roasted Beef Bone Broth

PHOTOGRAPH TO COME

Side view of a jar of dark amber broth on a dark surface, a spoon lifting a wobbling piece of set gel. Roasted bones on a pan in the soft background. Moody warm light.

FILE: `photos/roasted-beef-bone-broth.jpg`

Sipping Broth with Turmeric and Ginger

a mug instead of an afternoon snack

SERVES

4

PREP

5 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 30 MINUTES

INGREDIENTS

4 cups bone broth, homemade or certified gluten-free

2 teaspoons ground turmeric, or 1 tablespoon grated fresh

1 tablespoon fresh ginger, grated

3 garlic cloves, smashed

1/4 teaspoon freshly cracked black pepper

1 teaspoon coconut oil

Juice of 1 lemon

1 teaspoon coconut aminos

Fine sea salt, to taste

Fresh parsley or scallion, to finish

METHOD

1. Warm the broth with the turmeric, ginger, garlic, and black pepper over medium-low heat for 12 to 15 minutes. Do not boil it.
2. Strain out the solids if you prefer a clear mug, or leave them in.
3. Stir in the coconut oil, which carries the turmeric and gives the broth body.
4. Add the lemon juice and coconut aminos off the heat.
5. Taste for salt. Broth almost always needs more than you expect, and underseasoned broth is why people think they do not like it.
6. Pour into warm mugs and finish with parsley or scallion.

SHACK NOTE

This is what I reach for at three in the afternoon instead of a snack, and it is what I hand anyone in this house who is under the weather. It is savory, warm, and salty, and it settles the four o'clock hunger in a way that nothing sweet manages.

Make it yours. A stalk of lemongrass and a lime instead of lemon makes a lighter version. A spoonful of miso whisked in off the heat adds live cultures, if yours is certified gluten-free.



Sipping Broth with Turmeric and Ginger

PHOTOGRAPH TO COME

*Two hands around a stoneware mug of golden broth, steam rising, on a wool blanket.
Lemon half and ginger root beside. Warm dim light, deeply cozy.*

FILE: `photos/sipping-broth-turmeric.jpg`

Slow Cooker Beef Barbacoa

chipotle, lime, and eight unattended hours

SERVES

8

PREP

20 minutes

COOK

8 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

4 pounds beef chuck roast, cut into large chunks

2 1/2 teaspoons fine sea salt

3 tablespoons avocado oil

1 onion, quartered

8 garlic cloves

3 chipotle peppers in adobo, plus 2 tablespoons of the sauce

1/2 cup gluten-free beef broth

1/4 cup fresh lime juice

2 tablespoons apple cider vinegar

1 tablespoon ground cumin

2 teaspoons dried oregano

1 teaspoon ground cloves

3 bay leaves

Cilantro, lime, avocado, and pickled onion, to serve

METHOD

1. Season the beef with the salt and brown it hard in the oil in a heavy pan, in batches, about 4 minutes per side. Ten minutes of browning is the difference between barbacoa and pot roast, and the slow cooker cannot do it for you.
2. Blend the onion, garlic, chipotles and adobo, broth, lime juice, vinegar, cumin, oregano, and cloves until smooth.
3. Put the browned beef in the slow cooker, pour the sauce over, and tuck in the bay leaves.
4. Cook on low 8 to 9 hours, or high 5, until the meat falls apart under a fork.
5. Lift the beef out and shred it with two forks. Take out the bay leaves.
6. Skim the fat from the cooking liquid, then reduce it in a pan over high heat for 8 minutes until it thickens.
7. Return the shredded beef to the sauce and let it soak 10 minutes before serving with cilantro, lime, avocado, and pickled onion.

SHACK NOTE

Chuck roast is inexpensive precisely because it is full of connective tissue, and connective tissue is what melts into gelatin over eight hours and makes shredded beef silky. A lean expensive cut will give you dry meat and cost three times as much.

Make it yours. Freezes for three months in its sauce. Serve in collard wraps, over the coconut jasmine rice, or in lettuce cups with the salsa verde.



Slow Cooker Beef Barbacoa

PHOTOGRAPH TO COME

Overhead of shredded dark beef in a bowl with tongs lifting a portion, glossy with sauce, surrounded by small bowls of lime, cilantro, pickled onion. Rich saturated color.

FILE: `photos/slow-cooker-barbacoa.jpg`

Braised Lamb Shanks

rosemary, garlic, and root vegetables

SERVES

4

PREP

25 minutes

COOK

4 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-POT

INGREDIENTS

4 lamb shanks, about 1 pound each
 2 1/2 teaspoons fine sea salt
 3 tablespoons olive oil
 2 onions, diced
 4 carrots, cut into chunks
 3 celery stalks, chopped
 1 head garlic, halved crosswise
 3 tablespoons tomato paste
 1 can diced tomatoes, 14 ounces
 3 cups gluten-free beef or chicken broth
 1 cup unsweetened pomegranate juice
 4 sprigs rosemary and 6 sprigs thyme
 2 bay leaves
 1 pound parsnips, cut into chunks
 Gremolata: lemon zest, parsley, and garlic, minced together

METHOD

1. Season the shanks with the salt and leave them uncovered in the refrigerator overnight if you can.
2. Brown them hard in the oil in a Dutch oven, about 4 minutes per side, turning to get every surface. Set aside.
3. Cook the onions, carrots, and celery 8 minutes, then add the tomato paste and cook 2 minutes until it darkens.
4. Add the tomatoes, broth, pomegranate juice, herbs, bay leaves, and garlic halves and bring to a simmer.
5. Return the shanks. The liquid should come about two-thirds up, not cover them. The exposed top is what browns while the bottom braises.
6. Cover and cook at 325 degrees for 3 hours, adding the parsnips for the last 45 minutes.
7. The shanks are done when the meat has pulled back from the bone and gives no resistance at all. Rest 15 minutes, skim the fat, and reduce the sauce if it needs it.
8. Scatter the gremolata over just before serving. It cuts through four hours of richness in a way nothing else does.

SHACK NOTE

The gremolata is not optional and it takes two minutes. Raw lemon zest, parsley, and garlic chopped together and scattered over a long braise is the oldest trick in Italian cooking, and it wakes the whole plate back up.

Make it yours. Beef shanks or oxtail work with the same method and timing. Unsweetened pomegranate or tart cherry juice stands in for red wine throughout this book.



Braised Lamb Shanks

PHOTOGRAPH TO COME

Three-quarter view of shanks in a Dutch oven, meat pulling from the bone, dark glossy sauce, bright green gremolata scattered. Dramatic warm light, deep shadows.

FILE: photos/braised-lamb-shanks.jpg

Slow Cooker Chicken Tinga

smoky, shredded, and endlessly useful

SERVES

6

PREP

15 minutes

COOK

6 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

3 pounds boneless chicken thighs
 2 teaspoons fine sea salt
 1 can fire-roasted tomatoes, 28 ounces
 1 onion, sliced
 6 garlic cloves
 2 chipotle peppers in adobo, plus 1
 tablespoon sauce
 2 tablespoons apple cider vinegar
 1 tablespoon ground cumin
 2 teaspoons dried oregano
 1 teaspoon smoked paprika
 2 bay leaves
 Juice of 2 limes
 Cilantro, avocado, and shredded cabbage,
 to serve

METHOD

1. Season the chicken with the salt and lay it in the slow cooker.
2. Blend the tomatoes, onion, garlic, chipotles, vinegar, cumin, oregano, and smoked paprika until smooth and pour it over.
3. Tuck in the bay leaves, cover, and cook on low 6 hours or high 3 1/2.
4. Shred the chicken directly in the pot with two forks and take out the bay leaves.
5. If the sauce is thin, ladle a cup of it into a pan and reduce it hard for 6 minutes, then stir it back in. Slow cookers do not evaporate, which is the one thing they cannot do for you.
6. Stir in the lime juice and let it sit 10 minutes so the chicken drinks the sauce.
7. Serve with cilantro, avocado, and shredded cabbage.

SHACK NOTE

Start with one chipotle if you are cooking for children and add more at the end. The heat builds over six hours and there is no taking it back out once it is in.

Make it yours. Freezes three months. Serve over rice or millet, in lettuce cups, folded into the egg muffins, or piled on a sheet of roasted sweet potato rounds.



Slow Cooker Chicken Tinga

PHOTOGRAPH TO COME

Overhead of a bowl of shredded chicken in deep red sauce with avocado, cabbage, and cilantro on top, lime wedges. Warm saturated color, family-style abundance.

FILE: photos/slow-cooker-chicken-tinga.jpg

Slow Cooker Moroccan Chicken

with apricots, olives, and preserved lemon

SERVES

6

PREP

20 minutes

COOK

6 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

FREEZER

HOLIDAY

INGREDIENTS

8 bone-in, skin-on chicken thighs
 2 teaspoons fine sea salt
 3 tablespoons olive oil
 2 onions, sliced thin
 6 garlic cloves, minced
 2 tablespoons fresh ginger, grated
 2 teaspoons ground cumin and 2 teaspoons ground coriander
 1 1/2 teaspoons ground cinnamon
 1 teaspoon ground turmeric
 1/2 teaspoon saffron threads, optional
 1 1/2 cups gluten-free chicken broth
 1 cup dried apricots, halved
 1 cup green olives, torn
 1 preserved lemon, rinsed and chopped, or the zest of 2 lemons
 1/2 cup cilantro and 1/2 cup parsley, chopped
 1/2 cup toasted almonds

METHOD

1. Season the chicken with the salt and brown it skin side down in the oil for 6 minutes, until the skin is deeply golden. Set aside.
2. Cook the onions in the same pan 8 minutes, then add the garlic, ginger, and all the spices and cook 90 seconds until fragrant.
3. Move everything to the slow cooker with the broth, apricots, olives, and preserved lemon.
4. Set the chicken on top, skin side up and above the liquid, so the skin does not go soft.
5. Cook on low 5 to 6 hours or high 3.
6. Lift the chicken out and crisp the skin under a broiler for 3 minutes if you want it properly golden. It is worth the extra pan.
7. Stir the herbs into the sauce, spoon it over the chicken, and scatter with toasted almonds.

SHACK NOTE

Preserved lemon is the ingredient that makes this taste like something from somewhere rather than like chicken with spices on it. It keeps a year in the refrigerator and you will use it constantly once you have it. Lemon zest is a reasonable stand-in and is not the same thing.

***Make it yours.** Dried figs or dates in place of apricots. Lamb shoulder works beautifully with an extra hour.*



Slow Cooker Moroccan Chicken

PHOTOGRAPH TO COME

Overhead of a platter of golden chicken thighs with apricots and olives in the sauce, heavy green herbs and almonds scattered. Warm rich light, jewel tones.

FILE: `photos/moroccan-chicken-apricots.jpg`

Slow Cooker Coconut Butter Chicken

the takeout dish, made without a drop of dairy

SERVES

6

PREP

20 minutes

COOK

6 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

FREEZER

KID-FRIENDLY

INGREDIENTS

3 pounds boneless chicken thighs, cut into chunks

2 teaspoons fine sea salt

3 tablespoons coconut oil

2 onions, diced

8 garlic cloves, minced

3 tablespoons fresh ginger, grated

2 tablespoons garam masala

1 tablespoon ground cumin

2 teaspoons ground turmeric

1 teaspoon smoked paprika

1/2 teaspoon cayenne

1 can crushed tomatoes, 28 ounces

3 tablespoons tomato paste

1 can full-fat coconut milk, 13.5 ounces

1/3 cup raw cashews, soaked, blended with

1/4 cup water

Juice of 1 lime and a large handful of cilantro

METHOD

1. Season the chicken with the salt.
2. Warm the coconut oil and cook the onions 8 minutes, then add the garlic, ginger, and all the spices and fry them for 2 minutes. Blooming the spices in fat rather than dropping them into the pot is what gives this depth instead of dustiness.
3. Move to the slow cooker with the chicken, crushed tomatoes, and tomato paste.
4. Cook on low 5 to 6 hours or high 3.
5. Stir in the coconut milk and the blended cashew cream in the last 30 minutes, with the lid off if it needs thickening.
6. Finish with lime juice and a great deal of cilantro.
7. Taste for salt, which this dish takes more of than you expect.

SHACK NOTE

Coconut milk and cashew cream together do exactly what butter and heavy cream do in the original: fat for richness, and body for the sauce to cling. Nobody at my table has ever identified what is missing.

Make it yours. Serve over coconut jasmine rice, cauliflower rice, or millet. Freezes three months; the sauce may look separated when thawed and comes back together when warmed and stirred.



Slow Cooker Coconut Butter Chicken

PHOTOGRAPH TO COME

Overhead of a deep orange curry in a bowl with cilantro and a swirl of coconut milk, rice alongside, lime wedge. Steam. Rich warm light, saturated color.

FILE: `photos/coconut-butter-chicken.jpg`

Slow-Cooked Collard Greens

smoked paprika, garlic, and vinegar, no ham

SERVES

8

PREP

20 minutes

COOK

2 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 large bunches collard greens, about 3 pounds

1/4 cup olive oil

2 onions, sliced thin

10 garlic cloves, sliced

1 tablespoon smoked paprika

1 teaspoon red pepper flakes

6 cups gluten-free vegetable or chicken broth

3 tablespoons apple cider vinegar, plus more to serve

1 tablespoon coconut aminos

2 teaspoons fine sea salt

1 strip kombu, optional

Cracked black pepper

METHOD

1. Strip the collard leaves from their stems, stack them, roll them, and slice into wide ribbons. Do not throw the stems out; slice them thin and cook them with the onions, since they are sweet and need only a head start.
2. Warm the oil in a large heavy pot. Cook the onions and sliced stems 10 minutes.
3. Add the garlic, smoked paprika, and pepper flakes for 90 seconds.
4. Add the greens in batches, letting each wilt before the next goes in. Three pounds looks impossible and collapses to almost nothing.
5. Add the broth, coconut aminos, salt, and the kombu strip if using, and simmer covered on the lowest heat for 90 minutes to 2 hours.
6. Take out the kombu. Stir in the vinegar at the very end and taste. Long-cooked greens need acid at the finish or they taste flat and heavy.
7. Serve in shallow bowls with plenty of the cooking liquid, which is the best part, and more vinegar at the table.

SHACK NOTE

Smoked paprika is doing the work a ham hock used to do, and the kombu adds the same savory depth that a bone would. Neither is a compromise. Both are how a great many traditional kitchens got there in the first place.

Make it yours. Kale, mustard greens, or turnip greens all work. Mustard greens need only about half the time.



Slow-Cooked Collard Greens

PHOTOGRAPH TO COME

*Overhead of a deep bowl of dark greens in their broth, a piece of cornbread absent,
vinegar cruet beside. Rustic, humble, warm low light.*

FILE: `photos/slow-cooked-collards.jpg`

Slow Cooker Sweet Potato and Red Lentil Dal

fifteen minutes in the morning, dinner at six

SERVES

8

PREP

15 minutes

COOK

6 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 cups dried red lentils, sorted and rinsed well
 2 large sweet potatoes, cut into 1-inch cubes
 1 onion, diced
 6 garlic cloves, minced
 3 tablespoons fresh ginger, grated
 1 tablespoon ground turmeric
 1 tablespoon ground cumin
 2 teaspoons ground coriander
 1 teaspoon garam masala
 1/2 teaspoon cayenne
 6 cups gluten-free vegetable broth
 1 can full-fat coconut milk, 13.5 ounces
 2 teaspoons fine sea salt
 5 cups baby spinach
 Juice of 2 limes and a handful of cilantro

METHOD

1. Sort the lentils on a pale sheet pan and rinse until the water runs clear. Legumes are among the most common places stray grain turns up, so this step is not optional in a gluten-free kitchen.
2. Put the lentils, sweet potatoes, onion, garlic, ginger, all the spices, and the broth in the slow cooker.
3. Cook on low 6 hours or high 3 1/2, until the lentils have collapsed entirely and the sweet potato is tender.
4. Stir in the coconut milk and salt.
5. Fold in the spinach and let the residual heat wilt it, about 5 minutes with the lid on.
6. Finish with lime juice and cilantro, and taste again for salt and acid. Dal almost always wants more lime.

SHACK NOTE

This is one of the least expensive meals in the book and one of the most nutrient-dense, and it takes fifteen minutes of standing at a counter before work. It is also the recipe I hand to anyone who tells me they cannot afford to eat this way.

Make it yours. Butternut squash or carrots in place of sweet potato. Freezes three months and thickens considerably; thin with broth when reheating.



Slow Cooker Sweet Potato and Red Lentil Dal

PHOTOGRAPH TO COME

Overhead of a golden-orange bowl of dal with wilted greens, cilantro, and a lime wedge, coconut milk swirled on top. Warm saturated color, steam rising.

FILE: `photos/sweet-potato-lentil-dal.jpg`

Slow Cooker Chicken Adobo

coconut aminos, vinegar, garlic, and bay

SERVES

6

PREP

15 minutes

COOK

5 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

8 bone-in, skin-on chicken thighs
 1/2 cup coconut aminos
 1/2 cup apple cider vinegar
 1/2 cup gluten-free chicken broth
 12 garlic cloves, smashed
 5 bay leaves
 1 tablespoon whole black peppercorns,
 lightly crushed
 2 tablespoons fresh ginger, sliced
 1 tablespoon raw honey
 1 teaspoon fine sea salt
 2 tablespoons avocado oil
 Scallions and sesame seeds, to finish

METHOD

1. Combine the coconut aminos, vinegar, broth, garlic, bay leaves, peppercorns, ginger, honey, and salt in the slow cooker.
2. Add the chicken thighs, turning to coat, and arrange them skin side up.
3. Cook on low 5 hours or high 3. Do not stir it during cooking; adobo wants to be left alone.
4. Lift the chicken out and crisp the skin under a hot broiler for 4 minutes, skin side up, watching closely. This step is what separates good adobo from great adobo.
5. Strain the cooking liquid into a pan, skim the fat, and reduce it hard over high heat for 8 to 10 minutes until glossy and syrupy.
6. Spoon the reduced sauce over the chicken and finish with scallions and sesame seeds.

SHACK NOTE

Traditional adobo is built on soy sauce, which is brewed with wheat. Coconut aminos gets you the same salty depth and is naturally free of both wheat and soy, and it is slightly sweeter, which is why there is only a tablespoon of honey here instead of the sugar most recipes call for.

***Make it yours.** Serve over jasmine rice with plenty of the sauce. It is even better the next day, which is how it is traditionally eaten anyway.*



Slow Cooker Chicken Adobo

PHOTOGRAPH TO COME

Three-quarter view of glossy dark chicken thighs on a platter with sauce pooling, crisp skin visible, scallions and sesame scattered. High contrast, dramatic light.

FILE: `photos/slow-cooker-chicken-adobo.jpg`

Sunday Pot Roast

potatoes, onions, and carrots, waiting when you walk in

SERVES

8

PREP

20 minutes

COOK

8 hours

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

ONE-POT

SUNDAY DINNER

INGREDIENTS

4 pounds beef chuck roast
 2 1/2 teaspoons fine sea salt
 3 tablespoons avocado oil
 3 onions, cut into thick wedges
 2 pounds baby potatoes, halved
 6 carrots, cut into 2-inch pieces
 1 head garlic, halved crosswise
 3 tablespoons tomato paste
 2 cups gluten-free beef broth
 2 tablespoons coconut aminos
 1 tablespoon apple cider vinegar
 3 sprigs rosemary and 6 sprigs thyme
 2 bay leaves
 2 tablespoons arrowroot starch, for the gravy
 Fresh parsley, to finish

METHOD

1. Season the roast all over with the salt the night before and leave it uncovered in the refrigerator. Twelve hours of dry brine seasons the meat all the way through, and it is fifteen seconds of work.
2. In the morning, pat it dry and brown it hard in the oil, about 5 minutes per side, turning to catch every surface. Ten minutes of browning is the difference between pot roast and boiled beef, and the slow cooker cannot do it for you.
3. Set the roast in the slow cooker. Pour off all but a tablespoon of fat, add the tomato paste to the hot pan, and cook 90 seconds until it darkens.
4. Add the broth and scrape every dark bit off the bottom of the pan, then pour it over the roast with the coconut aminos and vinegar.
5. Pack the onions, potatoes, carrots, garlic halves, herbs, and bay leaves around and over the meat.
6. Cook on low 8 to 9 hours. Do not lift the lid; every peek costs about twenty minutes of heat.
7. Lift the roast and vegetables out. Skim the fat, whisk the arrowroot into a quarter cup of the cold broth, then whisk that into the hot liquid in a pan and simmer 2 minutes until glossy.
8. Pull the roast into large pieces, spoon the gravy over everything, and finish with parsley.

SHACK NOTE

This is the meal you start at nine and walk into at one. Ours goes in before church and the house smells like Sunday when we come through the door, which is most of the reason my children remember the day fondly at all.

Make it yours. Arrowroot rather than flour for the gravy. Mix it into cold liquid first, add it at the very end, and do not let it boil hard or it thins back out. See the turkey gravy on the holiday pages for the same technique.



Sunday Pot Roast

PHOTOGRAPH TO COME

Overhead of a large platter with pulled beef in the center surrounded by potatoes, carrots, and onion wedges, glossy gravy spooned over, parsley. Warm Sunday light, generous.

FILE: photos/sunday-pot-roast.jpg

Slow Cooker Whole Chicken

lemon, herbs, and no liquid at all

SERVES

6

PREP

15 minutes

COOK

6 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

BUDGET

INGREDIENTS

- 1 whole chicken, 4 to 5 pounds
- 1 tablespoon fine sea salt
- 3 tablespoons olive oil
- 2 tablespoons smoked paprika
- 1 tablespoon garlic powder
- 2 teaspoons onion powder
- 1 tablespoon fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- 1 teaspoon cracked black pepper
- 2 lemons, one halved and one sliced
- 1 head garlic, halved crosswise
- 4 onions, cut into thick rounds

METHOD

1. Salt the chicken all over, inside and out, and leave it uncovered in the refrigerator overnight if you can.
2. Lay the onion rounds across the bottom of the slow cooker in a single layer. They are the rack, and they keep the bird up out of its own juices so the bottom does not go to mush.
3. Add no liquid at all. A chicken releases a great deal on its own and any added broth gives you a poached bird instead of a roasted one. This is the mistake almost everyone makes.
4. Mix the oil with the smoked paprika, garlic powder, onion powder, herbs, and pepper and rub it over the entire bird.
5. Stuff the cavity with the halved lemon and the garlic head, and tuck the lemon slices around.
6. Cook on low 6 to 7 hours, until the thigh reads 175 degrees and a leg wiggles freely.
7. For crisp skin, lift the bird onto a sheet pan and broil 4 to 5 minutes. It is worth the extra pan and takes no planning.
8. Rest 15 minutes before carving. Save the carcass and every drop of the cooking liquid for broth.

SHACK NOTE

A whole chicken this way costs a fraction of parts and gives you dinner, two lunches of chopped chicken salad, and a gallon of bone broth. It is the most economical thing in this book and it requires eight minutes of attention.

Make it yours. The onion rounds underneath cook down into something jammy and excellent. Do not throw them out.



Slow Cooker Whole Chicken

PHOTOGRAPH TO COME

Three-quarter view of a golden broiled whole chicken on a board with lemon and garlic, juices pooling, carving fork resting. Warm homey light, Sunday feeling.

FILE: `photos/slow-cooker-whole-chicken.jpg`

Slow Cooker Turkey Chili

three beans, smoked paprika, and a long afternoon

SERVES

8

PREP

20 minutes

COOK

7 hours

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

FREEZER

BUDGET

INGREDIENTS

2 pounds ground turkey
 3 tablespoons avocado oil
 2 onions and 2 bell peppers, diced
 6 garlic cloves, minced
 3 tablespoons ground cumin
 2 tablespoons chili powder
 1 tablespoon smoked paprika
 2 teaspoons dried oregano
 1 teaspoon ground cinnamon
 1/2 teaspoon cayenne
 3 tablespoons tomato paste
 1 can crushed tomatoes, 28 ounces
 2 cups gluten-free chicken broth
 4 1/2 cups cooked black, pinto, and kidney beans
 2 teaspoons fine sea salt
 Juice of 2 limes, avocado, cilantro, and radish, to serve

METHOD

1. Brown the turkey in the oil in a wide pan for 8 minutes, letting it sit undisturbed at the start so it colors rather than steams. Set it aside.
2. Cook the onions and peppers in the same pan 8 minutes, then add the garlic and every one of the spices and cook 90 seconds. Blooming the spices in hot fat is what keeps chili from tasting dusty.
3. Add the tomato paste and cook 2 minutes until it darkens.
4. Move everything to the slow cooker with the crushed tomatoes and broth.
5. Cook on low 6 hours, then add the beans and cook 1 hour more. Adding beans at the start turns them to paste over seven hours.
6. Stir in the salt and lime juice and taste. Chili takes more salt and more acid than seems reasonable.
7. Serve with avocado, cilantro, and thin radish slices.

SHACK NOTE

The teaspoon of cinnamon is the one nobody expects and it is what makes people ask what is in it. It does not taste like cinnamon in the finished pot; it makes the cumin and chili taste deeper.

Make it yours. Check your chili powder. Many blends carry wheat flour as an anti-caking agent, which is why this one uses cumin, paprika, and oregano separately alongside it. Freezes three months.



Slow Cooker Turkey Chili

PHOTOGRAPH TO COME

Overhead of a deep bowl of dark chili with bright avocado, cilantro, and radish on top, lime wedge. Steam. Rich saturated color, cozy warm light.

FILE: `photos/slow-cooker-turkey-chili.jpg`

Slow Cooker Ratatouille

the whole August garden in one pot

SERVES

8

PREP

25 minutes

COOK

5 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 large eggplants, cut into 1-inch cubes
 1 tablespoon fine sea salt, for drawing water
 3 zucchini, cut into half-moons
 3 bell peppers, cut into chunks
 2 onions, sliced
 8 garlic cloves, sliced
 2 pounds ripe tomatoes, chopped, or 1 can, 28 ounces
 1/2 cup extra virgin olive oil
 3 tablespoons tomato paste
 2 teaspoons dried oregano and 1 tablespoon fresh thyme
 1 teaspoon red pepper flakes
 1 1/2 teaspoons fine sea salt
 1 tablespoon red wine vinegar
 1 cup fresh basil, torn

METHOD

1. Salt the cubed eggplant and drain it in a colander for 30 minutes, then squeeze gently and pat dry. Eggplant is mostly water and skipping this gives you soup rather than ratatouille.
2. Brown the eggplant in half the oil in a wide pan over high heat for 8 minutes. It will drink the oil; let it, and do not add more.
3. Move it to the slow cooker and add the remaining vegetables, garlic, tomatoes, tomato paste, herbs, pepper flakes, salt, and the rest of the oil.
4. Cook on low 4 to 5 hours, with the lid slightly ajar for the last hour so some liquid cooks off. Slow cookers cannot evaporate on their own.
5. Stir in the vinegar and taste for salt.
6. Fold in the torn basil off the heat and rest 15 minutes before serving.

SHACK NOTE

This is better on day two and excellent on day three, which is unusual for a vegetable dish. Serve it warm as a side, cold as a salad, over chickpea pasta, under a fried egg, or spooned onto seared millet polenta.

Make it yours. Freezes for four months and is the best thing to do with a garden that has gotten away from you in August.



Slow Cooker Ratatouille

PHOTOGRAPH TO COME

Overhead of a wide bowl of glossy stewed vegetables in deep red, purple, and green, basil torn over, olive oil pooling. Rustic, warm Mediterranean light.

FILE: photos/slow-cooker-ratatouille.jpg

Slow Cooker Beef and Sweet Potato Curry

coconut milk, ginger, and eight hours

SERVES

8

PREP

20 minutes

COOK

8 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

3 pounds beef chuck, cut into 2-inch cubes
 2 1/2 teaspoons fine sea salt
 3 tablespoons coconut oil
 2 onions, sliced
 8 garlic cloves, minced
 3 tablespoons fresh ginger, grated
 3 tablespoons certified gluten-free curry powder
 1 tablespoon ground turmeric
 1 teaspoon ground cinnamon
 1/2 teaspoon cayenne
 3 tablespoons tomato paste
 1 1/2 cups gluten-free beef broth
 2 cans full-fat coconut milk, 13.5 ounces each
 2 large sweet potatoes, cut into large chunks
 5 cups baby spinach
 Juice of 2 limes and cilantro, to serve

METHOD

1. Season the beef with the salt and brown it hard in the coconut oil in batches, about 4 minutes per side. Do not crowd the pan.
2. Cook the onions in the same pan 8 minutes, then add the garlic, ginger, curry powder, turmeric, cinnamon, and cayenne and fry 2 minutes.
3. Add the tomato paste and cook 2 minutes, then the broth, scraping the pan clean.
4. Move everything to the slow cooker and cook on low 6 hours.
5. Add the sweet potatoes and one can of coconut milk and cook 2 hours more, until the beef pulls apart and the sweet potato is tender.
6. Stir in the second can of coconut milk, fold in the spinach until wilted, and finish with lime juice and cilantro.
7. Taste for salt, which this needs more of than most things in this book.

SHACK NOTE

Check the curry powder. It is a blend rather than a single spice, and blends are among the most common places wheat flour turns up as an anti-caking agent. Buy one that carries a gluten-free certification or build your own from whole spices.

***Make it yours.** Lamb shoulder is outstanding here. Serve over coconut jasmine rice, millet, or cauliflower rice.*



Slow Cooker Beef and Sweet Potato Curry

PHOTOGRAPH TO COME

Overhead of a deep bowl of golden curry with visible beef and sweet potato, wilted greens, cilantro heaped on top, lime wedge. Rich warm color, steam.

FILE: photos/slow-cooker-beef-sweet-potato-curry.jpg

Slow Cooker Herbed Pulled Chicken

the blank canvas that becomes four dinners

SERVES

8

PREP

10 minutes

COOK

6 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

4 pounds boneless chicken thighs
 2 teaspoons fine sea salt
 1 onion, sliced
 8 garlic cloves, smashed
 1 1/2 cups gluten-free chicken broth
 3 tablespoons olive oil
 2 tablespoons fresh thyme leaves
 1 tablespoon fresh rosemary, chopped
 1 tablespoon smoked paprika
 2 teaspoons onion powder
 1 teaspoon cracked black pepper
 2 bay leaves
 Juice of 2 lemons

METHOD

1. Put everything except the lemon juice in the slow cooker. There is no browning step in this one, which is the point of it.
2. Cook on low 6 hours or high 3 1/2.
3. Shred the chicken directly in the pot with two forks and take out the bay leaves.
4. Let it sit in the liquid 15 minutes off the heat. This is where shredded chicken goes from dry to succulent, and lifting it out immediately is why most pulled chicken disappoints.
5. Stir in the lemon juice and taste for salt.
6. Store the chicken in its liquid, not drained, for up to four days.

SHACK NOTE

Four pounds of this on Sunday becomes chopped chicken salad, lettuce wraps, a rice noodle bowl, and a soup by Thursday, and none of those taste like the same meal twice. It is the single most useful thing to have in the refrigerator.

Make it yours. Freeze in portions with the liquid. Season a portion into any direction you want: chipotle and lime, curry and coconut, or oregano and olive.



Slow Cooker Herbed Pulled Chicken

PHOTOGRAPH TO COME

Overhead of a bowl of shredded chicken with tongs, glossy and moist, herbs visible, lemon halves beside. Simple, unstyled, bright natural light.

FILE: `photos/slow-cooker-pulled-chicken.jpg`

Slow Cooker Apple Butter

no sugar at all, and the house smells like October

SERVES

Makes about 4 cups

PREP

20 minutes

COOK

10 hours

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

6 pounds apples, a mix of sweet and tart, peeled and chopped

1/2 cup unsweetened apple cider

2 tablespoons fresh lemon juice

1 1/2 tablespoons ground cinnamon

1 teaspoon ground nutmeg

1/2 teaspoon ground cloves

1/2 teaspoon ground allspice

1/4 teaspoon ground cardamom

3/4 teaspoon fine sea salt

2 teaspoons pure vanilla extract

3 tablespoons pure maple syrup, only if needed

METHOD

1. Use a mix of varieties, at least one sweet and one tart. A single kind gives you a flat, one-note butter no matter how long you cook it.
2. Combine the apples, cider, lemon juice, spices, and salt in the slow cooker.
3. Cook on low 8 hours, stirring twice if you happen past it.
4. Take the lid off entirely and cook 1 to 2 hours more, until it has darkened to deep brown and thickened enough to mound on a spoon. This uncovered stretch is the whole thing, because a slow cooker cannot evaporate with the lid on.
5. Blend until completely smooth with an immersion blender.
6. Stir in the vanilla. Taste before adding any maple syrup; ripe apples cooked ten hours are usually sweet enough on their own.
7. Cool and refrigerate in jars for three weeks, or freeze for six months.

SHACK NOTE

This is what I give away in November. Six pounds of apples fills five small jars, costs almost nothing, and there is not a spoonful of sugar in it, which matters when it is going to a family who is watching that.

***Make it yours.** Pears work and cook a little faster. Spoon it over the millet porridge, into the chia pudding, or onto anything from the breakfast pages.*



Slow Cooker Apple Butter

PHOTOGRAPH TO COME

Overhead of small jars of deep brown apple butter with a spoon lifting a thick dollop, cinnamon sticks and apples beside. Warm autumn light, gift styling.

FILE: photos/slow-cooker-apple-butter.jpg

Pressure Cooker Bone Broth

two hours instead of eighteen

SERVES

Makes about 3 quarts

PREP

15 minutes

COOK

2 hours 30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

3 to 4 pounds chicken or beef bones,
roasted if beef

2 tablespoons apple cider vinegar

2 onions, quartered, skins on

3 carrots and 3 celery stalks, cut in thirds

1 head garlic, halved crosswise

1 tablespoon black peppercorns

2 bay leaves

6 sprigs fresh thyme

Filtered water to the pot's maximum fill
line

METHOD

1. Roast beef bones at 425 degrees for 40 minutes first. Chicken bones need no roasting.
2. Put everything in the pressure cooker and add water only to the maximum fill line marked inside the pot. Overfilling a pressure cooker is genuinely dangerous and the line is not a suggestion.
3. Let it stand 20 minutes off the heat before sealing, so the vinegar can begin drawing minerals out of the bone.
4. Seal and cook on high pressure for 120 minutes.
5. Let the pressure release naturally, which takes 30 to 40 minutes. Do not quick-release a full pot of hot liquid; it will spit stock out of the valve.
6. Strain through a fine sieve, cool, and refrigerate. Lift off the fat cap when cold.
7. It should set to a soft jelly. If it did not, use more knuckle and joint bones next time, since that is where the collagen lives.

SHACK NOTE

Two hours under pressure gets you roughly where twelve hours of simmering does. The long stovetop version on the earlier pages still tastes a little deeper to me, but this one happens on a Tuesday and that one does not, and broth you actually make beats broth you meant to make.

***Make it yours.** Buy your own silicone sealing ring and keep it labeled. See the small appliances page for why that matters in a shared kitchen.*



Pressure Cooker Bone Broth

PHOTOGRAPH TO COME

Side view of a jar of golden broth beside a pressure cooker on a counter, a spoon lifting set gel. Bones and vegetables on a pan behind. Warm practical light.

FILE: `photos/pressure-cooker-bone-broth.jpg`

Pressure Cooker Beans from Scratch

no soaking, no planning, forty minutes

SERVES

Makes about 6 cups

PREP

10 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 cups dried beans, sorted and rinsed
 8 cups filtered water
 1 onion, halved
 1 head garlic, halved crosswise
 2 bay leaves
 1 strip kombu
 2 teaspoons fine sea salt
 1 tablespoon olive oil, to control foaming

METHOD

1. Sort the beans on a pale sheet pan and pick out stones, debris, and any stray grain, then rinse until the water runs clear. Bulk and packaged legumes are a common source of cross-contact, so do this every time regardless of the label.
2. Put everything in the pressure cooker. The tablespoon of oil keeps the foam down, which otherwise clogs the pressure valve.
3. Never fill past the halfway mark with beans and liquid. They foam and expand and this is the one appliance where crowding is a safety issue rather than a texture one.
4. Cook on high pressure: black beans 25 minutes, pinto 28, cannellini 32, chickpeas 40, all unsoaked.
5. Let the pressure release naturally, a full 20 minutes. A quick release blows the skins off and you get split beans in cloudy liquid.
6. Discard the onion, garlic, bay leaves, and kombu. Store the beans in their cooking liquid, which is full of flavor and keeps them from drying out.

SHACK NOTE

A pound of dried beans costs about a fifth of what the same amount canned does and tastes considerably better. This one habit is the reason the black bean soup, the white bean bowl, and the chili in this book are among the cheapest meals you will cook all year.

Make it yours. The strip of kombu adds savory depth and traditional kitchens have long held that it makes beans easier to digest. Take it out before storing. Freeze beans in their liquid in two-cup portions.



Pressure Cooker Beans from Scratch

PHOTOGRAPH TO COME

Overhead of a pot of glossy cooked beans in their dark liquid, a wooden spoon lifting some, dried beans in a jar beside. Simple, honest, warm light.

FILE: `photos/pressure-cooker-beans.jpg`

Pressure Cooker Chicken and Vegetable Soup

from raw chicken to dinner in forty minutes

SERVES

8

PREP

15 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 45 MINUTES

INGREDIENTS

2 pounds bone-in chicken thighs
 2 tablespoons olive oil
 1 onion, 4 carrots, and 4 celery stalks, all diced
 6 garlic cloves, minced
 2 tablespoons fresh thyme leaves
 8 cups gluten-free chicken broth or water
 2 bay leaves
 1 3/4 teaspoons fine sea salt
 1 zucchini, diced
 4 cups baby spinach
 1/2 cup fresh dill and 1/2 cup parsley, chopped
 Juice of 2 lemons

METHOD

1. Use the saute function to warm the oil and cook the onion, carrots, and celery for 6 minutes, then add the garlic and thyme for 1 minute.
2. Add the chicken, broth, bay leaves, and salt. Bone-in thighs rather than breasts; under pressure a breast goes stringy and a thigh goes tender.
3. Seal and cook on high pressure 15 minutes.
4. Quick release, then lift the chicken out, pull the meat from the bones, and return it shredded.
5. Turn the saute function back on, add the zucchini, and simmer 5 minutes.
6. Fold in the spinach off the heat, then the dill, parsley, and lemon juice. Adding the herbs and acid at the very end is what makes this taste fresh instead of institutional.

SHACK NOTE

This is what I make when someone in the house is unwell and I have not planned anything. Forty minutes from opening the refrigerator to a bowl on the table, and the broth is real rather than out of a carton because the bones were in the pot.

Make it yours. Add cooked millet, quinoa, or rice to individual bowls rather than to the pot, where they drink all the broth by the next day.



Pressure Cooker Chicken and Vegetable Soup

PHOTOGRAPH TO COME

*Overhead of a bowl of clear golden broth with chicken, carrots, and heavy green herbs,
lemon wedge. Steam. Comforting, warm, quiet light.*

FILE: photos/pressure-cooker-chicken-soup.jpg

Pressure Cooker Whole Chicken and Broth

dinner and a quart of stock from one pot

SERVES

6

PREP

15 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

BUDGET

INGREDIENTS

1 whole chicken, 4 pounds
 1 tablespoon fine sea salt
 2 tablespoons olive oil
 1 tablespoon smoked paprika
 2 teaspoons garlic powder
 1 teaspoon onion powder
 1 teaspoon cracked black pepper
 2 cups gluten-free chicken broth or water
 1 onion, quartered
 1 head garlic, halved crosswise
 1 lemon, halved
 4 sprigs rosemary and 6 sprigs thyme

METHOD

1. Salt the chicken all over and rub it with the oil, smoked paprika, garlic powder, onion powder, and pepper.
2. Use the saute function to brown the bird breast side down for 5 minutes. It is awkward and it is worth it.
3. Set the trivet in the pot, add the broth, onion, garlic, lemon, and herbs underneath, and set the chicken on the trivet breast side up.
4. Seal and cook on high pressure 25 minutes for a 4-pound bird, adding 6 minutes per additional pound.
5. Let the pressure release naturally for 10 minutes, then release the rest. Quick-releasing immediately makes the meat seize and toughen.
6. Lift the chicken onto a sheet pan and broil 4 minutes for color. Rest 15 minutes before carving.
7. Strain the liquid left in the pot. That is a quart of real chicken stock you did not have to plan for.

SHACK NOTE

The trivet is what makes this work. Sitting the bird directly in the liquid poaches the bottom half while the top steams, and you end up with two different textures on one chicken.

Make it yours. Throw the carcass straight back into the pot with more water and run the bone broth recipe on the previous pages. One chicken, three uses, one afternoon.



Pressure Cooker Whole Chicken and Broth

PHOTOGRAPH TO COME

Three-quarter view of a browned whole chicken resting on a board beside a jar of golden stock, herbs and lemon. Practical, warm, honest kitchen light.

FILE: `photos/pressure-cooker-whole-chicken.jpg`

Pressure Cooker Wild Rice Pilaf

with mushrooms, thyme, and toasted pecans

SERVES

6

PREP

15 minutes

COOK

45 minutes

GLUTEN-FREE

DAIRY-FREE

VEGAN

HOLIDAY

MAKE-AHEAD

INGREDIENTS

2 cups wild rice, rinsed well
 3 cups gluten-free vegetable broth
 3 tablespoons olive oil
 1 onion, diced
 12 ounces cremini mushrooms, sliced
 5 garlic cloves, minced
 2 tablespoons fresh thyme leaves
 1 1/4 teaspoons fine sea salt
 3/4 cup pecans, toasted and chopped
 2/3 cup dried cranberries sweetened with fruit juice
 1/2 cup flat-leaf parsley, chopped
 Zest and juice of 1 lemon

METHOD

1. Use the saute function to cook the onion in the oil for 6 minutes, then the mushrooms for 8 minutes until browned.
2. Add the garlic and thyme for 1 minute.
3. Add the rinsed wild rice, broth, and salt and stir once.
4. Seal and cook on high pressure 25 minutes.
5. Let the pressure release naturally for 15 minutes. Wild rice needs that resting time under falling pressure to finish, and a quick release leaves it stubbornly chewy.
6. Fluff with a fork. The grains should have burst open and curled; that is how you know wild rice is done, not softness.
7. Fold in the pecans, cranberries, parsley, lemon zest, and juice.

SHACK NOTE

Wild rice takes nearly an hour on the stove and twenty-five minutes here, which is what finally made it a weeknight grain in our house rather than a Thanksgiving one.

Make it yours. This is the same dish as the wild rice stuffing on the holiday pages, made in a third of the time. Add roasted squash or shredded chicken.



Pressure Cooker Wild Rice Pilaf

PHOTOGRAPH TO COME

Overhead of a wide platter of dark wild rice with browned mushrooms, ruby cranberries, and pale pecans, parsley scattered. Warm autumn light, generous.

FILE: `photos/pressure-cooker-wild-rice-pilaf.jpg`



SECTION FOURTEEN

FROM THE WATER

Fish is where the omega-3 pages stop being theory. Two or three servings a week of oily fish does more for the fat balance in your diet than any other single change, and it is also the fastest protein in this book: most of what follows is on the table in under half an hour. This section is built on fish with fins and scales, which means salmon, tuna, cod, halibut, sardines, and their relatives. Buy wild where you can, buy frozen without apology, and buy from someone who will tell you where it came from.

IN THIS SECTION

Classic Ahi Poke Bowl

Salmon Poke with Mango

Spicy Tuna and Cucumber Poke

Halibut Ceviche

Miso-Glazed Salmon

Whole Roasted Fish with Herbs

Grilled Salmon Skewers

Fish Tacos in Lettuce Cups

Sardine and White Bean Salad

Slow-Roasted Salmon with Fennel

Sesame-Crusted Tuna Steaks

Coconut Fish Chowder

Classic Ahi Poke Bowl

coconut aminos, sesame, and sweet onion

SERVES

4

PREP

25 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

NO-COOK

UNDER 30 MINUTES

INGREDIENTS

For the poke

1 1/2 pounds sashimi-quality ahi tuna, cut into 3/4-inch cubes

1/3 cup coconut aminos

2 tablespoons toasted sesame oil

1 tablespoon rice vinegar

1 sweet onion, sliced paper thin

5 scallions, sliced thin

1 tablespoon fresh ginger, grated

2 teaspoons sesame seeds

1/2 teaspoon red pepper flakes

2 sheets nori, torn or cut into strips

For the bowls

4 cups cooked jasmine rice, rinsed and parboiled

2 avocados, sliced

1 cucumber, sliced thin

Shredded purple cabbage and radish

Lime wedges and dulse flakes

METHOD

1. Read the raw fish page in the Foundations section before you buy anything. Ask the counter whether the tuna was frozen to specification and for how long. If they cannot answer, buy something else.
2. Keep the tuna very cold and cut it with a sharp knife into even cubes. Warm fish tears rather than slices.
3. Whisk the coconut aminos, sesame oil, rice vinegar, ginger, and pepper flakes together.
4. Fold the tuna, sweet onion, and scallions into the marinade and refrigerate 15 to 30 minutes. No longer than that; the acid begins to cure the fish and the texture goes from silky to firm.
5. Build the bowls with rice at the bottom, then the poke, then the vegetables around it.
6. Finish with sesame seeds, torn nori, dulse flakes, and lime wedges.

SHACK NOTE

Nearly every poke marinade you will meet is built on soy sauce, which is brewed with wheat. Coconut aminos is slightly sweeter and does the job completely, which is why there is no added sugar here where most recipes call for it.

Make it yours. For a cooked version that is genuinely excellent rather than a consolation: sear the cubes in a screaming hot pan for 45 seconds total, tossing, then dress them warm. This is what I make when I am feeding a crowd of mixed comfort levels.



Classic Ahi Poke Bowl

PHOTOGRAPH TO COME

Overhead of a wide bowl, glossy deep red tuna cubes on white rice with green avocado, purple cabbage, and dark nori strips arranged in sections. Very high color contrast.

FILE: photos/ahi-poke-bowl.jpg

Salmon Poke with Mango

lime, avocado, and a little heat

SERVES

4

PREP

25 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

UNDER 30 MINUTES

INGREDIENTS

1 1/2 pounds sashimi-quality salmon, cut into 3/4-inch cubes

1 ripe mango, diced

1 avocado, diced

1/4 cup coconut aminos

3 tablespoons fresh lime juice

2 tablespoons toasted sesame oil

1 tablespoon raw honey

1 jalapeno, seeded and minced

1/2 red onion, sliced paper thin

1/2 cup fresh cilantro, chopped

1 tablespoon fresh ginger, grated

1 teaspoon fine sea salt

Toasted macadamia nuts and sesame seeds, to finish

METHOD

1. Buy salmon that was frozen to specification for raw service. See the raw fish page; this is not a step to improvise.
2. Whisk the coconut aminos, lime juice, sesame oil, honey, ginger, and salt together.
3. Fold in the salmon, red onion, and jalapeno and chill 15 minutes.
4. Fold in the mango just before serving. Added early, its acid and sugar start curing the fish and softening it.
5. Add the avocado last, with two or three gentle turns of the spoon.
6. Scatter with cilantro, macadamia nuts, and sesame seeds and serve immediately.

SHACK NOTE

Mango and salmon is a better pairing than mango and tuna, because salmon has enough fat to stand up to that much sweetness. Use a mango that gives slightly to the thumb; a rock-hard one contributes nothing but crunch.

***Make it yours.** Cook it if you prefer: cube the salmon, roast at 425 for 8 minutes, cool slightly, and fold everything through warm. Serve over coconut jasmine rice.*



Salmon Poke with Mango

PHOTOGRAPH TO COME

Overhead of a shallow bowl, coral salmon with golden mango and green avocado, cilantro and pale nuts scattered. Tropical color palette, bright natural light.

FILE: photos/salmon-mango-poke.jpg

Spicy Tuna and Cucumber Poke

creamy heat without a spoonful of mayonnaise

SERVES

4

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

UNDER 30 MINUTES

INGREDIENTS

For the poke

- 1 1/2 pounds sashimi-quality ahi tuna, cubed
- 2 English cucumbers, cut into half-moons
- 5 scallions, sliced thin
- 2 sheets nori, cut into strips

For the spicy cream

- 1/2 cup all-purpose cashew cream, savory version
- 2 tablespoons coconut aminos
- 1 to 2 tablespoons certified gluten-free chili paste
- 1 tablespoon toasted sesame oil
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh ginger, grated
- 1 teaspoon raw honey

METHOD

1. Salt the cucumber half-moons lightly and drain them 15 minutes, then pat dry. Otherwise they weep into the sauce.
2. Whisk all the spicy cream ingredients together. Start with one tablespoon of chili paste and add more after tasting; heat builds.
3. Check your chili paste. Many Asian chili pastes and sauces contain wheat, and gochujang almost always does. Buy one that carries a gluten-free certification.
4. Fold the tuna into about two-thirds of the sauce and chill 10 minutes.
5. Fold in the cucumber and scallions.
6. Serve mounded in bowls with the remaining sauce drizzled over and nori strips on top.

SHACK NOTE

Spicy tuna at a poke counter is bound with mayonnaise and sriracha, which means eggs, oil, and usually a sauce worth checking. Cashew cream does the same job and tastes cleaner behind the chile.

Make it yours. *Serve over rice, over cauliflower rice, or in butter lettuce cups. Seared tuna works with the same sauce and is what I make for anyone hesitant about raw.*



Spicy Tuna and Cucumber Poke

PHOTOGRAPH TO COME

Close overhead of a bowl of tuna in pale orange sauce with cucumber and dark nori strips, sesame scattered. Glossy, saturated, dramatic side light.

FILE: photos/spicy-tuna-cucumber-poke.jpg

Halibut Ceviche

lime, chile, avocado, and a great deal of cilantro

SERVES

6

PREP

25 minutes, plus curing

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

MAKE-AHEAD

INGREDIENTS

1 1/2 pounds halibut or sea bass, cut into 1/2-inch dice

1 cup fresh lime juice, from about 10 limes

1/4 cup fresh orange juice

1 1/2 teaspoons fine sea salt

1/2 red onion, sliced paper thin

2 serrano chiles, seeded and sliced thin

1 pint cherry tomatoes, quartered

1 cucumber, diced

1 avocado, diced

1 cup fresh cilantro, chopped

3 tablespoons extra virgin olive oil

Toasted pepitas, to finish

METHOD

1. Buy fish handled for raw service. Curing in citrus changes the texture and the appearance of fish, but it is not cooking and it does not reliably kill parasites. Read the raw fish page.
2. Cut the fish into even half-inch dice. Uneven pieces cure unevenly and the big ones stay raw in the middle.
3. Toss the fish with the lime juice, orange juice, and salt in a glass or ceramic bowl. Never metal; the acid reacts with it.
4. Refrigerate 20 to 30 minutes, stirring once, until the fish has turned opaque and firm at the edges but is still tender in the center. An hour makes it chalky.
5. Drain off most of the citrus, keeping a few tablespoons.
6. Fold in the onion, chiles, tomatoes, cucumber, cilantro, and olive oil. Add the avocado last and serve within twenty minutes.

SHACK NOTE

Ceviche is traditionally served with tortilla chips or plantain chips. Plantain chips are usually naturally gluten-free and are worth the label check, and cucumber rounds or endive leaves do it beautifully with no question at all.

***Make it yours.** Cook the fish instead: poach the dice in salted water for 90 seconds, drain, chill completely, then dress with everything else. Nobody will mind.*



Halibut Ceviche

PHOTOGRAPH TO COME

Overhead of a shallow bowl, white fish with red tomato, green avocado and cilantro, chile slices, in a pool of citrus. Very fresh, bright cool light, high color.

FILE: photos/halibut-ceviche.jpg

Miso-Glazed Salmon

a four-ingredient glaze and eight minutes under the broiler

SERVES

4

PREP

10 minutes, plus marinating

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 30 MINUTES

INGREDIENTS

4 salmon fillets, about 6 ounces each,
skin on

1/4 cup certified gluten-free white or
yellow miso

3 tablespoons coconut aminos

2 tablespoons pure maple syrup

1 tablespoon rice vinegar

1 tablespoon fresh ginger, grated

2 teaspoons toasted sesame oil

1 garlic clove, grated

Scallions, sesame seeds, and lime, to
finish

METHOD

1. Buy miso made from rice or soybeans only. Most traditional miso is fermented with barley koji, which is why this is one of the most common places a careful cook gets caught.
2. Whisk the miso, coconut aminos, maple syrup, vinegar, ginger, sesame oil, and garlic into a smooth glaze.
3. Pat the salmon completely dry and coat it with about two-thirds of the glaze. Marinate 30 minutes at room temperature, or up to 4 hours refrigerated.
4. Heat the broiler with a rack about six inches down and line a pan with foil.
5. Broil the salmon skin side down for 7 to 9 minutes, brushing with the remaining glaze once at the halfway point.
6. Watch it closely in the last two minutes. The maple and miso both carry sugar and they go from lacquered to black very quickly.
7. Rest 3 minutes and finish with scallions, sesame seeds, and a squeeze of lime.

SHACK NOTE

Miso is a fermented food, and if you want the live cultures rather than only the flavor, brush a little unheated glaze over the fish at the table. Broiling kills the organisms, which is fine, but it is worth knowing which one you are doing.

***Make it yours.** Black cod, sablefish, or halibut are all superb with this glaze. Cod needs about two minutes less.*



Miso-Glazed Salmon

PHOTOGRAPH TO COME

*Three-quarter view of lacquered dark-glazed fillets on a pan, caramelized edges, scallions
and sesame scattered, lime wedge. Glossy surfaces, dramatic warm light.*

FILE: photos/miso-glazed-salmon.jpg

Whole Roasted Fish with Herbs

lemon, fennel, and a very hot oven

SERVES

4

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

2 whole branzino or sea bass, about 1 1/2 pounds each, scaled and gutted

2 lemons, one sliced and one for juice

1 fennel bulb, sliced thin

1 bunch fresh dill

1 bunch fresh flat-leaf parsley

6 garlic cloves, sliced

1/3 cup extra virgin olive oil

2 teaspoons fine sea salt

1 teaspoon cracked black pepper

1 pint cherry tomatoes

1/2 cup Kalamata olives

METHOD

1. Heat the oven to 450 degrees. Pat the fish completely dry inside and out, including the cavity.
2. Cut three shallow diagonal slashes through the skin on each side, down to the bone. This is what lets heat into the thickest part so the fish cooks evenly instead of overcooking at the tail.
3. Season inside and out with the salt and pepper, working salt into the slashes.
4. Stuff each cavity with lemon slices, dill, parsley, and garlic.
5. Scatter the fennel, tomatoes, and olives on a sheet pan, drizzle with half the oil, and set the fish on top. Drizzle the rest over the fish.
6. Roast 20 to 25 minutes, until the flesh at the thickest part of the back pulls easily from the bone.
7. Squeeze the second lemon over everything and serve straight from the pan, lifting fillets off the frame.

SHACK NOTE

Cooking a fish whole, on the bone, with the head on, gives you meat that is dramatically more moist and more flavorful than any fillet. It also looks like a great deal more work than it is, which I have never once complained about.

Make it yours. Ask the counter to scale and gut it for you and leave everything else. Trout and small snapper work identically.



Whole Roasted Fish with Herbs

PHOTOGRAPH TO COME

Overhead of two whole roasted fish on a sheet pan among burst tomatoes, olives, and fennel, crisp slashed skin, lemon. Rustic, dramatic, warm directional light.

FILE: [photos/whole-roasted-branzino.jpg](#)

Grilled Salmon Skewers

lemon, oregano, and fifteen minutes

SERVES

4

PREP

15 minutes

COOK

8 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 30 MINUTES

INGREDIENTS

2 pounds salmon fillet, skin removed, cut into 1 1/2-inch cubes

1/3 cup extra virgin olive oil

Zest and juice of 2 lemons

4 garlic cloves, grated

2 tablespoons fresh oregano, chopped

1 tablespoon fresh thyme leaves

1 1/2 teaspoons fine sea salt

1/2 teaspoon red pepper flakes

2 lemons, cut into thin half-moons

Fresh parsley and flaky salt, to finish

METHOD

1. Soak wooden skewers in water 20 minutes, or use metal ones.
2. Whisk the oil, lemon zest and juice, garlic, oregano, thyme, salt, and pepper flakes together.
3. Toss the salmon in the marinade and leave it exactly 15 minutes. Longer and the acid begins to cure the outside of the fish and it turns pasty on the grill.
4. Thread the cubes onto skewers, alternating with folded lemon half-moons.
5. Grill over high heat, or broil, 3 to 4 minutes per side. Salmon is done when it flakes at the edge and the center is still deep coral.
6. Rest 3 minutes, then finish with parsley and flaky salt.

SHACK NOTE

Cut the cubes larger than feels right, at least an inch and a half. Small pieces of salmon overcook in the time it takes to get a mark on the grill, and there is no rescuing dry salmon.

Make it yours. Swordfish, tuna, or halibut all skewer well. Serve with the green goddess dressing or the chimichurri from elsewhere in the book.



Grilled Salmon Skewers

PHOTOGRAPH TO COME

Close three-quarter view of skewers on a grill or dark board, charred edges, coral interior, lemon slices caramelized between. Herbs scattered. Dramatic side light.

FILE: photos/salmon-skewers-oregano.jpg

Fish Tacos in Lettuce Cups

spiced cod, cabbage slaw, and lime crema

SERVES

4

PREP

25 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

UNDER 45 MINUTES

KID-FRIENDLY

INGREDIENTS

For the fish and slaw

- 1 1/2 pounds cod or halibut, cut into strips
- 3 tablespoons avocado oil
- 2 teaspoons ground cumin
- 1 1/2 teaspoons smoked paprika
- 1 teaspoon chili powder
- 1 1/4 teaspoons fine sea salt
- 4 cups purple cabbage, shredded fine
- 1/2 red onion, sliced paper thin
- 1 cup fresh cilantro, chopped
- Juice of 2 limes
- 2 heads butter lettuce, leaves separated

For the lime crema

- 3/4 cup all-purpose cashew cream, savory version
- 3 tablespoons fresh lime juice
- 1 garlic clove, grated
- 1/2 teaspoon ground cumin
- 2 to 3 tablespoons water

METHOD

1. Whisk the crema ingredients together, thinning to a drizzle.
2. Toss the cabbage, onion, and cilantro with the lime juice and a pinch of salt and let it sit 15 minutes while you cook the fish.
3. Pat the fish completely dry, then toss with the oil, cumin, smoked paprika, chili powder, and salt.
4. Heat a skillet over medium-high until it shimmers. Cook the fish 3 minutes per side without moving it, until it flakes.
5. Break it into large pieces with a spatula rather than shredding it small.
6. Build in lettuce cups: slaw first, then fish, then plenty of crema. The slaw underneath keeps the lettuce from going limp.

SHACK NOTE

Fish taco seasoning packets and most bottled taco sauces use wheat flour as an anti-caking agent and thickener, which is why the spices here are measured out individually. It takes ninety seconds and ends the question.

Make it yours. Grilled shrimp is traditional; it is not on the clean list a few pages back, so this book uses cod. Roasted sweet potato rounds make an excellent base instead of lettuce.



Fish Tacos in Lettuce Cups

PHOTOGRAPH TO COME

Overhead of filled lettuce cups on a board, white fish with purple slaw and white crema drizzled, lime wedges and cilantro. Bright saturated color, casual and abundant.

FILE: `photos/fish-tacos-lettuce.jpg`

Sardine and White Bean Salad

the cheapest omega-3 in the store

SERVES

4

PREP

15 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

NO-COOK

INGREDIENTS

3 tins sardines in olive oil, about 4 ounces each

3 cups cooked cannellini beans

1/2 red onion, sliced paper thin

1 pint cherry tomatoes, halved

1 cup flat-leaf parsley, chopped

1/3 cup fresh dill, chopped

3 tablespoons capers, rinsed

1/3 cup extra virgin olive oil

1/4 cup fresh lemon juice

2 garlic cloves, grated

1 teaspoon fine sea salt

1/2 teaspoon red pepper flakes

6 cups arugula

METHOD

1. Soak the sliced onion in the lemon juice 10 minutes.
2. Whisk in the olive oil, garlic, salt, and pepper flakes.
3. Fold the beans into the dressing and let them sit 10 minutes. Beans absorb flavor best while they are alone.
4. Add the tomatoes, capers, parsley, and dill.
5. Lift the sardines from their tins in whole fillets and lay them over the top rather than stirring them in. They break apart if you fold them and you want them intact.
6. Serve over arugula with a little of the tin oil drizzled over, which is good olive oil that has been sitting with fish and is worth using.

SHACK NOTE

Sardines are the single best value in the omega-3 conversation. A four-dollar tin carries more EPA and DHA than a considerably more expensive piece of salmon, and because they are small and short-lived they carry far less mercury than the big fish do. Start with one tin alongside something familiar if they are new to you.

Make it yours. Tinned wild salmon or mackerel work the same way. Check the tin; most are fish, oil, and salt, but flavored and sauced versions want reading.



Sardine and White Bean Salad

PHOTOGRAPH TO COME

Overhead of a platter of white beans and green arugula with whole silver sardine fillets laid across, tomatoes and herbs, lemon halves. Rustic, bright natural light.

FILE: `photos/sardine-white-bean-salad.jpg`

Slow-Roasted Salmon with Fennel

citrus, olive oil, and a very low oven

SERVES

6

PREP

15 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-PAN

INGREDIENTS

1 whole salmon fillet, about 3 pounds, skin on
 2 fennel bulbs, sliced thin, fronds reserved
 1 orange, sliced into thin rounds
 1 lemon, sliced into thin rounds
 1/2 cup extra virgin olive oil
 6 garlic cloves, sliced
 2 tablespoons fresh thyme leaves
 2 teaspoons fine sea salt
 1/2 teaspoon red pepper flakes
 Cracked black pepper
 Flaky sea salt and fennel fronds, to finish

METHOD

1. Heat the oven to 275 degrees. A low oven is the entire technique here. Salmon cooked slowly stays silky and translucent all the way through and is nearly impossible to overcook, where a hot oven gives you a narrow window and white albumin weeping out the sides.
2. Scatter the sliced fennel and half the citrus over a sheet pan.
3. Pat the salmon dry, season with the salt and pepper, and set it skin side down on the vegetables.
4. Tuck the garlic, thyme, and remaining citrus over and around it, then pour the olive oil over the whole pan.
5. Roast 30 to 40 minutes, until the thickest part reads about 120 degrees and the flesh flakes under gentle pressure while still looking translucent.
6. Rest 5 minutes and finish with flaky salt, fennel fronds, and pepper flakes.

SHACK NOTE

This is what I make when I want to feed ten people something that looks like an occasion and requires no timing skill at all. The low oven gives you a twenty-minute window rather than a two-minute one, which matters when guests are talking.

***Make it yours.** Serve warm as a main or cold the next day flaked over greens. It is superb either way.*



Slow-Roasted Salmon with Fennel

PHOTOGRAPH TO COME

Overhead of a whole salmon fillet on a sheet pan among translucent citrus rounds and pale fennel, glistening with oil, fronds scattered. Elegant, warm even light.

FILE: `photos/slow-roasted-salmon-fennel.jpg`

Sesame-Crusted Tuna Steaks

seared ninety seconds a side, ginger sauce alongside

SERVES

4

PREP

15 minutes

COOK

4 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 30 MINUTES

INGREDIENTS

For the tuna

4 ahi tuna steaks, about 6 ounces each, 1 inch thick

1/3 cup white sesame seeds

1/3 cup black sesame seeds

1 1/2 teaspoons fine sea salt

1 teaspoon cracked black pepper

2 tablespoons avocado oil

For the sauce

1/4 cup coconut aminos

2 tablespoons rice vinegar

1 tablespoon toasted sesame oil

1 tablespoon fresh ginger, grated

1 garlic clove, grated

1 teaspoon raw honey

1/2 teaspoon red pepper flakes

2 scallions, sliced thin

METHOD

1. Whisk all the sauce ingredients together and set aside.
2. Pat the tuna completely dry and season all over with salt and pepper.
3. Mix the sesame seeds on a plate and press each steak firmly into them on all sides, including the edges.
4. Heat the avocado oil in a heavy skillet over the highest heat you have until it just begins to smoke. This must be a truly hot pan; a moderate one cooks the fish through while you wait for a crust.
5. Sear 90 seconds per side and no longer. The center should still be deep red and cool.
6. Rest 3 minutes on a board, then slice against the grain into half-inch slices and fan them out. Spoon the sauce over or serve it alongside.

SHACK NOTE

Tuna eaten rare needs the same sourcing care as tuna eaten raw. See the raw fish page. If you would rather cook it through, use a thinner steak and give it three minutes a side; a thick one cooked through goes chalky and dry.

Make it yours. *Serve over the cucumber wakame salad, over rice, or fanned across greens with the ginger sauce as the dressing.*



Sesame-Crusted Tuna Steaks

PHOTOGRAPH TO COME

Close three-quarter view of sliced tuna fanned on a dark plate, black and white sesame crust against deep red center, sauce pooled, scallions. Dramatic light, high contrast.

FILE: photos/sesame-crusted-tuna.jpg

Coconut Fish Chowder

cod, potato, and thyme, no cream anywhere

SERVES

6

PREP

20 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

ONE-POT

INGREDIENTS

2 pounds cod or haddock, cut into large chunks

3 tablespoons olive oil

1 onion, diced

3 celery stalks, diced

2 leeks, sliced and washed well

5 garlic cloves, minced

1 1/2 pounds baby potatoes, halved

4 cups gluten-free fish or chicken broth

1 can full-fat coconut milk, 13.5 ounces

2 tablespoons fresh thyme leaves

2 bay leaves

1 3/4 teaspoons fine sea salt

1 cup corn kernels, optional

Juice of 1 lemon, dill, and cracked pepper, to finish

METHOD

1. Warm the oil and cook the onion, celery, and leeks 10 minutes, until soft and sweet.
2. Add the garlic and thyme for 1 minute.
3. Add the potatoes, broth, and bay leaves and simmer 15 minutes, until the potatoes are tender.
4. Mash a few of the potatoes against the side of the pot with a spoon. Their starch is what thickens this chowder, which is how it gets body without the flour roux every traditional recipe calls for.
5. Stir in the coconut milk and salt and bring back to a bare simmer.
6. Lay the fish chunks on top and cook 5 to 7 minutes without stirring, until they flake. Stirring at this stage shreds the fish into threads.
7. Take out the bay leaves, add the corn if using, and finish off the heat with lemon juice, dill, and pepper.

SHACK NOTE

Every chowder recipe in America starts with flour and butter and finishes with cream. Neither is necessary. Potato starch does the thickening and coconut milk does the richness, and the result is lighter and tastes more like fish rather than less.

Make it yours. Salmon, halibut, or a mix all work. Add a strip of kombu with the broth for depth and take it out before serving.



Coconut Fish Chowder

PHOTOGRAPH TO COME

Overhead of a bowl of pale creamy chowder with visible potato and large flakes of white fish, dill scattered, cracked pepper. Steam. Cozy warm light.

FILE: photos/coconut-fish-chowder.jpg



SECTION FIFTEEN

PASTA AND NOODLES

Pasta is the thing people miss most, and it is also the thing most easily solved. Between chickpea and lentil pastas, brown rice noodles, spaghetti squash, and hearts of palm, there is no reason a gluten-free table cannot have a bowl of noodles under a good sauce on a Tuesday. Read the pasta page in the Foundations section before you cook any of this, because the rules genuinely are different, and most disappointment with gluten-free pasta comes from cooking it like wheat.

IN THIS SECTION

Chickpea Pasta with Lemon and Broccolini

garlic, chile, and a great deal of parsley

Brown Rice Spaghetti with Slow-Roasted Tomatoes

three hours in the oven, ten minutes at the stove

Spaghetti Squash with Basil Pesto

roasted cut side down, forked into strands

Hearts of Palm Noodles with Avocado Cream

ten minutes, straight from the pantry

Red Lentil Penne with Roasted Vegetables

under a blanket of romesco

Chickpea Pasta Puttanesca

olives, capers, anchovy, and twenty minutes

Spaghetti Squash Boats with Turkey Bolognese

a long simmer, served in the shell

Rice Noodles in Coconut Curry Broth

lime, herbs, and a bowl you drink from

Lemon Herb Chickpea Pasta Salad

cold, packed, and better on day two

Rice Noodle Herb Bowl

with almond-lime dressing and every herb you have

Garlic and Anchovy Spaghetti

with toasted almond crumb

Chickpea Pasta with Lemon and Broccoli

garlic, chile, and a great deal of parsley

SERVES

4

PREP

10 minutes

COOK

18 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

UNDER 30 MINUTES

INGREDIENTS

12 ounces chickpea pasta
 1 large bunch broccoli, cut into 2-inch pieces
 1/3 cup extra virgin olive oil
 8 garlic cloves, sliced thin
 1 teaspoon red pepper flakes
 Zest and juice of 2 lemons
 1 1/2 teaspoons fine sea salt
 1 1/2 cups flat-leaf parsley, chopped
 1/3 cup toasted pine nuts
 3 tablespoons nutritional yeast, optional
 Cracked black pepper

METHOD

1. Bring a large pot of well-salted water to a boil. Set a timer two minutes short of what the box says and start tasting then. Chickpea pasta goes from perfect to mush faster than any wheat pasta will.
2. Add the broccoli to the same pot for the final 3 minutes.
3. Reserve a full cup of the cooking water before draining. Do not rinse.
4. While the pasta cooks, warm the olive oil with the garlic and pepper flakes over medium-low for 3 minutes, until the garlic is pale gold. Pull it the moment it colors or it turns bitter.
5. Add the drained pasta and broccoli to the pan with half a cup of the pasta water and the lemon juice, and toss hard over medium heat for 60 seconds until the sauce clings.
6. Add more pasta water a splash at a time until it looks glossy rather than dry.
7. Off the heat, fold in the lemon zest, parsley, salt, pine nuts, and nutritional yeast if using.

SHACK NOTE

Chickpea pasta carries something like fourteen grams of protein and eight of fiber per serving, which is considerably more than the wheat pasta it replaced. This is the rare case where the gluten-free version is nutritionally the better food rather than the compromise.

Make it yours. Broccoli, asparagus, or green beans all work. Add a tin of sardines or shredded chicken to make it heartier.



Chickpea Pasta with Lemon and Broccolini

PHOTOGRAPH TO COME

Overhead of a wide bowl of pasta with bright green broccolini, glossy with sauce, parsley and pine nuts scattered, lemon half beside. Warm bright light.

FILE: `photos/chickpea-pasta-broccolini.jpg`

Brown Rice Spaghetti with Slow-Roasted Tomatoes

three hours in the oven, ten minutes at the stove

SERVES

6

PREP

15 minutes

COOK

3 hours

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

16 ounces brown rice spaghetti
 4 pounds Roma tomatoes, halved lengthwise
 1/2 cup extra virgin olive oil
 12 garlic cloves, whole and peeled
 2 teaspoons fine sea salt
 1 tablespoon fresh thyme leaves
 1 teaspoon red pepper flakes
 1 cup fresh basil, torn
 1 tablespoon balsamic vinegar
 Cracked black pepper
 Toasted almond crumb, to finish

METHOD

1. Heat the oven to 275 degrees. Lay the tomatoes cut side up on a sheet pan with the whole garlic cloves.
2. Drizzle with the oil, season with the salt, thyme, and pepper flakes, and roast 2 1/2 to 3 hours, until shrunken, wrinkled, and darkened at the tips but not dry.
3. Three hours at a low temperature concentrates the tomatoes into something jammy and intensely sweet that no amount of simmering achieves. It is entirely unattended time.
4. Scrape everything, including all the oil and the sticky bits, into a wide pan and crush roughly with a fork. Add the balsamic vinegar.
5. Cook the spaghetti two minutes short of the box in well-salted water, then reserve a cup of water and drain.
6. Give brown rice pasta a very quick rinse under hot water. It is the one gluten-free pasta that benefits from this, and it is the fix for the gumminess people complain about.
7. Toss the pasta into the sauce with a splash of the reserved water over medium heat for a minute, then fold in the basil and finish with almond crumb and pepper.

SHACK NOTE

Toasted almond crumb is my stand-in for the breadcrumb topping Italians call pangrattato: pulse a cup of toasted almonds with a little olive oil, garlic, salt, and lemon zest until coarse. It gives you the crunch that a bowl of pasta is otherwise missing.

Make it yours. The roasted tomatoes freeze for six months and are worth making a double pan of. Cherry tomatoes work and need only about ninety minutes.



Brown Rice Spaghetti with Slow-Roasted Tomatoes

PHOTOGRAPH TO COME

*Overhead of a bowl of spaghetti with jammy dark red tomatoes and whole garlic cloves,
basil torn over, pale almond crumb scattered. Rustic, warm directional light.*

FILE: `photos/brown-rice-spaghetti-tomato.jpg`

Spaghetti Squash with Basil Pesto

roasted cut side down, forked into strands

SERVES

4

PREP

15 minutes

COOK

40 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

UNDER 60 MINUTES

INGREDIENTS

2 spaghetti squash, halved lengthwise and seeded

3 tablespoons olive oil

1 1/4 teaspoons fine sea salt

1 1/2 cups basil pesto, from the raw section

1 pint cherry tomatoes, halved

1/3 cup pine nuts, toasted

1/4 cup fresh basil leaves

Zest of 1 lemon

Red pepper flakes and cracked pepper

METHOD

1. Heat the oven to 400 degrees. Halve the squash lengthwise rather than crosswise. Lengthwise gives you long strands; crosswise gives you short ones, and this is the choice most people get backward.
2. Scoop the seeds, brush the cut faces with oil, and season with salt.
3. Lay them cut side down on a parchment-lined sheet pan. Cut side down steams the flesh and browns the edges at the same time.
4. Roast 35 to 45 minutes, until a knife pierces the skin easily. Start checking at 35; overcooked spaghetti squash is watery and falls apart into mush.
5. Flip them over and let them cool 10 minutes, then pull the strands free with a fork, working around the shell.
6. Blot the strands on a towel if they seem wet, then toss with the pesto, tomatoes, and lemon zest.
7. Finish with pine nuts, torn basil, and pepper flakes.

SHACK NOTE

Spaghetti squash is not pasta and it is not trying to be. It is a mild, slightly sweet vegetable that happens to come apart in strands, and if you go in expecting noodles you will be disappointed every time. Go in expecting squash under a very good sauce and it is wonderful.

Make it yours. *Serve it in the shells for a table that looks like more work than it was. Add shredded chicken or white beans for protein.*



Spaghetti Squash with Basil Pesto

PHOTOGRAPH TO COME

Overhead of two squash halves in their shells filled with green pesto strands, tomatoes and pine nuts on top, forks beside. Warm natural light, rustic.

FILE: `photos/spaghetti-squash-pesto.jpg`

Hearts of Palm Noodles with Avocado Cream

ten minutes, straight from the pantry

SERVES

4

PREP

10 minutes

COOK

5 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

4 packages hearts of palm noodles, about 9 ounces each

2 ripe avocados

1 cup fresh basil, packed

1/2 cup flat-leaf parsley

1/3 cup extra virgin olive oil

1/4 cup fresh lemon juice

3 garlic cloves

1 1/4 teaspoons fine sea salt

1/3 cup filtered water, plus more to loosen

1 pint cherry tomatoes, halved

Toasted pepitas and red pepper flakes, to finish

METHOD

1. Drain and rinse the noodles very thoroughly under cold running water for a full minute. They are packed in an acidic brine and unrinsed they taste sharp and briny, which is the entire reason people try them once and never again.
2. Soak them in fresh cold water for 10 minutes if you are sensitive to it, then drain again and pat dry.
3. Blend the avocado, basil, parsley, olive oil, lemon juice, garlic, salt, and water until completely smooth and vivid green.
4. Warm the noodles briefly in a dry pan over medium heat for 3 to 4 minutes, just to take the chill off. They are already cooked and will not soften further.
5. Toss with the avocado cream off the heat. Heat dulls the color and the flavor of a raw herb sauce.
6. Fold in the tomatoes and finish with pepitas and pepper flakes.

SHACK NOTE

Hearts of palm noodles carry almost no starch and about four grams of carbohydrate a serving, which makes them the choice on a night when the rest of the plate is already substantial. They stay firm and never go soft, which is either a feature or a limitation depending on what you wanted.

Make it yours. Serve cold as a pasta salad. Add flaked salmon, chickpeas, or a soft-boiled egg.



Hearts of Palm Noodles with Avocado Cream

PHOTOGRAPH TO COME

Overhead of a bowl of pale noodles under vivid green sauce, halved tomatoes and green pepitas scattered, basil leaves. Very saturated green, bright clean light.

FILE: `photos/hearts-of-palm-noodles.jpg`

Red Lentil Penne with Roasted Vegetables

under a blanket of romesco

SERVES

5

PREP

20 minutes

COOK

35 minutes

GLUTEN-FREE

DAIRY-FREE

VEGAN

MAKE-AHEAD

PACKABLE

INGREDIENTS

12 ounces red lentil penne
 1 head cauliflower, small florets
 2 red bell peppers, cut into strips
 1 red onion, cut into wedges
 1 zucchini, cut into half-moons
 1/4 cup avocado oil
 2 teaspoons smoked paprika
 1 1/2 teaspoons fine sea salt
 1 1/2 cups romesco sauce, from the blender section
 1 cup flat-leaf parsley, chopped
 1/3 cup toasted almonds, chopped
 Lemon wedges and cracked pepper

METHOD

1. Heat the oven to 425 degrees. Toss the vegetables with the oil, smoked paprika, and salt and spread across two sheet pans in a single layer.
2. Roast 30 to 35 minutes, swapping the pans halfway, until the cauliflower is deeply browned at the edges.
3. Cook the penne in well-salted water, tasting from two minutes before the box says. Red lentil pasta is the fastest to overcook of any of them and it disintegrates rather than softening.
4. Reserve a cup of the cooking water and drain. Do not rinse.
5. Warm the romesco in a wide pan with half a cup of the pasta water until it loosens into a sauce.
6. Add the pasta and roasted vegetables and toss over medium heat 60 seconds, adding more water until it coats rather than clings.
7. Fold in the parsley and finish with almonds, lemon, and pepper.

SHACK NOTE

Red lentil pasta cooks faster than any other gluten-free pasta and has the shortest window. Stand at the pot. This is not the moment to answer the phone, and I have lost more than one batch learning that.

Make it yours. Excellent cold the next day as a pasta salad, which is not true of most gluten-free pastas. Add white beans or shredded chicken.



Red Lentil Penne with Roasted Vegetables

PHOTOGRAPH TO COME

Overhead of a wide bowl of penne with browned vegetables in brick-red sauce, parsley and almonds scattered. Warm rich color, rustic, directional light.

FILE: photos/lentil-penne-romesco.jpg

Chickpea Pasta Puttanesca

olives, capers, anchovy, and twenty minutes

SERVES

4

PREP

10 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

UNDER 30 MINUTES

PANTRY

INGREDIENTS

12 ounces chickpea pasta
 1/3 cup extra virgin olive oil
 8 anchovy fillets in olive oil
 8 garlic cloves, sliced thin
 1 teaspoon red pepper flakes
 3 tablespoons tomato paste
 1 can whole peeled tomatoes, 28 ounces,
 crushed by hand
 1 cup Kalamata olives, torn from the pit
 1/4 cup capers, rinsed
 1 teaspoon dried oregano
 1 teaspoon fine sea salt
 1 cup flat-leaf parsley, chopped
 Cracked black pepper

METHOD

1. Warm the oil in a wide pan over medium-low and add the anchovies. Stir for 2 minutes until they dissolve completely into the oil and disappear.
2. Do not skip the anchovies and do not fear them. They do not make the sauce taste of fish; they make it taste savory in a way nothing else does, and everyone who says they hate anchovies has eaten this sauce happily.
3. Add the garlic and pepper flakes for 1 minute, then the tomato paste for 2 minutes until it darkens.
4. Crush the tomatoes into the pan by hand, add the oregano, and simmer 12 minutes.
5. Stir in the olives and capers and cook 3 minutes more. Taste before adding any salt; between the anchovy, olives, and capers there may be plenty.
6. Cook the pasta two minutes short of the box, reserve a cup of water, and drain without rinsing.
7. Toss the pasta into the sauce with a splash of water for a minute, then fold in the parsley.

SHACK NOTE

Anchovies are on the clean list, they are one of the best sources of omega-3 by weight, and they are among the cheapest tins in the store. A jar of oil-packed fillets in the refrigerator quietly improves half the savory cooking in this book.

Make it yours. Leave the anchovies out for a vegan version and add a tablespoon of capers and a strip of kombu for savory depth.



Chickpea Pasta Puttanesca

PHOTOGRAPH TO COME

Overhead of a bowl of pasta in dark red sauce with black olives and capers visible, heavy parsley, cracked pepper. Moody warm light, rustic Italian feeling.

FILE: `photos/chickpea-pasta-puttanesca.jpg`

Spaghetti Squash Boats with Turkey Bolognese

a long simmer, served in the shell

SERVES

4

PREP

20 minutes

COOK

1 hour

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

FREEZER

INGREDIENTS

2 spaghetti squash, halved lengthwise and seeded

3 tablespoons olive oil, plus more for the squash

1 1/2 pounds ground turkey or beef

1 onion, 2 carrots, and 2 celery stalks, diced very fine

6 garlic cloves, minced

3 tablespoons tomato paste

1 can crushed tomatoes, 28 ounces

1/2 cup full-fat coconut milk

2 teaspoons dried oregano

1 teaspoon fennel seeds, crushed

1 bay leaf

1 3/4 teaspoons fine sea salt

1/2 cup fresh basil, torn

METHOD

1. Heat the oven to 400 degrees. Brush the squash halves with oil, season, and roast cut side down 35 to 45 minutes.
2. Meanwhile cook the onion, carrot, and celery in the oil for 12 minutes. Dice them as fine as you can; this soffritto should melt into the sauce rather than sit in it.
3. Add the garlic, then the meat, and cook 8 minutes, breaking it up.
4. Add the tomato paste and cook 2 minutes until it darkens, then the crushed tomatoes, oregano, fennel, bay leaf, and salt.
5. Simmer uncovered 30 to 40 minutes, stirring now and then.
6. Stir in the coconut milk in the last 5 minutes. A splash of dairy at the end is traditional in bolognese and coconut milk does exactly the same thing: it rounds the acid off the tomatoes.
7. Fork the squash into strands inside the shells, spoon the sauce over, and finish with basil.

SHACK NOTE

Serving it in the shell is not only for looks. The shell holds the heat, keeps the strands from cooling on a plate, and means one less dish, which on a Tuesday is reason enough.

Make it yours. The sauce freezes for three months and is worth doubling. Serve it over chickpea pasta on a night when you want something more substantial.



Spaghetti Squash Boats with Turkey Bolognese

PHOTOGRAPH TO COME

Three-quarter view of two filled squash boats on a pan, meat sauce over golden strands, basil on top. One with a fork lifting strands. Warm homey light.

FILE: `photos/spaghetti-squash-bolognese.jpg`

Rice Noodles in Coconut Curry Broth

lime, herbs, and a bowl you drink from

SERVES

4

PREP

20 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

UNDER 45 MINUTES

INGREDIENTS

8 ounces brown rice noodles
 2 tablespoons coconut oil
 1 onion, sliced
 5 garlic cloves, minced
 3 tablespoons fresh ginger, grated
 3 tablespoons certified gluten-free red curry paste
 1 tablespoon ground turmeric
 4 cups gluten-free chicken broth
 2 cans full-fat coconut milk, 13.5 ounces each
 2 tablespoons coconut aminos
 1 1/2 teaspoons fine sea salt
 1 pound cooked chicken or salmon, flaked
 Juice of 2 limes
 Bean sprouts, cilantro, scallions, and chile, to serve

METHOD

1. Cook the rice noodles a minute short of the package, then rinse them under cold water and toss with a little oil. Rice noodles keep cooking in hot broth, so undercook them deliberately and never let them sit in the pot.
2. Warm the coconut oil and cook the onion 6 minutes.
3. Add the garlic, ginger, curry paste, and turmeric and fry them for 2 minutes. Blooming the paste in fat rather than dropping it into liquid is what gives the broth depth.
4. Add the broth and coconut milk and simmer 15 minutes.
5. Stir in the coconut aminos, salt, and lime juice and taste. It should be bright, salty, and rich all at once.
6. Divide the noodles among four bowls, add the chicken or salmon, and ladle the hot broth over.
7. Pile on bean sprouts, cilantro, scallions, and sliced chile at the table.

SHACK NOTE

Assemble in the bowl, never in the pot. Noodles left in broth turn to paste within twenty minutes and there is no leftover to look forward to. Store the broth, noodles, and toppings separately and this is excellent for three days.

Make it yours. Check the curry paste for wheat; several common brands carry it. Yellow or green curry paste both work.



Rice Noodles in Coconut Curry Broth

PHOTOGRAPH TO COME

Overhead of a deep bowl of golden broth with noodles and toppings piled high, lime wedge, chopsticks resting. Steam. Rich saturated color, dramatic light.

FILE: `photos/rice-noodles-coconut-broth.jpg`

Lemon Herb Chickpea Pasta Salad

cold, packed, and better on day two

SERVES

6

PREP

20 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

PACKABLE

INGREDIENTS

12 ounces chickpea pasta, short shapes
 1 pint cherry tomatoes, halved
 1 English cucumber, diced
 1 cup Kalamata olives, torn
 1/2 red onion, diced fine
 1 cup marinated artichoke hearts, quartered
 1 1/2 cups flat-leaf parsley, chopped
 1/2 cup fresh dill, chopped
 1/2 cup extra virgin olive oil
 1/3 cup fresh lemon juice
 3 garlic cloves, grated
 1 tablespoon certified gluten-free Dijon mustard
 1 1/2 teaspoons fine sea salt
 1 teaspoon dried oregano

METHOD

1. Cook the pasta two minutes short of the box in well-salted water. For a cold salad, err even further toward firm; it softens as it sits in the dressing.
2. Drain and rinse briefly under cold water, which is the one time you should rinse legume pasta, because you want it to stop cooking cold rather than to hold a sauce.
3. Toss immediately with a third of the olive oil so it does not clump into a solid mass, which is the classic failure with cold gluten-free pasta.
4. Whisk the remaining oil with the lemon juice, garlic, mustard, salt, and oregano.
5. Combine the pasta with the tomatoes, cucumber, olives, onion, and artichokes and pour the dressing over.
6. Fold in the herbs and chill at least an hour. Taste again before serving; cold blunts salt and lemon and it will want more of both.

SHACK NOTE

Most gluten-free pasta is disappointing cold, which is why pasta salad usually disappears from the menu after a diagnosis. Chickpea pasta is the exception. It holds its shape and its bite for three days and does not turn gluey in the refrigerator.

Make it yours. Add white beans, flaked tinned salmon, or shredded chicken. Cubed avocado the morning you eat it.



Lemon Herb Chickpea Pasta Salad

PHOTOGRAPH TO COME

Overhead of a wide bowl of short pasta with colorful vegetables and heavy green herbs, glossy with dressing, lemon halves. Bright even light, picnic feeling.

FILE: [photos/lemon-herb-chickpea-pasta-salad.jpg](#)

Rice Noodle Herb Bowl

with almond-lime dressing and every herb you have

SERVES

4

PREP

25 minutes

COOK

8 minutes

GLUTEN-FREE

DAIRY-FREE

PACKABLE

UNDER 45 MINUTES

INGREDIENTS

For the bowls

8 ounces thin rice noodles
 2 carrots, cut into fine matchsticks
 1 English cucumber, cut into matchsticks
 2 cups purple cabbage, shredded
 1 cup bean sprouts
 1 cup fresh cilantro, 1 cup mint, 1/2 cup Thai basil
 1 pound cooked chicken, shredded, or flaked salmon
 1/2 cup roasted peanuts or almonds, chopped

For the dressing

1/3 cup almond butter
 1/4 cup coconut aminos
 1/4 cup fresh lime juice
 2 tablespoons raw honey
 1 tablespoon fresh ginger, grated
 2 garlic cloves, grated
 1/2 teaspoon red pepper flakes
 4 to 6 tablespoons warm water

METHOD

1. Cook the rice noodles per the package, then rinse thoroughly under cold water until they are completely cool. Rinsing is what stops them clumping into a single mass.
2. Toss the cooled noodles with a teaspoon of sesame oil so they stay separate.
3. Whisk all the dressing ingredients together, adding warm water until it pours in a ribbon.
4. Divide the noodles among four bowls and arrange the vegetables and protein over them in sections rather than tossing everything together.
5. Pile the herbs on generously. This is a herb salad with noodles in it, not the other way around, and it is what makes the bowl taste like something.
6. Spoon the dressing over and finish with chopped nuts.

SHACK NOTE

Use three different herbs if you possibly can. One herb makes it a noodle bowl; three make it the dish you keep thinking about. Thai basil is worth hunting for and regular basil will do.

***Make it yours.** Pack the components separately and dress at the table for the best lunch in any break room. Hearts of palm noodles work for a lower-starch version.*



Rice Noodle Herb Bowl

PHOTOGRAPH TO COME

Overhead of a bowl with noodles and vegetables arranged in distinct colorful sections, enormous pile of green herbs, dressing drizzled. Very high color, bright light.

FILE: `photos/rice-noodle-herb-bowl.jpg`

Garlic and Anchovy Spaghetti

with toasted almond crumb

SERVES

4

PREP

10 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

UNDER 30 MINUTES

PANTRY

BUDGET

INGREDIENTS

For the pasta

12 ounces brown rice spaghetti
 1/2 cup extra virgin olive oil
 10 anchovy fillets in olive oil
 10 garlic cloves, sliced paper thin
 1 teaspoon red pepper flakes
 Zest and juice of 1 lemon
 2 cups flat-leaf parsley, chopped
 Cracked black pepper

For the almond crumb

1 cup raw almonds, toasted
 2 tablespoons olive oil
 1 garlic clove
 Zest of 1 lemon
 1/2 teaspoon fine sea salt

METHOD

1. Pulse the almond crumb ingredients in a food processor until coarse and sandy with some larger pieces. This is pangrattato without the bread and it is the single most useful thing in this book for anyone who misses crunch.
2. Cook the spaghetti two minutes short of the box in well-salted water, reserve a cup of water, drain, and rinse briefly under hot water.
3. Meanwhile warm the oil with the anchovies over medium-low, stirring until they dissolve entirely, about 2 minutes.
4. Add the sliced garlic and pepper flakes and cook 3 minutes, until the garlic is pale gold and no further. Browned garlic is bitter and there is no fixing it.
5. Add the drained pasta and half a cup of the pasta water and toss hard over medium heat for 60 seconds until glossy.
6. Off the heat, fold in the lemon zest and juice and the parsley, then finish each bowl with a generous handful of almond crumb and pepper.

SHACK NOTE

Make a double batch of the almond crumb and keep it in a jar. It goes on pasta, on roasted vegetables, on soup, on salad, and on anything that feels like it is missing a texture. It keeps two weeks.

***Make it yours.** Leave the anchovies out and add a tablespoon of capers and a strip of kombu to the oil for a savory vegan version.*



Garlic and Anchovy Spaghetti

PHOTOGRAPH TO COME

Overhead of a bowl of spaghetti glossy with oil, heavy parsley and golden almond crumb on top, lemon half beside. Simple, warm, directional light.

FILE: photos/garlic-anchovy-spaghetti.jpg



SECTION SIXTEEN

THE AIR FRYER

An air fryer is a small, fast, very hot convection oven, and calling it a fryer has done it a disservice. What it is genuinely extraordinary at is putting a crisp brown crust on a vegetable or a piece of protein in a third of the time an oven takes, without heating the house in August and without a pan of oil. It is the appliance that finally made crisp things possible again in a kitchen with no breadcrumbs in it, and almond flour turns out to do the job better than breadcrumbs ever did. Read the small appliances page in the Foundations section first, because the basket has a cross-contact problem worth knowing about.

IN THIS SECTION

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Air Fryer Crispy Chicken Thighs

twenty-five minutes and the best skin in the book

SERVES

4

PREP

10 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 45 MINUTES

INGREDIENTS

6 bone-in, skin-on chicken thighs
 1 1/2 teaspoons fine sea salt
 1 tablespoon avocado oil
 2 teaspoons smoked paprika
 1 1/2 teaspoons garlic powder
 1 teaspoon onion powder
 1 teaspoon dried oregano
 1/2 teaspoon cracked black pepper
 1/4 teaspoon cayenne, optional
 Lemon wedges and parsley, to serve

METHOD

1. Salt the thighs and leave them uncovered in the refrigerator for at least 4 hours and ideally overnight. Dry skin is the only path to crisp skin and this appliance rewards it more than an oven does.
2. Pat them completely dry, then rub with the oil and all the seasonings.
3. Preheat the air fryer to 400 degrees for 3 minutes. A cold basket steams the first few minutes away.
4. Arrange the thighs skin side up in a single layer with space between them. Crowding is the number one reason air fryer food comes out pale and soft; cook in two batches if you must.
5. Cook 22 to 25 minutes without flipping, until the skin is deep golden and shattering and the thickest part reads 175 degrees.
6. Rest 5 minutes and serve with lemon and parsley.

SHACK NOTE

An air fryer is a small convection oven with a very fast fan, which is why it crisps skin better than a full-size oven and in half the time. It is also why crowding it defeats the entire mechanism: air has to move around every surface.

Make it yours. Drumsticks need the same time. Boneless thighs need 16 to 18 minutes to 165 degrees.



Air Fryer Crispy Chicken Thighs

PHOTOGRAPH TO COME

Close three-quarter view of golden crackling chicken thighs in an air fryer basket, visible crisp texture, lemon wedges beside. Warm directional light, appetizing.

FILE: photos/air-fryer-chicken-thighs.jpg

Air Fryer Salmon with Lemon and Dill

nine minutes, start to plate

SERVES

4

PREP

5 minutes

COOK

9 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

UNDER 20 MINUTES

INGREDIENTS

4 salmon fillets, about 6 ounces each,
skin on

1 tablespoon avocado oil

1 1/4 teaspoons fine sea salt

1 teaspoon garlic powder

1/2 teaspoon smoked paprika

Cracked black pepper

3 tablespoons fresh dill, chopped

Zest and juice of 1 lemon

2 tablespoons extra virgin olive oil

METHOD

1. Preheat the air fryer to 400 degrees for 3 minutes.
2. Pat the salmon completely dry, rub with the avocado oil, and season with the salt, garlic powder, smoked paprika, and pepper.
3. Set the fillets skin side down in a single layer with space between them.
4. Cook 7 to 9 minutes for a one-inch fillet. Pull it at 8 and check; salmon carries over on the hot basket and the difference between silky and chalky is about ninety seconds.
5. Whisk the olive oil, lemon zest and juice, and dill together.
6. Spoon the dressing over the hot fillets and serve immediately.

SHACK NOTE

This is the fastest hot dinner in the book and it is the one I make on the nights when nothing was planned. Nine minutes from a cold appliance, and the skin comes out genuinely crisp, which an oven struggles to manage in that time.

Make it yours. Cod and halibut need about 8 minutes. Frozen salmon works straight from the freezer at 390 degrees for 13 to 15 minutes; season it halfway through once the surface has thawed.



Air Fryer Salmon with Lemon and Dill

PHOTOGRAPH TO COME

Overhead of four fillets in an air fryer basket, crisp edges, dill and lemon zest scattered, dressing mid-drizzle. Bright clean light, fresh and immediate.

FILE: `photos/air-fryer-salmon.jpg`

Air Fryer Brussels Sprouts

balsamic, garlic, and edges that shatter

SERVES

4

PREP

10 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 1/2 pounds brussels sprouts, halved
 2 tablespoons avocado oil
 1 teaspoon fine sea salt
 1/2 teaspoon garlic powder
 Cracked black pepper
 2 tablespoons balsamic vinegar
 1 tablespoon raw honey
 1/3 cup toasted pecans, chopped
 1/3 cup dried cranberries sweetened with fruit juice
 Flaky sea salt, to finish

METHOD

1. Preheat the air fryer to 375 degrees for 3 minutes.
2. Toss the halved sprouts with the oil, salt, garlic powder, and pepper.
3. Arrange them cut side down in a single layer. Cut side down is what gives you the deeply caramelized flat face that makes people eat brussels sprouts voluntarily.
4. Cook 12 to 15 minutes, shaking the basket once at the halfway mark.
5. Whisk the balsamic and honey together while they cook.
6. Toss the hot sprouts with the glaze immediately, off the heat, then fold in the pecans and cranberries and finish with flaky salt.

SHACK NOTE

The loose outer leaves that fall off will burn to near-black. Do not pick them out. They are the best part and every person who has eaten these at my table has said so.

Make it yours. Add the glaze after cooking, never before. Honey and balsamic both burn at this temperature and you will get bitter sprouts and a coated basket.



Air Fryer Brussels Sprouts

PHOTOGRAPH TO COME

Overhead of deeply browned sprouts in a bowl with visible charred leaves, glossy glaze, pecans and cranberries. Rich dark green and brown, warm directional light.

FILE: `photos/air-fryer-brussels.jpg`

Air Fryer Sweet Potato Fries

the arrowroot trick that finally makes them crisp

SERVES

4

PREP

15 minutes

COOK

18 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 large sweet potatoes, cut into 1/4-inch batons

1 tablespoon arrowroot starch

2 tablespoons avocado oil

1 1/4 teaspoons fine sea salt

1 teaspoon smoked paprika

1/2 teaspoon garlic powder

1/4 teaspoon cayenne, optional

Flaky sea salt and chopped parsley, to finish

METHOD

1. Soak the cut batons in cold water for 30 minutes, then drain and dry them completely on a towel. Soaking pulls out surface starch and drying is non-negotiable.
2. Toss the dry batons with the arrowroot first, until every one is lightly dusted and no wet spots remain.
3. Then toss with the oil and seasonings. Starch first, oil second. Reverse that order and the starch clumps into paste, which is why most attempts at crisp sweet potato fries fail.
4. Preheat the air fryer to 380 degrees for 3 minutes.
5. Cook in a single layer, in two batches if needed, for 15 to 18 minutes, shaking every 5 minutes.
6. Finish with flaky salt and parsley the moment they come out.

SHACK NOTE

Sweet potatoes carry more sugar and moisture than white potatoes, which is exactly why they go limp where a russet goes crisp. The thin coat of arrowroot is the fix and it works every time.

Make it yours. Serve with the avocado ranch from the salad pages or the lime crema from the fish tacos.



Air Fryer Sweet Potato Fries

PHOTOGRAPH TO COME

Overhead of a pile of orange fries on parchment with crisp edges and flaky salt, a small bowl of pale dip beside. Warm appetizing light, casual.

FILE: `photos/air-fryer-sweet-potato-fries.jpg`

Air Fryer Almond-Crusted Chicken Tenders

the nugget problem, solved

SERVES

4

PREP

20 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

KID-FRIENDLY

FREEZER

INGREDIENTS

2 pounds chicken tenders, or breasts cut into strips

1 1/2 teaspoons fine sea salt

2 pasture-raised eggs, beaten

1 tablespoon certified gluten-free Dijon mustard

1 1/2 cups almond flour

1/2 cup finely ground almonds or almond meal

1 tablespoon smoked paprika

2 teaspoons garlic powder

1 1/2 teaspoons onion powder

1 teaspoon dried oregano

1/2 teaspoon cracked black pepper

Avocado oil, in a pump mister

METHOD

1. Season the chicken with the salt. Whisk the eggs with the mustard in one shallow dish and combine all the dry ingredients in another.
2. Dip each tender in egg, let the excess run off, then press it firmly into the almond mixture on both sides. Press rather than dip; almond flour needs pressure to stick where breadcrumbs would cling on their own.
3. Set the coated tenders on a rack and let them sit 10 minutes. This is what keeps the coating on the chicken instead of in the basket.
4. Preheat the air fryer to 400 degrees for 3 minutes.
5. Mist both sides of each tender with oil and arrange in a single layer with space between them.
6. Cook 10 to 12 minutes, flipping once at the halfway mark, until golden and 165 degrees inside.
7. Use a pump mister rather than an aerosol cooking spray. The propellants and lecithin in aerosols damage nonstick coatings, and a damaged basket is a problem for reasons beyond cooking.

SHACK NOTE

Almond flour browns faster and tastes better than any breadcrumb ever did, and it carries protein and fiber that a breadcrumb does not. My children prefer these to the frozen ones they used to eat, which I did not expect and will not stop mentioning.

Make it yours. Freeze the coated raw tenders on a sheet pan, then bag them. Cook from frozen at 380 degrees for 16 to 18 minutes.



Air Fryer Almond-Crusted Chicken Tenders

PHOTOGRAPH TO COME

Overhead of golden crusted tenders on a rack, one broken to show juicy interior, small bowls of dipping sauce. Bright appetizing light, kid-friendly energy.

FILE: `photos/air-fryer-chicken-tenders.jpg`

Air Fryer Buffalo Cauliflower

crisp, hot, and entirely plant based

SERVES

4

PREP

15 minutes

COOK

20 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

UNDER 45 MINUTES

INGREDIENTS

For the cauliflower

1 large head cauliflower, cut into florets

3/4 cup almond flour

1/2 cup arrowroot starch

1 cup unsweetened almond milk

1 1/2 teaspoons garlic powder

1 teaspoon smoked paprika

1 1/4 teaspoons fine sea salt

Avocado oil, in a pump mister

For the sauce

1/2 cup certified gluten-free hot sauce

3 tablespoons coconut oil, melted

1 tablespoon raw honey

1 teaspoon garlic powder

Avocado ranch, celery, and carrot sticks,
to serve

METHOD

1. Whisk the almond flour, arrowroot, almond milk, garlic powder, smoked paprika, and salt into a batter about the thickness of heavy cream.
2. Dip each floret, letting the excess drip off thoroughly. A thick coat will not crisp; it steams under itself.
3. Preheat the air fryer to 400 degrees for 3 minutes.
4. Arrange in a single layer, mist with oil, and cook 15 minutes, shaking twice.
5. Whisk the sauce ingredients together. Check the hot sauce label; most are vinegar, pepper, and salt, but a few thicken with wheat.
6. Toss the crisp florets in the sauce, return them to the basket, and cook 4 to 5 minutes more so the sauce sets rather than sitting wet.
7. Serve with avocado ranch and cut vegetables.

SHACK NOTE

That second trip through the air fryer after saucing is what separates this from soggy cauliflower in a bowl of hot sauce. Five minutes, and the difference is total.

Make it yours. Broccoli florets and cauliflower steaks both work. A barbecue-style sauce made from tomato paste, maple, and smoked paprika is the version my children choose.



Air Fryer Buffalo Cauliflower

PHOTOGRAPH TO COME

Overhead of bright orange-red cauliflower pieces in a bowl with visible crisp texture, celery and carrot sticks and pale dip beside. High saturation, casual and hot.

FILE: `photos/air-fryer-cauliflower-wings.jpg`

Air Fryer Crispy Chickpeas

fifteen minutes instead of forty-five

SERVES

6

PREP

10 minutes

COOK

15 minutes

GLUTEN-FREE

DAIRY-FREE

NUT-FREE

VEGAN

BUDGET

INGREDIENTS

3 cups cooked chickpeas, drained
 1 tablespoon avocado oil
 1 1/4 teaspoons fine sea salt
 1 1/2 teaspoons ground cumin
 1 teaspoon smoked paprika
 3/4 teaspoon garlic powder
 1/2 teaspoon onion powder
 1/4 teaspoon cayenne
 Zest of 1 lemon, to finish

METHOD

1. Dry the chickpeas thoroughly on a clean towel, rolling them around and rubbing off any loose skins. Any moisture and they steam instead of crisping.
2. Toss with the oil and salt only.
3. Preheat the air fryer to 390 degrees for 3 minutes.
4. Cook 12 to 15 minutes, shaking the basket every 4 minutes, until they rattle and are dry all the way through.
5. Toss with the remaining spices the moment they come out, while the oil is still hot and will carry them. Spices added before cooking scorch at this temperature.
6. Finish with lemon zest and cool in an open bowl.

SHACK NOTE

The oven version on the hors d'oeuvres pages takes forty-five minutes and this takes fifteen, which is the entire argument for the appliance. Both go soft in a sealed container and stay crisp in an open bowl, which is the opposite of what everyone assumes.

***Make it yours.** Cinnamon, cardamom, and a thread of maple make a sweet version. Toss with dulse flakes for a savory, faintly briny one.*



Air Fryer Crispy Chickpeas

PHOTOGRAPH TO COME

Close overhead of golden crisp chickpeas spilling from a bowl onto a dark board, visible spice coating and lemon zest. Warm light, high texture detail.

FILE: photos/air-fryer-chickpeas.jpg

Air Fryer Broccoli with Garlic and Lemon

ten minutes and the charred bits people fight over

SERVES

4

PREP

8 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 large heads broccoli, cut into florets with long stems

2 tablespoons avocado oil

1 teaspoon fine sea salt

1 teaspoon garlic powder

1/2 teaspoon red pepper flakes

4 garlic cloves, sliced thin

Zest and juice of 1 lemon

2 tablespoons extra virgin olive oil

1/3 cup toasted almonds, chopped

Flaky sea salt

METHOD

1. Cut the florets with long stems attached and peel any woody outer layer. The stem is sweeter than the head and most of it gets thrown away out of habit.
2. Toss with the avocado oil, salt, garlic powder, and pepper flakes.
3. Preheat the air fryer to 375 degrees for 3 minutes.
4. Cook in a single layer 8 to 10 minutes, shaking once, adding the sliced fresh garlic for only the final 3 minutes. Add it at the start and it burns to bitterness before the broccoli is done.
5. Toss the hot broccoli with the olive oil, lemon zest, and juice.
6. Finish with toasted almonds and flaky salt.

SHACK NOTE

Air fryer broccoli gets a dry, charred, almost roasted-in-a-wood-oven quality that a sheet pan takes twice as long to approach. It has replaced steamed broccoli in this house entirely.

Make it yours. Cauliflower, green beans, asparagus, and broccolini all work in the same window. Asparagus needs only 6 minutes.



Air Fryer Broccoli with Garlic and Lemon

PHOTOGRAPH TO COME

Overhead of deeply charred green florets in a bowl with visible dark edges, sliced garlic and almonds, lemon half. Rich green and brown, dramatic light.

FILE: `photos/air-fryer-broccoli.jpg`

Air Fryer Turkey Meatballs

twelve minutes, no pan, no splatter

SERVES

5

PREP

15 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

FREEZER

KID-FRIENDLY

INGREDIENTS

2 pounds ground turkey
 1/2 cup almond flour
 1 pasture-raised egg
 1/2 onion, grated on a box grater
 4 garlic cloves, minced
 1/3 cup flat-leaf parsley, minced
 2 teaspoons dried oregano
 1 teaspoon fennel seeds, crushed
 1 3/4 teaspoons fine sea salt
 1/2 teaspoon cracked black pepper
 Avocado oil, in a pump mister
 Quick marinara, to serve

METHOD

1. Grate the onion rather than chopping it. The juice goes into the meat and it is what keeps turkey meatballs from drying out.
2. Mix everything with your hands just until combined. Overworking ground meat gives you a dense, springy meatball.
3. Roll into 24 balls with damp hands.
4. Preheat the air fryer to 380 degrees for 3 minutes.
5. Arrange in a single layer with space between them, mist with oil, and cook 10 to 12 minutes, shaking once, until browned and 165 degrees inside.
6. Serve with warm marinara, or over spaghetti squash or chickpea pasta.

SHACK NOTE

Air fryer meatballs brown on all sides at once, which a skillet cannot do without constant turning and a skillet cannot do without splattering the stove. Twelve minutes and nothing to clean.

Make it yours. Freeze the raw rolled balls on a sheet pan, then bag them. Cook from frozen at 375 for 16 to 18 minutes. Beef, lamb, or bison all work.



Air Fryer Turkey Meatballs

PHOTOGRAPH TO COME

Overhead of browned meatballs in an air fryer basket, one cut open showing the tender interior, a bowl of red sauce beside. Warm homey light.

FILE: photos/air-fryer-turkey-meatballs.jpg

Air Fryer Fish Sticks

almond crumb, cod, and ten minutes

SERVES

4

PREP

20 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

KID-FRIENDLY

FREEZER

INGREDIENTS

2 pounds cod or haddock, cut into 1-inch by 4-inch strips

1 1/2 teaspoons fine sea salt

2 pasture-raised eggs, beaten

1 tablespoon certified gluten-free Dijon mustard

1 1/2 cups almond flour

1/2 cup unsweetened shredded coconut, chopped fine

2 teaspoons garlic powder

1 1/2 teaspoons smoked paprika

1 teaspoon dried dill

1/2 teaspoon cracked black pepper

Avocado oil, in a pump mister

Lemon wedges and lime crema, to serve

METHOD

1. Pat the fish strips completely dry and season with the salt. Wet fish will not hold a coating.
2. Whisk the eggs with the mustard in one dish and combine the almond flour, coconut, and seasonings in another.
3. Dip each strip in egg, let it drain, then press firmly into the crumb on all sides.
4. Rest the coated strips on a rack for 10 minutes so the coating sets.
5. Preheat the air fryer to 400 degrees for 3 minutes. Mist the strips on both sides.
6. Cook in a single layer 8 to 10 minutes, flipping carefully once at the halfway mark, until golden and the fish flakes.
7. Serve with lemon wedges and the lime crema from the fish taco pages.

SHACK NOTE

The finely chopped coconut in the crumb is not for coconut flavor, which disappears entirely. It browns faster than almond flour alone and gives the coating a shattery texture that is closer to a real breadcrumb crust than anything else I have tried.

Make it yours. Freeze the coated raw strips between parchment and cook from frozen at 390 for 14 to 16 minutes. Salmon works and needs about two minutes less.



Air Fryer Fish Sticks

PHOTOGRAPH TO COME

Overhead of golden fish sticks on parchment, one broken open showing white flaky fish, lemon wedges and a bowl of pale sauce. Bright appetizing light.

FILE: photos/air-fryer-fish-sticks.jpg

Air Fryer Rosemary Spiced Nuts

eight minutes, and watch them the whole time

SERVES

8

PREP

8 minutes

COOK

8 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

REFINED-SUGAR-FREE

INGREDIENTS

3 cups mixed raw nuts: pecans, almonds, walnuts, cashews

2 tablespoons raw honey

1 tablespoon coconut oil, melted

2 tablespoons fresh rosemary, minced

1 1/4 teaspoons fine sea salt

1/2 teaspoon smoked paprika

1/2 teaspoon cracked black pepper

1/4 teaspoon cayenne

Flaky sea salt, to finish

METHOD

1. Whisk the honey, coconut oil, rosemary, salt, and spices together and toss the nuts until coated.
2. Preheat the air fryer to 320 degrees for 2 minutes. This is a much lower temperature than most air fryer recipes and it is deliberate.
3. Cook 6 to 8 minutes, shaking the basket every 2 minutes without fail.
4. Watch them from minute five onward. Honey-coated nuts in a convection appliance go from golden to burnt in well under a minute, and there is no saving them.
5. Tip them onto parchment in a single layer and cool completely. They will look tacky and underdone; they crisp entirely as they cool.
6. Break apart and finish with flaky salt.

SHACK NOTE

The oven version on the holiday pages takes twenty-five minutes and forgives a distracted cook. This one takes eight and forgives nothing. Stand there, and do not answer the phone.

Make it yours. They keep two weeks in a sealed jar and make a good gift in a small jar with a ribbon.



Air Fryer Rosemary Spiced Nuts

PHOTOGRAPH TO COME

Close overhead of glossy spiced nuts cooling on parchment, visible rosemary and salt crystals, a small jar beside. Warm lamplight, rich brown tones.

FILE: photos/air-fryer-spiced-nuts.jpg

Air Fryer Cinnamon Apple Chips

one apple, one spice, no sweetener at all

SERVES

4

PREP

10 minutes

COOK

18 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

REFINED-SUGAR-FREE

INGREDIENTS

3 firm apples, Honeycrisp or Granny Smith

2 teaspoons ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon fine sea salt

1 tablespoon fresh lemon juice

METHOD

1. Slice the apples crosswise as thin as you possibly can, ideally on a mandoline at about an eighth of an inch. Core them with a small cutter or leave the star of seeds in, which looks beautiful and pushes out easily after.
2. Toss the slices gently with the lemon juice, then with the cinnamon, nutmeg, and salt.
3. Preheat the air fryer to 300 degrees for 2 minutes.
4. Lay the slices in a single layer with as little overlap as you can manage. They will need two or three batches and there is no way around it.
5. Cook 15 to 18 minutes, flipping every 5 minutes, until dry and lightly golden at the edges.
6. Cool completely on a rack. They crisp as they cool, and a chip that seems slightly bendy coming out will be crisp in ten minutes.

SHACK NOTE

Thin and even is the entire recipe. A slice twice as thick as its neighbor will still be leathery when the thin one has burned, which is why a mandoline is worth the drawer space if you make these often.

Make it yours. Pears work and take a few minutes longer. Store in an open container; sealed, they draw moisture from the air and go soft overnight.



Air Fryer Cinnamon Apple Chips

PHOTOGRAPH TO COME

Overhead of translucent apple slices on a cooling rack with visible seed stars, cinnamon dusted, some in a bowl. Backlit so the slices glow. Bright clean light.

FILE: photos/air-fryer-apple-chips.jpg



SECTION SEVENTEEN

SAUCES AND DRESSINGS

This is the section that makes the rest of the book work. A jar of something good in the refrigerator is the difference between a plain roasted vegetable and dinner, and between eating this way for a month and eating this way for years. Most of what follows takes five minutes and keeps a week. Read the sauce rule in the Foundations section first, because once you understand the formula underneath these you will stop needing the recipes at all, which is the honest goal of any cookbook.

IN THIS SECTION

The Everyday Lemon Vinaigrette

Balsamic Shallot Vinaigrette

Caesar-Style Dressing

Ginger Miso Dressing

Honey Mustard Dressing

Italian Salsa Verde

Chermoula

Zhoug

Garlic Aioli

All-Purpose Tahini Sauce

Cashew Alfredo

Chipotle Cashew Sauce

Slow-Simmered Marinara

Garlic Confit and Garlic Oil

Caramelized Onion Jam

Spiced Tomato Jam

Date-Sweetened Barbecue Sauce

Teriyaki-Style Sauce

Chile Crisp

Red Chile Enchilada Sauce

All-Purpose Pan Gravy

The Everyday Lemon Vinaigrette

the one to learn by heart

SERVES

Makes about 1 cup

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2/3 cup extra virgin olive oil
1/4 cup fresh lemon juice
1 tablespoon certified gluten-free Dijon mustard
1 teaspoon raw honey
1 small garlic clove, grated
1 teaspoon fine sea salt
1/2 teaspoon cracked black pepper

METHOD

1. Put everything except the oil in a jar and shake or whisk until the salt dissolves.
2. Add the oil and shake hard for 20 seconds.
3. The mustard is the emulsifier. It is what holds oil and lemon together instead of letting them separate into layers, and a vinaigrette without it will need shaking before every single use.
4. Taste it on a leaf of lettuce rather than off a spoon. On a spoon every vinaigrette tastes too sharp, and you will over-correct with oil.
5. Keep in a jar in the refrigerator up to two weeks. Olive oil solidifies when cold; leave it on the counter ten minutes before using.

SHACK NOTE

Three to one, oil to acid, is the ratio to remember. Everything else is decoration. Once you have that, you can build a vinaigrette from any oil and any acid in your kitchen without measuring anything.

Make it yours. Red wine vinegar, apple cider vinegar, or orange juice in place of lemon. Add any chopped herb, a spoonful of tahini, or a grated shallot.



The Everyday Lemon Vinaigrette

PHOTOGRAPH TO COME

Side view of a glass jar of pale emulsified dressing on a marble counter, lemon halves and a whisk beside, salad greens in soft focus. Bright clean light.

FILE: `photos/everyday-lemon-vinaigrette.jpg`

Balsamic Shallot Vinaigrette

sweeter, darker, and good on bitter greens

SERVES

Makes about 1 cup

PREP

15 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 large shallot, minced very fine
1/4 cup balsamic vinegar
2/3 cup extra virgin olive oil
1 tablespoon certified gluten-free Dijon mustard
2 teaspoons pure maple syrup
1 teaspoon fresh thyme leaves
1 teaspoon fine sea salt
1/2 teaspoon cracked black pepper

METHOD

1. Soak the minced shallot in the balsamic vinegar for 15 minutes before anything else goes in. The acid takes the raw bite out and lightly pickles it, and it is the difference between a good vinaigrette and a harsh one.
2. Whisk in the mustard, maple syrup, salt, and pepper.
3. Add the oil in a slow stream while whisking, or shake it hard in a jar.
4. Stir in the thyme by hand at the end.
5. Taste on a leaf. Balsamic varies enormously in sweetness and yours may need no maple at all.

SHACK NOTE

Buy balsamic with one ingredient on the label, which will be grape must. Most supermarket balsamic is wine vinegar with caramel coloring and added sugar, and it tastes exactly like what it is.

Make it yours. Excellent on bitter greens, shaved brussels sprouts, roasted beets, and anything with apple or pear in it.



Balsamic Shallot Vinaigrette

PHOTOGRAPH TO COME

Close view of a small jar of dark glossy dressing being poured over shaved greens, shallot visible. Warm directional light, rich brown tones.

FILE: `photos/balsamic-shallot-vinaigrette.jpg`

Caesar-Style Dressing

anchovy, garlic, and cashew instead of cheese and raw egg

SERVES

Makes about 1 1/2 cups

PREP

10 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NO-COOK

MAKE-AHEAD

INGREDIENTS

3/4 cup raw cashews, soaked 4 hours or boiled 15 minutes

6 anchovy fillets in olive oil

1/3 cup fresh lemon juice

1/3 cup filtered water, plus more to loosen

3 tablespoons extra virgin olive oil

3 garlic cloves

1 tablespoon certified gluten-free Dijon mustard

3 tablespoons nutritional yeast

1 tablespoon capers, rinsed

3/4 teaspoon fine sea salt

1/2 teaspoon cracked black pepper

METHOD

1. Drain and rinse the soaked cashews well.
2. Blend everything on high for a full 2 minutes, until completely smooth with no grit between your fingers.
3. Add water a tablespoon at a time until it pours thickly off a spoon.
4. Taste for salt and lemon. Between the anchovy and the capers it may need very little added salt.
5. Chill at least 30 minutes. It thickens as it sits, so make it slightly looser than you want it.

SHACK NOTE

Classic Caesar is raw egg yolk, Parmesan, and anchovy, and often croutons blended into it. Cashews handle the richness, nutritional yeast handles the savory, and the anchovy stays because it is the whole soul of the sauce. Nobody has ever noticed what is missing.

Make it yours. Leave the anchovy out for a vegan version and add an extra tablespoon of capers plus a pinch of dulse flakes for the sea note.



Caesar-Style Dressing

PHOTOGRAPH TO COME

Overhead of a jar of pale creamy dressing with a spoon lifting a thick ribbon, romaine hearts and a lemon beside. Clean bright light, appetizing.

FILE: photos/caesar-style-dressing.jpg

Ginger Miso Dressing

bright orange, faintly sweet, five minutes

SERVES

Makes about 1 1/4 cups

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 large carrot, roughly chopped
3 tablespoons certified gluten-free white or yellow miso
1/3 cup avocado oil
3 tablespoons rice vinegar
2 tablespoons fresh ginger, roughly chopped
1 tablespoon toasted sesame oil
2 teaspoons raw honey
1/4 cup filtered water, plus more to loosen
1/2 teaspoon fine sea salt

METHOD

1. Blend everything on high for 60 seconds, until completely smooth and vivid orange.
2. Add water a tablespoon at a time until it pours in a ribbon.
3. Buy miso made from rice or soybeans only. Most traditional miso is fermented with barley koji, and this is among the most common places a careful gluten-free cook gets caught.
4. Taste for salt. Miso brands vary a great deal in saltiness and yours may need none.
5. Keep refrigerated up to a week. Do not heat it if you want the live cultures.

SHACK NOTE

This is the dressing from every Japanese restaurant salad, and the carrot is what gives it both the color and the body. Without it the sauce is thin and brown and disappointing.

Make it yours. Excellent on shredded cabbage, cucumber, greens, cold noodles, and spooned over salmon or a grain bowl.



Ginger Miso Dressing

PHOTOGRAPH TO COME

Overhead of a jar of vivid orange dressing being poured over shredded cabbage and cucumber, ginger root beside. Very saturated color, bright light.

FILE: `photos/ginger-miso-dressing.jpg`

Honey Mustard Dressing

the one the children will eat vegetables for

SERVES

Makes about 1 cup

PREP

5 minutes

COOK

None

GLUTEN-FREE**DAIRY-FREE****GRAIN-FREE****NUT-FREE****NO-COOK****INGREDIENTS**

1/3 cup certified gluten-free Dijon mustard

3 tablespoons raw honey

1/2 cup extra virgin olive oil

3 tablespoons apple cider vinegar

1 tablespoon fresh lemon juice

1 small garlic clove, grated

3/4 teaspoon fine sea salt

1/4 teaspoon smoked paprika

Cracked black pepper

METHOD

1. Whisk the mustard, honey, vinegar, lemon juice, garlic, salt, and smoked paprika together until smooth.
2. Add the olive oil in a slow stream while whisking hard. Poured in all at once it will break and sit in a layer on top.
3. Taste and adjust. Children generally want another spoonful of honey and adults generally want another of mustard, so make it in the middle and let people adjust their own plate.
4. Keep refrigerated two weeks. It thickens when cold and loosens at room temperature.

SHACK NOTE

Read the mustard label. Most Dijon is mustard seed, vinegar, salt, and wine, all of which are fine, but a few brands use wheat-derived vinegar or are packed on shared lines. Buy one carrying a certification and this whole sauce is settled.

Make it yours. Thin it with a little water and it dresses a salad. Leave it thick and it is a dip for chicken tenders, raw vegetables, or sweet potato fries.



Honey Mustard Dressing

PHOTOGRAPH TO COME

Close overhead of a small bowl of golden dressing with a raw carrot stick being dipped, chicken tenders beside. Warm appetizing light, casual.

FILE: photos/honey-mustard-dressing.jpg

Italian Salsa Verde

parsley, caper, and anchovy, chopped by hand

SERVES

Makes about 1 1/2 cups

PREP

20 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

NO-COOK

INGREDIENTS

3 cups flat-leaf parsley, packed

1/2 cup fresh mint

1/4 cup fresh basil

4 anchovy fillets in olive oil

3 tablespoons capers, rinsed

3 garlic cloves

2/3 cup extra virgin olive oil

3 tablespoons red wine vinegar

Zest of 1 lemon

1/2 teaspoon red pepper flakes

3/4 teaspoon fine sea salt

METHOD

1. Chop the herbs, anchovies, capers, and garlic together by hand on a board with a large sharp knife. Keep chopping and gathering the pile back together until everything is fine and uniform.
2. This one is worth doing by hand. A food processor bruises the parsley and turns it dark and slightly bitter within seconds, and the whole point of this sauce is that it is bright green and sharp.
3. Scrape it into a bowl and stir in the olive oil, vinegar, lemon zest, pepper flakes, and salt.
4. Let it sit 20 minutes before serving so the flavors marry.
5. Taste for salt last, after the anchovy and capers have had time to season it.

SHACK NOTE

This is not the Mexican tomatillo salsa verde on the blender pages; it is the Italian herb sauce that goes on everything roasted or grilled. Both are in this book and they are entirely different sauces with the same name.

Make it yours. Leave the anchovy out and add an extra tablespoon of capers. Spoon it over roast chicken, grilled fish, braised beef, roasted potatoes, or a jammy egg.



Italian Salsa Verde

PHOTOGRAPH TO COME

Overhead of a bowl of coarse bright green sauce with visible texture, a spoon dragged through it, herb bunches and a knife on the board. Saturated green, natural light.

FILE: `photos/italian-salsa-verde.jpg`

Chermoula

cilantro, cumin, paprika, and preserved lemon

SERVES

Makes about 1 1/2 cups

PREP

15 minutes

COOK

3 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

2 cups fresh cilantro, packed
 1 cup flat-leaf parsley
 5 garlic cloves
 2 teaspoons cumin seeds
 1 teaspoon coriander seeds
 1 tablespoon sweet paprika
 1/2 teaspoon cayenne
 2/3 cup extra virgin olive oil
 1/4 cup fresh lemon juice
 1 preserved lemon, rinsed and chopped,
 or the zest of 2 lemons
 1 teaspoon fine sea salt

METHOD

1. Toast the cumin and coriander seeds in a dry pan for 2 to 3 minutes, until fragrant, then grind them.
2. Toasting whole seeds and grinding them yourself is a two-minute step that makes a startling difference. Pre-ground cumin loses most of its oil within a few months on a shelf.
3. Pulse the herbs, garlic, and preserved lemon in a food processor about ten times, until finely chopped but not pureed.
4. Add the ground spices, paprika, cayenne, lemon juice, and salt and pulse twice more.
5. Stir in the olive oil by hand rather than blending it, which keeps the sauce loose and glossy instead of thick and emulsified.
6. Rest 30 minutes before serving.

SHACK NOTE

Chermoula is North African and it is traditionally a marinade for fish, but it works as a finishing sauce on roasted carrots, cauliflower, lamb, eggs, and chickpeas. Use it both ways.

Make it yours. Marinate fish in it for 30 minutes before cooking, no longer, since the lemon begins to cure the surface.



Chermoula

PHOTOGRAPH TO COME

Overhead of a bowl of deep green-flecked red sauce with visible spice, a spoon in it, whole spices and cilantro beside. Warm rich color, directional light.

FILE: photos/chermoula.jpg

Zhoug

the green chile sauce that goes on everything

SERVES

Makes about 1 cup

PREP

15 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 cups fresh cilantro, packed, stems included

1 cup flat-leaf parsley

4 jalapenos or 3 serranos, stemmed

6 garlic cloves

1 1/2 teaspoons ground cumin

1/2 teaspoon ground cardamom

1/4 teaspoon ground cloves

2/3 cup extra virgin olive oil

3 tablespoons fresh lemon juice

1 1/4 teaspoons fine sea salt

METHOD

1. Use the cilantro stems as well as the leaves. They carry more flavor than the leaves do and there is no reason to throw them away.
2. Pulse the cilantro, parsley, chiles, and garlic in a food processor until finely chopped, about twelve pulses.
3. Add the cumin, cardamom, cloves, lemon juice, and salt and pulse three more times.
4. Stream in the olive oil with the motor on low until it comes together but still has texture.
5. Taste for heat. Seed the chiles for a milder version; the seeds and the pale ribs carry most of it.
6. Rest 30 minutes. It keeps a week refrigerated with a film of oil on top.

SHACK NOTE

The cardamom is the ingredient that makes this Yemeni rather than generic. It is a small amount and it is the reason zhoug tastes like nothing else, so do not leave it out even though it looks strange in a green sauce.

Make it yours. Spoon it on eggs, grilled meat, roasted vegetables, soup, avocado toast on sweet potato, or stir it into cashew cream for a milder green sauce.



Zhoug

PHOTOGRAPH TO COME

Close overhead of a small bowl of vivid green chile sauce with visible texture, olive oil pooled on top, whole chiles and cilantro beside. Saturated green, dramatic light.

FILE: photos/zhoug.jpg

Garlic Aioli

a real emulsion, made by hand in five minutes

SERVES

Makes about 1 1/4 cups

PREP

10 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

NO-COOK

INGREDIENTS

2 pasteurized egg yolks, at room temperature
 4 garlic cloves, grated to a paste
 1 tablespoon fresh lemon juice, plus more to finish
 1 teaspoon certified gluten-free Dijon mustard
 1 cup avocado oil
 3/4 teaspoon fine sea salt
 Cracked black pepper

METHOD

1. Use pasteurized eggs. This sauce is not cooked, and pasteurized shell eggs are sold at most grocery stores. Anyone pregnant, elderly, immunocompromised, or feeding young children should use them without exception.
2. Whisk the yolks, garlic, lemon juice, mustard, and salt together in a bowl set on a damp towel so it does not slide.
3. Now add the oil one drop at a time, whisking constantly, for the first quarter cup. One drop at a time. This is the only part that matters and rushing it is the only way this fails.
4. Once it has visibly thickened and turned pale, you can add the rest in a thin steady stream, still whisking.
5. Finish with more lemon juice and pepper, and thin with a teaspoon of warm water if it is stiffer than you want.
6. If it breaks and turns to soup, start a fresh yolk in a clean bowl and whisk the broken sauce into it drop by drop. It comes back every time.

SHACK NOTE

Avocado oil rather than olive here. Extra virgin olive oil turns unpleasantly bitter when it is whipped hard in an emulsion, which surprises people who assume the better oil makes the better aioli.

Make it yours. Add smoked paprika, chipotle, roasted garlic, saffron, or a spoonful of harissa. Keeps four days refrigerated.



Garlic Aioli

PHOTOGRAPH TO COME

Close overhead of a bowl of thick pale aioli with whisk marks holding their shape, a whisk resting beside, garlic cloves. Soft light, high texture detail.

FILE: photos/garlic-aioli.jpg

All-Purpose Tahini Sauce

four ingredients, and it goes on everything

SERVES

Makes about 1 1/2 cups

PREP

5 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

3/4 cup tahini

1/2 cup fresh lemon juice

1/2 to 3/4 cup ice water

3 garlic cloves, grated

1 1/4 teaspoons fine sea salt

1/2 teaspoon ground cumin, optional

METHOD

1. Whisk the tahini, lemon juice, garlic, and salt together.
2. It will seize immediately into a thick pale paste and look completely ruined. This happens every time and it is chemistry rather than error.
3. Add ice water a tablespoon at a time, whisking hard after each addition. It will stay stubborn, then suddenly loosen and turn smooth, pale, and glossy.
4. Keep adding water until it pours in a slow ribbon off the whisk.
5. Ice water rather than room temperature is what gives you a lighter, whipped texture. Warm water makes it heavy.
6. Taste for salt and lemon. Tahini is bitter and needs more of both than seems reasonable.

SHACK NOTE

Buy tahini that is runny and pourable rather than the stiff, separated kind. Ethiopian and Lebanese brands tend to be smoother and less bitter than what is usually stocked, and the difference in the finished sauce is considerable.

Make it yours. Blend in a cup of parsley and cilantro for green tahini. Add maple syrup and cinnamon for a sweet version to spoon over fruit.



All-Purpose Tahini Sauce

PHOTOGRAPH TO COME

Overhead of a bowl of pale glossy sauce being drizzled over roasted vegetables from a spoon, sesame seeds scattered. Clean bright light, appetizing ribbon.

FILE: photos/all-purpose-tahini-sauce.jpg

Cashew Alfredo

creamy, garlicky, and entirely dairy free

SERVES

Makes about 3 cups

PREP

10 minutes

COOK

12 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

KID-FRIENDLY

INGREDIENTS

1 1/2 cups raw cashews, soaked 4 hours
or boiled 15 minutes

1 1/2 cups gluten-free vegetable broth,
plus more to loosen

3 tablespoons olive oil

1 onion, diced

8 garlic cloves, minced

1/3 cup nutritional yeast

3 tablespoons fresh lemon juice

1 1/2 teaspoons fine sea salt

1/2 teaspoon ground nutmeg

1/2 teaspoon white pepper

Fresh parsley, to finish

METHOD

1. Cook the onion in the oil over medium-low for 10 minutes until soft and sweet but not browned. Browned onion turns the sauce beige instead of ivory.
2. Add the garlic and cook 2 minutes.
3. Blend the drained cashews with the onion mixture, broth, nutritional yeast, lemon juice, salt, nutmeg, and white pepper for a full 2 minutes.
4. Rub a little between your fingers. Any grit at all and it needs another minute; this is where most people stop too early.
5. Warm gently in a pan, thinning with broth until it coats the back of a spoon.
6. Toss with hot pasta straight from the pot with a splash of the pasta water, which is what makes it cling.

SHACK NOTE

The pinch of nutmeg is what makes this taste like Alfredo rather than like cashew sauce. It is traditional in cream sauces for exactly this reason and a quarter teaspoon too much will take over, so measure it.

Make it yours. Excellent over chickpea pasta, spaghetti squash, or roasted cauliflower. Stir in sauteed mushrooms or wilted spinach.



Cashew Alfredo

PHOTOGRAPH TO COME

Overhead of pale creamy sauce being tossed with pasta in a pan, tongs lifting a portion, parsley and cracked pepper. Warm inviting light.

FILE: photos/cashew-alfredo.jpg

Chipotle Cashew Sauce

smoky, creamy, and good on almost anything savory

SERVES

Makes about 2 cups

PREP

10 minutes

COOK

None

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

NO-COOK

INGREDIENTS

1 1/4 cups raw cashews, soaked 4 hours
or boiled 15 minutes

3/4 cup filtered water, plus more to
loosen

2 chipotle peppers in adobo, plus 1
tablespoon of the sauce

1/4 cup fresh lime juice

2 garlic cloves

1 teaspoon ground cumin

1/2 teaspoon smoked paprika

1 teaspoon raw honey

1 1/4 teaspoons fine sea salt

METHOD

1. Drain and rinse the soaked cashews well.
2. Blend everything on high for 2 full minutes, until absolutely smooth.
3. Add water a tablespoon at a time to reach the thickness you want. Thick for a dip, pourable for a drizzle.
4. Start with one chipotle if you are cooking for children and add the second after tasting. The heat builds as it sits.
5. Chill 30 minutes. It thickens noticeably in the refrigerator.
6. Keeps five days.

SHACK NOTE

Check the adobo. Chipotles in adobo are usually chiles, tomato, vinegar, and spices, but a few brands add wheat flour as a thickener. It is a small tin and worth reading.

***Make it yours.** Drizzle over tacos, roasted sweet potato, eggs, grain bowls, or the turkey taco skillet. Thin it further and it dresses a slaw.*



Chipotle Cashew Sauce

PHOTOGRAPH TO COME

Overhead of a jar of dusky orange sauce being drizzled over roasted sweet potato rounds, lime wedges and cilantro. Warm saturated color, bright light.

FILE: `photos/chipotle-cashew-sauce.jpg`

Slow-Simmered Marinara

the master sauce, made in a double batch

SERVES

Makes about 8 cups

PREP

15 minutes

COOK

1 hour 15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1/2 cup extra virgin olive oil
 2 onions, diced fine
 10 garlic cloves, sliced thin
 1/4 cup tomato paste
 2 cans whole peeled tomatoes, 28 ounces each
 1 carrot, peeled and left whole
 2 teaspoons dried oregano
 1 teaspoon red pepper flakes
 2 teaspoons fine sea salt
 1 strip kombu, optional
 1 cup fresh basil, torn
 1 tablespoon balsamic vinegar

METHOD

1. Cook the onions in the oil over medium-low for 15 minutes, until completely soft and sweet. Do not brown them and do not hurry this; it is where the sweetness comes from.
2. Add the garlic and cook 3 minutes, then the tomato paste for 2 minutes until it darkens to brick.
3. Crush the tomatoes into the pot with your hands, add the oregano, pepper flakes, salt, the whole carrot, and the kombu strip if using.
4. Drop in a whole peeled carrot and take it out at the end. It absorbs acidity and gives back a faint sweetness, which is the old Italian answer to sugar in tomato sauce and it works better.
5. Simmer uncovered 60 minutes, stirring occasionally, until it has darkened and thickened.
6. Take out the carrot and kombu, stir in the balsamic vinegar, and fold in the basil off the heat.
7. Taste for salt. Tomatoes take a great deal of it.

SHACK NOTE

Make this in a double batch and freeze it in quart jars. It is the base for the meatball lunch cups, the zucchini boats, the spaghetti squash, and any pasta night, and having it in the freezer is what makes those meals a twenty-minute proposition.

Make it yours. Buy whole peeled tomatoes and crush them yourself rather than pre-crushed. It costs the same and you get texture instead of a uniform puree.



Slow-Simmered Marinara

PHOTOGRAPH TO COME

Overhead of a deep pot of thick red sauce with a wooden spoon, basil leaves on top, jars of finished sauce beside. Rustic, warm, generous.

FILE: `photos/slow-simmered-marinara.jpg`

Garlic Confit and Garlic Oil

one hour, and two ingredients you will use all week

SERVES

Makes 2 cups oil and 4 heads of garlic

PREP

15 minutes

COOK

1 hour

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

4 heads garlic, cloves separated and peeled
2 cups extra virgin olive oil
6 sprigs fresh thyme
3 sprigs fresh rosemary
2 bay leaves
1 teaspoon black peppercorns
1/2 teaspoon red pepper flakes, optional

METHOD

1. Peel the cloves. Crushing them lightly first makes the skins slip off, and doing four heads takes about ten minutes with the radio on.
2. Put everything in a small saucepan. The oil should just cover the garlic.
3. Cook over the very lowest heat for 45 to 60 minutes. You want an occasional lazy bubble and nothing more. If it is frying, the heat is too high and the garlic will turn bitter and brown instead of sweet and golden.
4. The cloves are done when a knife slides through with no resistance and they have turned pale gold and jammy.
5. Cool completely, then transfer garlic and oil together into a clean jar.
6. Store in the refrigerator and use within two weeks. Garlic in oil at room temperature is a genuine botulism risk, and this is not a case for improvising. Refrigerate it, always, and freeze what you will not use.

SHACK NOTE

You get two things from one hour. The cloves mash into anything: dressings, mashed sweet potato, a piece of fish, a spoonful stirred into soup. The oil becomes the base of every vinaigrette you make for the next two weeks.

Make it yours. Freeze the confit in an ice cube tray with a clove or two per cube. It keeps six months that way and removes the storage question entirely.



Garlic Confit and Garlic Oil

PHOTOGRAPH TO COME

Side view of a jar of golden cloves suspended in oil with herb sprigs, warm backlight through the glass. Rustic pantry styling, rich amber tones.

FILE: photos/garlic-confit.jpg

Caramelized Onion Jam

an hour of patience and no sugar at all

SERVES

Makes about 2 cups

PREP

15 minutes

COOK

1 hour 15 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

5 pounds yellow onions, sliced thin
 1/3 cup extra virgin olive oil
 1 1/2 teaspoons fine sea salt
 4 sprigs fresh thyme
 3 tablespoons balsamic vinegar
 2 tablespoons raw honey
 1 teaspoon cracked black pepper
 1/2 cup gluten-free broth or water, as needed

METHOD

1. Slice the onions with the grain, pole to pole, rather than into rings. They hold together better over an hour instead of collapsing into shreds.
2. Warm the oil in a wide heavy pan, add the onions and salt, and cook over medium-low.
3. For the first 20 minutes they will release water and look like they are going nowhere. This is normal. Stir every five minutes.
4. From minute 30 onward they begin to color. Now stir every two or three minutes and scrape the brown film off the bottom of the pan each time, adding a splash of broth to loosen it. That film is the flavor and it belongs in the onions rather than on the pan.
5. Cook 60 to 75 minutes total, until deep mahogany, jammy, and reduced to about a fifth of what you started with.
6. Stir in the thyme, balsamic, honey, and pepper and cook 3 minutes more.

SHACK NOTE

There is no shortcut. Every recipe promising caramelized onions in fifteen minutes is describing browned onions, which are a different and lesser thing. An hour is an hour, and five pounds makes enough to justify it.

***Make it yours.** Spoon onto a burger, a roast, eggs, a cheese board, or fold into the frittata. Freezes for six months in small portions.*



Caramelized Onion Jam

PHOTOGRAPH TO COME

Close overhead of a jar of deep mahogany onion jam with a spoon lifting some, thyme sprigs beside, a pan of onions in soft focus. Warm rich brown, moody light.

FILE: `photos/caramelized-onion-jam.jpg`

Spiced Tomato Jam

sweet, sharp, and unexpectedly useful

SERVES

Makes about 2 cups

PREP

15 minutes

COOK

1 hour

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

3 pounds ripe tomatoes, chopped

1/3 cup raw honey

1/4 cup apple cider vinegar

1 tablespoon fresh ginger, grated

3 garlic cloves, minced

1 1/2 teaspoons ground cumin

1 teaspoon smoked paprika

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/2 teaspoon red pepper flakes

1 1/4 teaspoons fine sea salt

Juice of 1 lemon

METHOD

1. Combine everything except the lemon juice in a wide heavy pan. Wide matters; a narrow pot takes twice as long because there is less surface for evaporation.
2. Bring to a simmer and cook uncovered 50 to 60 minutes, stirring more often as it thickens.
3. It is done when a spoon dragged across the bottom leaves a track that holds for a second before closing.
4. Stir in the lemon juice off the heat.
5. Cool completely; it thickens considerably as it cools, so pull it slightly looser than you want it.
6. Refrigerate up to three weeks.

SHACK NOTE

This is what to do with the tomatoes at the end of August when there are more than anyone can eat and half of them are cracked. Ugly tomatoes make the best jam because they are the ripest.

Make it yours. Spoon onto eggs, a burger, roasted vegetables, grilled fish, or alongside anything from the hors d'oeuvres section.



Spiced Tomato Jam

PHOTOGRAPH TO COME

Close overhead of a small jar of glossy deep red jam with a spoon, ripe tomatoes and whole spices beside on a wooden board. Warm late-summer light.

FILE: photos/tomato-jam.jpg

Date-Sweetened Barbecue Sauce

smoky and thick, with no sugar and no molasses

SERVES

Makes about 3 cups

PREP

15 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

1 1/2 cups Medjool dates, pitted and soaked in hot water 15 minutes
 1 can tomato paste, 6 ounces
 1 can crushed tomatoes, 14 ounces
 1/3 cup apple cider vinegar
 3 tablespoons coconut aminos
 1 onion, diced
 5 garlic cloves, minced
 2 tablespoons avocado oil
 1 tablespoon smoked paprika
 2 teaspoons ground cumin
 1 teaspoon ground mustard
 1/2 teaspoon ground cloves
 1/2 teaspoon cayenne
 1 1/2 teaspoons fine sea salt

METHOD

1. Cook the onion in the oil for 8 minutes, then add the garlic and all the spices and cook 90 seconds.
2. Drain the dates, keeping half a cup of the soaking water.
3. Add the dates, tomato paste, crushed tomatoes, vinegar, coconut aminos, salt, and the reserved date water.
4. Simmer 20 minutes, stirring often. It spits, so use a splatter guard or a deep pan.
5. Blend until completely smooth, at least 90 seconds, so no date pieces remain.
6. Taste and adjust. It should be equal parts smoky, sweet, and sharp, and it will want more vinegar than feels right.

SHACK NOTE

Almost every bottled barbecue sauce is built on high fructose corn syrup and a great many contain wheat, soy sauce, or malt vinegar. This one is built on dates and tomato and it is thicker and more interesting than any of them.

Make it yours. Brush it on in the last ten minutes of cooking, never at the start. The dates carry enough sugar to burn over a long heat.



Date-Sweetened Barbecue Sauce

PHOTOGRAPH TO COME

Close overhead of a jar of thick dark red sauce with a brush resting in it, glossy and textured, dates and smoked paprika beside. Warm rich light.

FILE: `photos/date-barbecue-sauce.jpg`

Teriyaki-Style Sauce

coconut aminos, ginger, and a glossy finish

SERVES

Makes about 1 1/2 cups

PREP

5 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

KID-FRIENDLY

INGREDIENTS

1 cup coconut aminos
 1/3 cup gluten-free chicken or vegetable broth
 3 tablespoons raw honey
 2 tablespoons rice vinegar
 3 tablespoons fresh ginger, grated
 5 garlic cloves, grated
 1 tablespoon toasted sesame oil
 1/2 teaspoon red pepper flakes
 2 teaspoons arrowroot starch mixed with
 2 tablespoons cold water
 2 teaspoons sesame seeds

METHOD

1. Simmer the coconut aminos, broth, honey, vinegar, ginger, garlic, and pepper flakes for 6 minutes.
2. Whisk the arrowroot into cold water until completely smooth, then whisk that slurry into the simmering sauce.
3. Cook 60 to 90 seconds only, until it thickens and turns glossy. Arrowroot thins back out if you boil it hard or hold it too long, which is the one thing to know about cooking with it.
4. Take it off the heat and stir in the sesame oil and seeds.
5. Cool and refrigerate up to two weeks. It thickens further when cold and loosens when warmed.

SHACK NOTE

Bottled teriyaki is soy sauce plus sugar plus wheat, in every version I have ever read. This one gets there with coconut aminos, which is naturally sweeter, which is why there is only three tablespoons of honey instead of the half cup most recipes use.

Make it yours. Brush on salmon, chicken, or meatballs in the last few minutes. Toss with vegetables and rice noodles.



Teriyaki-Style Sauce

PHOTOGRAPH TO COME

*Close view of glossy dark sauce being brushed onto salmon fillets, sesame seeds scattered,
jar beside. High shine, dramatic side light.*

FILE: `photos/teriyaki-style-sauce.jpg`

Chile Crisp

crunchy, hot, and on the table for a month

SERVES

Makes about 2 cups

PREP

15 minutes

COOK

25 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

VEGAN

MAKE-AHEAD

INGREDIENTS

1 1/2 cups avocado oil
 12 garlic cloves, sliced paper thin
 1 large shallot, sliced paper thin
 1/2 cup crushed red chile flakes
 2 tablespoons Sichuan peppercorns, optional
 3 tablespoons sesame seeds
 1/3 cup roasted peanuts or almonds, chopped
 1 tablespoon fresh ginger, minced
 2 teaspoons fine sea salt
 1 teaspoon ground cumin
 1 tablespoon coconut aminos

METHOD

1. Put the sliced garlic and shallot in the cold oil in a saucepan, then bring the heat up slowly to medium-low. Starting them in cold oil is what makes them crisp evenly instead of burning at the edges.
2. Fry gently 15 to 20 minutes, until both are pale gold. They keep browning off the heat, so pull them a shade lighter than you want them.
3. Strain the crisped garlic and shallot out onto a paper towel, keeping every drop of the oil.
4. Combine the chile flakes, Sichuan peppercorns, sesame seeds, ginger, salt, and cumin in a heatproof bowl.
5. Bring the oil back to about 275 degrees, then pour it over the chile mixture. It will sizzle hard for thirty seconds; stand back and let it.
6. Cool completely, then stir in the crisped garlic, shallot, chopped nuts, and coconut aminos. Store at room temperature two weeks or refrigerated two months.

SHACK NOTE

Nearly every commercial chile crisp contains soy sauce or wheat somewhere in it, which is why this one uses coconut aminos and gets its savory depth from the fried aromatics instead. It is also better than any of them.

***Make it yours.** Spoon it on eggs, rice, noodles, roasted vegetables, avocado, soup, or the congee. It has ruined me for plain food.*



Chile Crisp

PHOTOGRAPH TO COME

Close macro of a jar of red chile oil with visible crisp garlic and sesame, a spoon lifting some over a fried egg. Rich red, dramatic light, high texture.

FILE: photos/chile-crisp.jpg

Red Chile Enchilada Sauce

from whole dried chiles, with no flour roux

SERVES

Makes about 4 cups

PREP

20 minutes

COOK

30 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

VEGAN

INGREDIENTS

6 dried guajillo chiles, stemmed and seeded
 3 dried ancho chiles, stemmed and seeded
 2 dried chiles de arbol, optional, for heat
 4 cups gluten-free chicken or vegetable broth, hot
 3 tablespoons avocado oil
 1 onion, roughly chopped
 6 garlic cloves
 2 tablespoons tomato paste
 1 tablespoon ground cumin
 2 teaspoons dried oregano
 1/2 teaspoon ground cinnamon
 1 tablespoon apple cider vinegar
 1 1/2 teaspoons fine sea salt

METHOD

1. Toast the dried chiles in a dry pan over medium heat for 30 to 45 seconds per side, pressing them flat. They should smell nutty and turn slightly pliable. A few seconds too long and they turn acrid, and there is no fixing that.
2. Soak the toasted chiles in the hot broth for 20 minutes, weighed down with a plate so they stay submerged.
3. Cook the onion in the oil for 8 minutes, add the garlic for 1 minute, then the tomato paste, cumin, oregano, and cinnamon for 2 minutes.
4. Blend the soaked chiles with all their soaking broth and the onion mixture for a full 2 minutes.
5. Strain through a medium sieve, pressing hard. Chile skins never fully break down and straining is what separates a silky sauce from a gritty one.
6. Return to the pan, add the vinegar and salt, and simmer 10 minutes to thicken.

SHACK NOTE

Canned enchilada sauce and almost every packet mix is thickened with wheat flour, which is one of the most common and least expected traps in Mexican-American cooking. This version is thickened by the chiles themselves, and it tastes like an entirely different food.

Make it yours. Freezes for six months in jars. Use it for enchiladas, over eggs, in the turkey taco skillet, or as a braising liquid for the slow cooker chicken.



Red Chile Enchilada Sauce

PHOTOGRAPH TO COME

*Overhead of a bowl of deep brick-red sauce with a ladle, whole dried chiles and a
toasting pan beside. Rich saturated red, warm directional light.*

FILE: `photos/red-chile-enchilada-sauce.jpg`

All-Purpose Pan Gravy

arrowroot, not flour, in four minutes

SERVES

Makes about 3 cups

PREP

5 minutes

COOK

10 minutes

GLUTEN-FREE

DAIRY-FREE

GRAIN-FREE

NUT-FREE

HOLIDAY

INGREDIENTS

3 cups pan drippings and gluten-free broth combined

3 tablespoons arrowroot starch

1/3 cup cold gluten-free broth

1 shallot, minced fine

2 tablespoons olive oil or reserved fat

1 tablespoon fresh thyme leaves

1 teaspoon coconut aminos

1 teaspoon apple cider vinegar

Fine sea salt and cracked black pepper

METHOD

1. Pour the pan drippings into a measuring cup and let the fat rise, then skim most of it off, keeping two tablespoons.
2. Cook the shallot in the reserved fat for 4 minutes, then add the drippings and broth and bring to a simmer.
3. Whisk the arrowroot into the cold broth until completely smooth. It must be cold; arrowroot added to hot liquid seizes into lumps instantly.
4. Whisk the slurry into the simmering liquid and cook 2 minutes only, until it thickens and turns glossy.
5. Do not boil it hard and do not hold it on the heat for long. Arrowroot breaks down and thins back out with prolonged heat, which is the one way this differs from a flour gravy. Make it last and serve it right away.
6. Finish with thyme, coconut aminos, vinegar, salt, and plenty of pepper.

SHACK NOTE

Arrowroot gravy is glossier and cleaner-tasting than a flour roux, and nobody at a holiday table has ever identified it as different. The rules are simply reversed: cold slurry, added at the end, brief cooking.

Make it yours. Tapioca starch behaves the same way. If you must hold gravy warm for a long stretch, use cornstarch instead; it tolerates sustained heat better, though it makes a cloudier sauce.



All-Purpose Pan Gravy

PHOTOGRAPH TO COME

Side view of gravy being poured from a boat over sliced meat, glossy and smooth, steam rising. Warm holiday light, elegant.

FILE: `photos/all-purpose-pan-gravy.jpg`

THE NATURALLY GLUTEN-FREE PANTRY

Nothing in this book requires a specialty flour, a gum, a starch blend, or a mix. What it does require is a short list of real ingredients kept stocked, so that dinner is a decision rather than a trip to the store.

Fats

- Extra virgin olive oil for finishing and moderate-heat roasting
- Avocado oil for anything over 400 degrees
- Full-fat canned coconut milk, unsweetened, without gums if you can find it

The four sweeteners

- Raw honey, local when possible
- Pure maple syrup, which should list one ingredient
- Medjool dates, soft and glossy rather than dry
- Whole leaf stevia powder, green rather than white

The label-check list

These are the ingredients that are gluten-free in principle and not always in practice. Buy certified where certification exists.

- Dried lentils, beans, and split peas
- Spice blends, curry powders, and anything labeled seasoning
- Broth, stock, and bouillon
- Mustard, vinegar blends, and prepared sauces
- Coconut aminos in place of soy sauce or tamari
- Cured and deli meats, especially anything pre-sliced
- Vanilla extract and other flavor extracts

MEASURES AND TEMPERATURES

Volume

- 1 tablespoon = 3 teaspoons = 15 ml
- 1/4 cup = 4 tablespoons = 60 ml
- 1/2 cup = 8 tablespoons = 120 ml
- 1 cup = 16 tablespoons = 240 ml

Weight

- 1 ounce = 28 grams
- 8 ounces = 227 grams
- 1 pound = 454 grams

Oven

- 325 F = 165 C
- 350 F = 175 C
- 375 F = 190 C
- 400 F = 205 C
- 425 F = 220 C

Doneness

- Chicken thighs, 175 F at the thickest point
- Chicken breast, 165 F
- Salmon, 125 F and still coral in the center
- Ground beef, 160 F

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RECIPES BY KITCHEN NEED (CONTINUED)

NO-COOK

All-Purpose Cashew Cream 400 • All-Purpose Tahini Sauce 582 • Balsamic Shallot Vinaigrette 566 • Caesar-Style Dressing 568 • Chicken Salad with Grapes and Almonds 214 • Chipotle Cashew Sauce 586 • Chopped Greek-Style Salad 92 • Classic Ahi Poke Bowl 488 • Crunchy Broccoli Salad 80 • Cucumber Rounds with Herbed Sunflower Spread 134 • Cucumber and Wakame Salad 88 • Cucumber, Avocado, and Herb Salad 72 • Endive Boats with Apple and Walnut 154 • Fresh Cranberry Orange Relish 370 • Garlic Aioli 580 • Gazpacho 128 • Ginger Miso Dressing 570 • Green Goddess Dressing 402 • Guacamole with Pomegranate 150 • Halibut Ceviche 494 • Herbed Tuna in Avocado Halves 206 • Homemade Almond Milk 398 • Homemade Electrolyte Water 330 • Honey Mustard Dressing 572 • Italian Salsa Verde 574 • Rainbow Collard Wraps 424 • Raw Beet, Apple, and Walnut Salad 426 • Raw Cauliflower Tabbouleh 432 • Raw Pad Thai Salad 430 • Salmon Poke with Mango 490 • Sardine and White Bean Salad 504 • Shaved Fennel and Orange Salad 70 • Smoked Salmon and Cucumber Bites 148 • Spicy Tuna and Cucumber Poke 492 • Sprouted Lentil Salad 86 • The Everyday Lemon Vinaigrette 564 • The Lunchbox Board 216 • Turkey and Cucumber Roll-Ups 210 • Watermelon Lime Agua Fresca 320 • Watermelon, Cucumber, and Mint Salad 94 • White Bean, Cucumber, and Herb Bowl 202 • Zhoug 578 • Zucchini Noodles with Basil Pesto 422 • Zucchini Rounds with Olive Tapenade 142

BUDGET

Air Fryer Broccoli with Garlic and Lemon 552 • Air Fryer Cinnamon Apple Chips 560 • Air Fryer Crispy Chicken Thighs 538 • Air Fryer Crispy Chickpeas 550 • All-Purpose Tahini Sauce 582 • Black Bean Soup with Lime 110 • Blender Nut Butter 408 • Chickpea Pasta Puttanesca 524 • Chickpea Pasta with Lemon and Broccolini 514 • Coconut Rice Bowl with Black Beans 226 • Creamy Millet Porridge 188 • Creamy Tomato and White Bean Soup 114 • Egg Drop Soup with Ginger and Greens 126 • Garlic Confit and Garlic Oil 590 • Garlic and Anchovy Spaghetti 534 • Millet Congee with Ginger and Greens 120 • Pressure Cooker Beans from Scratch 478 • Pressure Cooker Bone Broth 476 • Pressure Cooker Chicken and Vegetable Soup 480 • Pressure Cooker Whole Chicken and Broth 482 • Quinoa Minestrone 124 • Rice and Lentil Kitchari 130 • Roasted Beef Bone Broth 442 • Salmon Cakes with Dill and Lemon 250 • Sardine and White Bean Salad 504 • Slow Cooker Beef Barbacoa 446 • Slow Cooker Beef and Sweet Potato Curry 470 • Slow Cooker Chicken Adobo 460 • Slow Cooker Herbed Pulled Chicken 472 • Slow Cooker Ratatouille 468 • Slow Cooker Sweet Potato and Red Lentil Dal 458 • Slow Cooker Turkey Chili 466 • Slow Cooker Whole Chicken 464 • Slow-Cooked Collard Greens 456 • Slow-Simmered Marinara 588 • Spiced Roasted Chickpeas 158 • Split Pea Soup with Herbs 118 • Steel-Cut Oats with Berries 190 • Sunday Pot Roast 462 • Twenty-Minute Ground Beef and Vegetable Skillet 242 • Vegetable Fried Rice 262

RECIPES BY KITCHEN NEED (CONTINUED)

HOLIDAY

Air Fryer Rosemary Spiced Nuts 558 • All-Purpose Pan Gravy 604 • Apple Crisp with Oat and Pecan Topping 292 • Arroz Verde 386 • Braised Lamb Shanks 448 • Caramelized Onion Jam 592 • Dark Chocolate Bark 300 • Endive Boats with Apple and Walnut 154 • Fresh Cranberry Orange Relish 370 • Green Beans with Toasted Almonds 372 • Guacamole with Pomegranate 150 • Herb-Roasted Turkey Breast with Pan Gravy 364 • Honey Coconut Macaroons 294 • Honey-Rosemary Roasted Nuts 378 • Hot Cacao with Coconut Milk 328 • Lemon Herb Rice Pilaf 384 • Make-Ahead Breakfast Casserole 184 • Maple Pecan Bars 286 • Maple Pumpkin Custard 376 • Maple-Roasted Root Vegetables 368 • Pears Poached in Spiced Cider 296 • Pressure Cooker Wild Rice Pilaf 484 • Pumpkin Pie Smoothie 354 • Quinoa, Cranberry, and Pecan Salad 78 • Raw Cacao Truffles with Sea Salt 420 • Salmon Rilletes with Dill 160 • Shaved Brussels Sprout Salad 90 • Slow Cooker Apple Butter 474 • Slow Cooker Moroccan Chicken 452 • Slow-Cooked Collard Greens 456 • Slow-Roasted Salmon with Fennel 506 • Smoked Salmon and Cucumber Bites 148 • Stuffed Grape Leaves 162 • Stuffed Mushrooms with Herbs and Walnuts 146 • Toasted Millet Pilaf 380 • Whipped Sweet Potatoes with Coconut 374 • Wild Rice and Mushroom Stuffing 366 • Winter Kale and Citrus Salad 82

FERMENTED

Beet Kvass 314 • Blackberry Sage Shrub 326 • Fermented Ginger Ale 322 • Frozen Berry Yogurt Bark 288 • Ginger Miso Dressing 570 • Miso-Glazed Salmon 496

RECIPES BY KITCHEN NEED (CONTINUED)

NUT-FREE

Air Fryer Broccoli with Garlic and Lemon 552 • Air Fryer Brussels Sprouts 542 • Air Fryer Cinnamon Apple Chips 560 • Air Fryer Crispy Chicken Thighs 538 • Air Fryer Crispy Chickpeas 550 • Air Fryer Salmon with Lemon and Dill 540 • Air Fryer Sweet Potato Fries 544 • All-Purpose Pan Gravy 604 • Arroz Verde 386 • Avocado Deviled Eggs 138 • Avocado Lime Smoothie 360 • Baked Cod with Olives and Tomatoes 238 • Baked Eggs in Tomato and Pepper Sauce 172 • Balsamic Shallot Vinaigrette 566 • Beef Heart Kebabs with Chimichurri 268 • Beef and Broccoli Stir-Fry 252 • Beet Kvass 314 • Black Bean Soup with Lime 110 • Blackberry Sage Shrub 326 • Blender Salsa Verde 406 • Blender Tortilla Soup 392 • Blueberry Lavender Smoothie 358 • Braised Beef Short Ribs 234 • Braised Lamb Shanks 448 • Brown Rice Spaghetti with Slow-Roasted Tomatoes 516 • Butternut Squash and Apple Soup 106 • Caramelized Onion Jam 592 • Chamomile and Lemon Balm Iced Tea 308 • Chermoula 576 • Chicken Bone Broth with Ginger and Greens 104 • Chicken and Rice Soup with Lemon and Dill 122 • Chicken and Wild Rice Skillet 246 • Chicken and Wild Rice Soup 112 • Chickpea Pasta Puttanesca 524 • Chickpea Pasta with Lemon and Broccolini 514 • Chopped Chicken Salad 76 • Chopped Greek-Style Salad 92 • Coconut Curry Chicken with Vegetables 248 • Coconut Fish Chowder 510 • Coconut Jasmine Rice 382 • Coconut Rice Bowl with Black Beans 226 • Creamy Tomato and White Bean Soup 114 • Cucumber Rounds with Herbed Sunflower Spread 134 • Cucumber, Avocado, and Herb Salad 72 • Cucumber, Mint, and Lime Water 310 • Cucumber, Pear, and Kale Smoothie 344 • Date-Sweetened Barbecue Sauce 596 • Egg Drop Soup with Ginger and Greens 126 • Fermented Ginger Ale 322 • Freezer Breakfast Egg Muffins 178 • Fresh Cranberry Orange Relish 370 • Garden Vegetable Frittata 170 • Garlic Aioli 580 • Garlic Confit and Garlic Oil 590 • Ginger Miso Dressing 570 • Golden Carrot and Red Lentil Soup 100 • Golden Turmeric Coconut Steamer 306 • Green Apple, Spinach, and Avocado Smoothie 334 • Grilled Salmon Skewers 500 • Guacamole with Pomegranate 150 • Hearts of Palm Noodles with Avocado Cream 520 • Herb-Roasted Chicken Thighs 230 • Herb-Roasted Turkey Breast with Pan Gravy 364 • Herbed Tuna in Avocado Halves 206 • Hibiscus and Ginger Iced Tea 316 • Homemade Electrolyte Water 330 • Honey Coconut Macaroons 294 • Honey Mustard Dressing 572 • Hot Cacao with Coconut Milk 328 • Italian Salsa Verde 574 • Lemon Herb Chickpea Pasta Salad 530 • Lemon and Herb Roasted Chicken 236 • Make-Ahead Breakfast Casserole 184 • Mango Turmeric Coconut Smoothie 340 • Maple Pumpkin Custard 376 • Maple-Roasted Root Vegetables 368 • Mason Jar Lentil Salad 204 • Massaged Kale and Green Apple Salad 68 • Millet Congee with Ginger and Greens 120 • Millet Polenta with Mushrooms 260 • Millet Salad with Cucumber and Mint 84 • Millet and Vegetable Fritters 222 • Miso-Glazed Salmon 496 • Peach and Basil Smoothie 348 • Pears Poached in Spiced Cider 296 • Peppermint and Nettle Infusion 324 • Pineapple Ginger Green Smoothie 352 • Pressure Cooker Beans from Scratch 478 • Pressure Cooker Bone Broth 476 • Pressure Cooker Chicken and Vegetable Soup 480 • Pressure Cooker Whole Chicken and Broth 482 • Quinoa Breakfast Skillet 196 • Quinoa Minestrone 124 • Quinoa Tabbouleh 212 • Raw Cauliflower Tabbouleh 432 • Red Chile Enchilada Sauce 602 • Rice Noodles in Coconut Curry Broth 528 • Rice and Lentil Kitchari 130 • Roasted Beef Bone Broth 442 • Roasted Beet Hummus 140 • Roasted Dandelion Brew 318 • Roasted Sweet Potato Rounds 156 • Saffron Rice with Chicken and Peppers 266 • Sardine and White Bean Salad 504 • Sesame-Crusted Tuna Steaks 508 • Sheet-Pan Salmon with Asparagus 232 • Sheet-Pan Turkey Meatballs and Broccoli 244 • Sipping Broth with Turmeric and Ginger 444 • Slow Cooker Apple Butter 474 • Slow Cooker Beef Barbacoa 446 • Slow Cooker Beef and Sweet Potato Curry 470 • Slow Cooker Chicken Adobo 460 • Slow Cooker Chicken Tinga 450 • Slow Cooker Herbed Pulled Chicken 472 • Slow Cooker Ratatouille 468 • Slow Cooker Sweet Potato and Red Lentil Dal 458 • Slow Cooker Turkey Chili 466 • Slow Cooker Whole Chicken 464 • Slow-Braised Beef and Vegetable Stew 108 • Slow-Cooked Collard Greens 456 • Slow-Roasted Salmon with Fennel 506 • Slow-Simmered Marinara 588 • Smoked Salmon Breakfast Plate 192 • Spaghetti Squash Boats with Turkey Bolognese 526 • Sparkling Ginger and Lime Cooler 304 • Spiced Roasted Chickpeas 158 • Spiced Tomato Jam 594 • Split Pea Soup with Herbs 118 • Sprouted Lentil Salad 86 • Strawberry Beet

RECIPES BY KITCHEN NEED (CONTINUED)

VEGAN

Air Fryer Broccoli with Garlic and Lemon 552 • Air Fryer Brussels Sprouts 542 • Air Fryer Buffalo Cauliflower 548 • Air Fryer Cinnamon Apple Chips 560 • Air Fryer Crispy Chickpeas 550 • Air Fryer Rosemary Spiced Nuts 558 • Air Fryer Sweet Potato Fries 544 • All-Purpose Cashew Cream 400 • All-Purpose Tahini Sauce 582 • Arroz Verde 386 • Avocado Lime Smoothie 360 • Baked Apples Stuffed with Dates and Walnuts 282 • Balsamic Shallot Vinaigrette 566 • Beet Kvass 314 • Berry and Coconut Cream Parfait 280 • Black Bean Soup with Lime 110 • Blackberry Sage Shrub 326 • Blender Nut Butter 408 • Blender Salsa Verde 406 • Blender Tortilla Soup 392 • Blueberry Lavender Smoothie 358 • Brown Rice Spaghetti with Slow-Roasted Tomatoes 516 • Butternut Squash and Apple Soup 106 • Caramelized Onion Jam 592 • Carrot Cake Smoothie 356 • Cashew Alfredo 584 • Chamomile and Lemon Balm Iced Tea 308 • Charred Eggplant Baba Ganoush 152 • Chermoula 576 • Chickpea Pasta with Lemon and Broccolini 514 • Chile Crisp 600 • Chipotle Cashew Sauce 586 • Chopped Greek-Style Salad 92 • Coconut Chia Pudding with Berries 168 • Coconut Jasmine Rice 382 • Coconut Rice Bowl with Black Beans 226 • Creamy Broccoli and Leek Soup 396 • Creamy Millet Porridge 188 • Creamy Tomato and White Bean Soup 114 • Crunchy Broccoli Salad 80 • Cucumber Rounds with Herbed Sunflower Spread 134 • Cucumber and Wakame Salad 88 • Cucumber, Avocado, and Herb Salad 72 • Cucumber, Mint, and Lime Water 310 • Cucumber, Pear, and Kale Smoothie 344 • Dark Cherry, Cacao, and Almond Smoothie 342 • Date-Sweetened Barbecue Sauce 596 • Date-Sweetened Chocolate Mousse 272 • Fermented Ginger Ale 322 • Freezer Smoothie Packs 346 • Frozen Banana and Cacao Nice Cream 278 • Garlic Confit and Garlic Oil 590 • Gazpacho 128 • Ginger Miso Dressing 570 • Golden Carrot and Red Lentil Soup 100 • Golden Turmeric Coconut Steamer 306 • Green Apple, Spinach, and Avocado Smoothie 334 • Green Beans with Toasted Almonds 372 • Green Goddess Dressing 402 • Guacamole with Pomegranate 150 • Hearts of Palm Noodles with Avocado Cream 520 • Herbed Rice Salad with Almonds 224 • Hibiscus and Ginger Iced Tea 316 • Homemade Almond Milk 398 • Homemade Electrolyte Water 330 • Honey-Rosemary Roasted Nuts 378 • Hot Cacao with Coconut Milk 328 • Lemon Herb Chickpea Pasta Salad 530 • Lemon Herb Rice Pilaf 384 • Mango Turmeric Coconut Smoothie 340 • Maple-Roasted Root Vegetables 368 • Mason Jar Lentil Salad 204 • Massaged Kale and Green Apple Salad 68 • Millet Congee with Ginger and Greens 120 • Millet Polenta with Mushrooms 260 • Millet Salad with Cucumber and Mint 84 • No-Bake Chocolate Almond Butter Bites 284 • No-Bake Oat and Date Bars 290 • Overnight Quinoa Breakfast Bowl 180 • Peach and Basil Smoothie 348 • Pears Poached in Spiced Cider 296 • Peppermint and Nettle Infusion 324 • Pineapple Ginger Green Smoothie 352 • Pressure Cooker Beans from Scratch 478 • Pressure Cooker Wild Rice Pilaf 484 • Pumpkin Pie Smoothie 354 • Quinoa Minestrone 124 • Quinoa Tabbouleh 212 • Quinoa, Cranberry, and Pecan Salad 78 • Rainbow Collard Wraps 424 • Raw Almond Butter Cups 438 • Raw Apple Crumble in a Glass 434 • Raw Beet, Apple, and Walnut Salad 426 • Raw Berry Cheesecake Jars 436 • Raw Cacao Truffles with Sea Salt 420 • Raw Carrot Cake Bites 418 • Raw Cauliflower Tabbouleh 432 • Raw Chocolate Tart 414 • Raw Key Lime Tart 428 • Raw Lemon Cheesecake Bars 416 • Raw Pad Thai Salad 430 • Red Chile Enchilada Sauce 602 • Red Lentil Penne with Roasted Vegetables 522 • Rice and Lentil Kitchari 130 • Roasted Beet Hummus 140 • Roasted Beet and Orange Salad 66 • Roasted Carrot and Lentil Salad 96 • Roasted Cauliflower and Chickpea Salad 74 • Roasted Dandelion Brew 318 • Roasted Red Pepper and Tomato Soup 394 • Roasted Sweet Potato Rounds 156 • Roasted Tomato and Basil Soup 102 • Roasted Vegetable Bowl with Green Tahini 208 • Romesco Sauce 404 • Shaved Brussels Sprout Salad 90 • Shaved Fennel and Orange Salad 70 • Slow Cooker Apple Butter 474 • Slow Cooker Ratatouille 468 • Slow Cooker Sweet Potato and Red Lentil Dal 458 • Slow-Cooked Collard Greens 456 • Slow-Simmered Marinara 588 • Spaghetti Squash with Basil Pesto 518 • Sparkling Ginger and Lime Cooler 304 • Spiced Roasted Chickpeas 158 • Spiced Tomato Jam 594 • Split Pea Soup with Herbs 118 • Sprouted Lentil Salad 86 • Steel-Cut Oats with Berries 190 • Strawberry Beet Recovery Smoothie 338 • Stuffed Grape Leaves 162 • Stuffed Mushrooms with Herbs and Walnuts 146 • The Everyday Lemon Vinaigrette 564 • Toasted Millet Pilaf 380 • Two-Minute Mango Sorbet

ABOUT THE AUTHOR

Steffi England has been writing at Celiac Shack since 2008, where she documents the long work of feeding a family real food after a celiac diagnosis. She is a Nutritional Herbalist, a holistic health coach, and a wellness educator who has taught more than a thousand classes in six countries, in English and in Spanish.

She lives in Utah with her husband and their five children, where the kitchen is usually loud and the counter is usually covered.

Faith over fear. Joy over restriction.