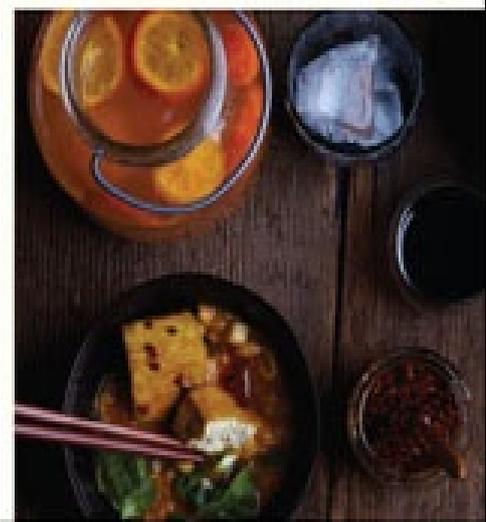
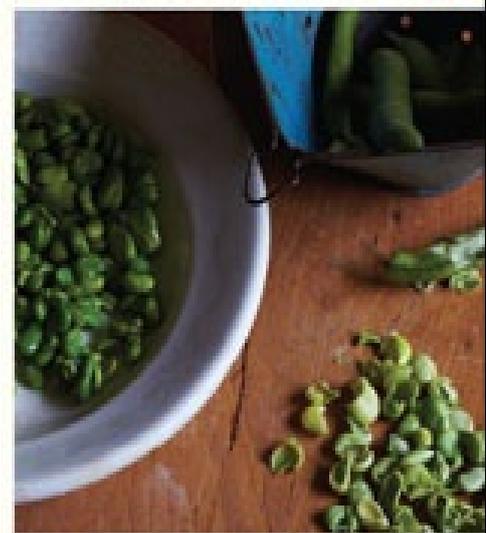
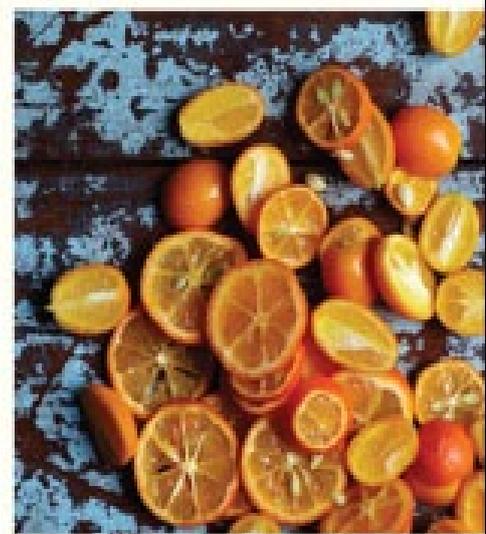


**BRYANT TERRY** author of  
VEGAN SOUL KITCHEN

# THE **INSPIRED** VEGAN

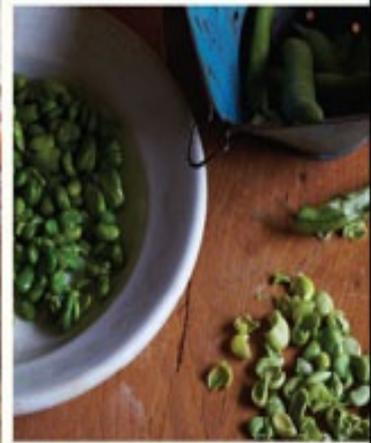
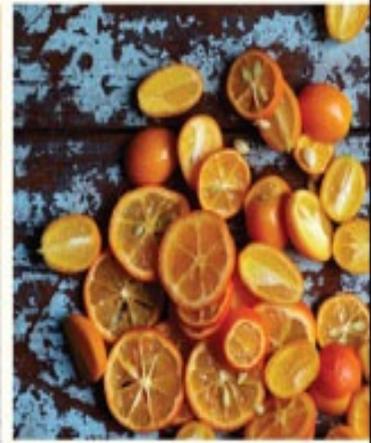
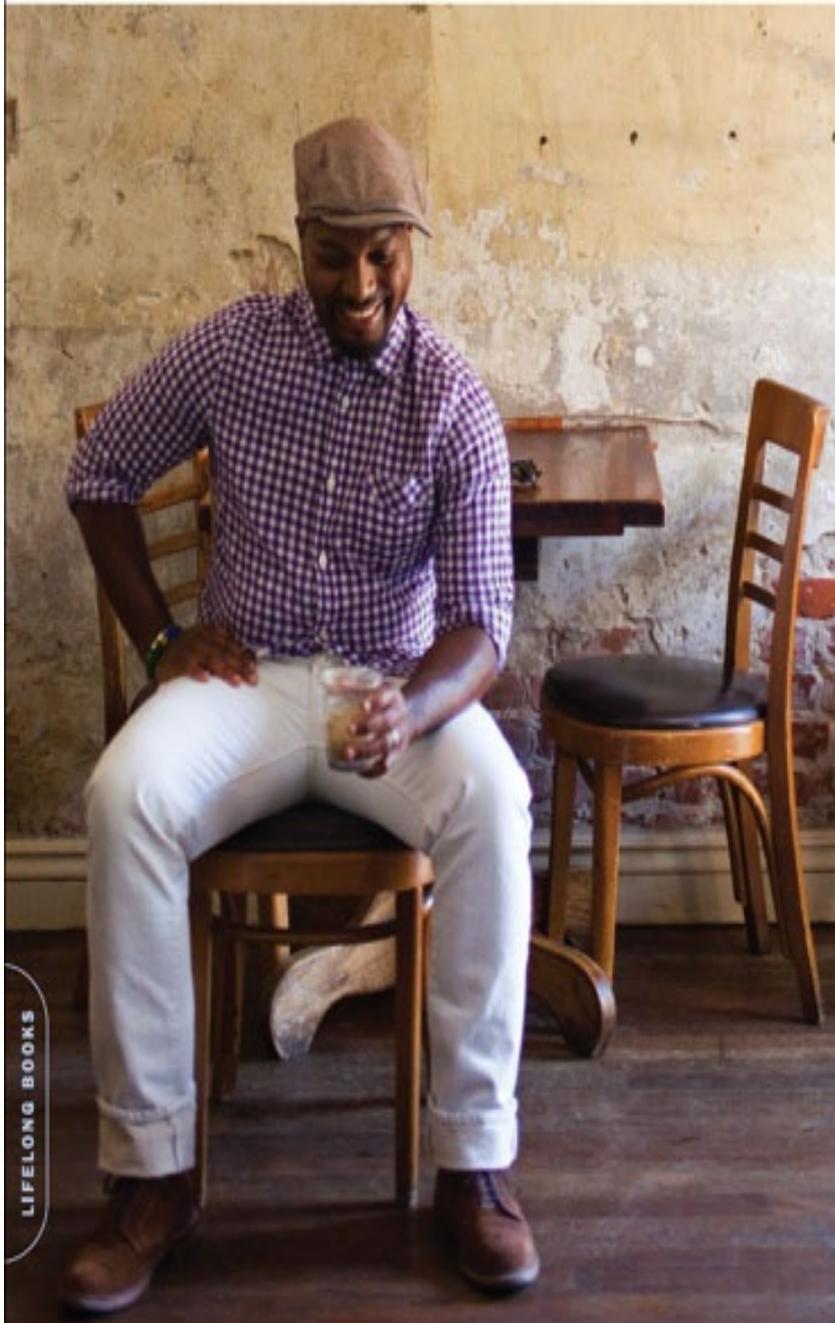
SEASONAL INGREDIENTS • CREATIVE RECIPES • MOUTHWATERING MENUS



**BRYANT TERRY** author of  
VEGAN SOUL KITCHEN

# THE INSPIRED VEGAN

SEASONAL INGREDIENTS • CREATIVE RECIPES • MOUTHWATERING MENUS



LIFELONG BOOKS

PROPS FOR

## Bryant Terry's *The Inspired Vegan*

“Bryant Terry is a culinary muse unlike any other. Of course, this book is filled with delicious, unexpected, and exciting recipes. But they're seasoned with uplifting history, powerful music, beautiful ideas, sweet memories, and deep compassion. Bryant's great gift is to reconnect us with the radical joy that food brings, making inspired vegans out of us all.”

—Raj Patel, author of *The Value of Nothing* and *Stuffed and Starved*

“Bryant Terry has crafted a cuisine that is vivid, colorful, and uniquely American. He seamlessly blends the food traditions of the African diaspora with the farm-to-table freshness of Northern California. Sweet and sensuous, rich and refreshing, his mouthwatering dishes jump off the page.”

—Louisa Shafia, chef and author of  
*Lucid Food: Cooking for an Eco-Conscious Life*

“I stopped by Bryant Terry's place in Oakland when he was writing *The Inspired Vegan*. I found greens in the garden, something delicious in the kitchen, and in him, an inspiring commitment to bettering the world by bringing people together around soulful food. Reading this book is like spending the afternoon with him all over again.”

—Josh Viertel, president, Slow Food USA

“In *The Inspired Vegan*, Bryant Terry's exuberant, healthful, and playful remix of African American, West African, Chinese, and other cultural cuisines is deftly matched by his bold progressive thinking and storytelling.”

—Didi Emmons, chef and author of *Wild Flavors*

“*The Inspired Vegan* is like a personal journal where readers get an intimate perspective into Bryant's inspired world. He strives to build awareness, culture, and community through food, and this latest book does so in a simply delicious manner.”

—Aida Mollenkamp, Food Writer and Chef

“*The Inspired Vegan* is incredibly dope. This beautiful book not only changes the way we see and taste food, it changes the way we see and taste the world. *The Inspired Vegan*, like gumbo, is a delicious collage of ingredients: recipes, art, culture, inspiration, and social change. Enlightening, uplifting, and hungering, *The Inspired Vegan* is a must read and a must taste.”

—MK Asante, author, filmmaker, professor

“*The Inspired Vegan* melts my heart. I’m in love with Terry’s beautifully crafted book, and readers will enjoy healthful and tasty treats, such as Sweet Potato-Cornmeal Drop Biscuits (to the tune of “Steal Away” by Mahalia Jackson), and agave-sweetened Mexican Chocolate Pudding, inspired by Cynthia Well’s *Colores de la Vida*. This book will stay on your kitchen shelves for years.”

—A. Breeze Harper, The Sistah Vegan Project

**the  
inspired  
vegan**

## **Books by Bryant Terry**

*Vegan Soul Kitchen: Fresh, Healthy,  
and Creative African-American Cuisine*

*Grub: Ideas for an Urban Organic Kitchen*  
(with Anna Lappé)

**the  
inspired  
vegan**

seasonal ingredients  
creative recipes  
mouthwatering menus

**Bryant Terry**



A MEMBER OF PERSEUS BOOKS GROUP

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*For Jidan and Mila  
(R.I.P. Maholi)*

# *contents*

*introduction*

*inspiration for this book*

## **basics 1**

deepening flavors  
good fat  
salt, fat, and acid  
spice it up  
root, squash, and roast  
keep the middle  
crushed herbs and nuts  
instead of heavy cream  
flavor bulbs  
clean greens  
power protein  
legumes  
go with the grain  
surplus tomatoes  
if you can't beet 'em  
sweet life

## **interlude**

## **menus**

## **spring**

---

## ***grits. greens. molasses.***

sparkling rosemary-grapefruit water

paprika peanuts

savory grits with sautéed broad beans, roasted fennel, and thyme

wilted dandelion greens with hot garlic dressing and garlic chips

ginger-molasses cake with molasses-coated walnuts

## ***freedom fare***

minted citrus sweet tea

simple salad of butter lettuce and fresh spring herbs with meyer lemon vinaigrette

rustic johnny cakes with caramelized onion relish

butter bean and tomato-drenched collards with parsley

chewy lemon-coconut cookies with lemon icing

## ***south asian supper***

masala chai

aromatic asparagus and sweet potato curry with cilantro

saag tofu

yellow basmati rice

cardamom-saffron sweet lassi with candied cashews

## **summer**

---

### ***crimson cookout***

cherry sangria

red beet tapenade crostini

strawberry gazpacho shooters with crispy rosemary

open-faced grilled eggplant, red onion, and heirloom tomato sandwiches with  
creamy celeriac sauce

bright-black fingerling potatoes with fresh plum-tomato ketchup

raspberry-lime ice pops

### ***funmilayo's feast***

bissap cooler

sliced cucumber and mint salad

funmilayo fritters with harissa

wet jollof rice with carrots, cabbage, and parsley-garlic paste  
white wine–simmered collard greens with oven-dried tomatoes  
thiakry with millet and raisins

### ***mindful brunch***

bloody sunday  
ambrosia punch  
crunchy chopped salad with creamy herb dressing  
sweet potato–cornmeal drop biscuits with maple syrup  
velvety grits with sautéed summer squash, heirloom tomatoes, and parsley-walnut pesto  
frozen café no lait with nutmeg and chocolate shavings

### **autumn**

---

#### ***farm fresh***

strawberry-basil agua fresca  
cinnamon-tamarind agua fresca  
smoky tomatoes, roasted plantains, and crumbled tempeh  
coconut quinoa  
tortillas stuffed with swiss chard, currants, and spicy guacamole  
mexican chocolate pudding and agave-coated pepitas

#### ***celebration: chisholm***

fiery ginger beer / black star lime  
creamy chard soup with tostones  
jerk tempeh with cilantro sauce  
double garlic rice  
purple slaw with toasted pecans  
citrus-hibiscus sorbet

#### ***detroit harvest***

ida b. limeade  
black-eyed peas in garlic-ginger-braised mustard greens with quick-pickled mustard greens, sesame seeds, and tamari  
black “forbidden” rice with parsley  
molasses, miso, and maple candied sweet potatoes

rice wine–poached asian pears with spiced syrup

## winter

---

### *afro-asian jung party*

meyer sipping gingerly (my, you're sipping gingerly)  
afro-asian jung with shoyu-vinegar-chili sauce  
garlic-braised gai laan (chinese broccoli)  
chrysanthemum tea, toasted cashews, and persimmons

### *winter in hong kong*

kumquat-tangerine-meyer lemonade  
2-rice congee with steamed spinach and other accompaniments  
tofu with peanuts roasted in chili oil  
gingered black sesame-seed brittle

### *fête before fast*

slurricane shooter  
sour orange daiquiri  
ronald dorris  
cajun-creole-spiced mixed nuts  
gumbo zav  
roasted winter vegetable jambalaya  
red beans with thick gravy and roasted garlic  
café brûlot lace cookies

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*contributing artists*

*art credits*

## *introduction*

### **start**

In 2007, shortly after moving to the Bay Area from Brooklyn, I lived across the street from Lake Merritt—a beautiful body of water adjacent to downtown Oakland. Every day of the week, I had easy access to a plethora of healthy food options. My apartment was just two blocks from a well-stocked, independently owned health food store that offered a variety of organic, fresh fruits and vegetables, as well as bulk grains and beans. I could also walk to the new 40,000-square-foot Whole Foods Market, which sold everything imaginable (insert side-eye). On Saturdays, I'd stroll to the Grand Lake Farmers' Market, which hosted forty-four local farmers, thirty specialty food purveyors, and a handful of local artisans.

I lived in a food paradise—which made it difficult to fathom how there could be a food desert (as it is often described) so close by. Just about a mile and a half from Whole Foods is the community of West Oakland, which in 2007 was home to fifty-three liquor stores and not one full-service supermarket. Let me repeat that: Liquor stores: 53 / Supermarkets: 0. Many of the thirty thousand residents (primarily African American) living in that neighborhood did not own cars, and it was incredibly difficult for them to travel to other parts of Oakland, or to Emeryville or Berkeley to shop for food. As a result, folks relied upon the liquor/convenience stores to meet their grocery needs. It goes without saying that those stores sold very few, if any, fresh fruits and vegetables, and what food they did offer tended to be processed.

Unfortunately, across the country, there are far too many communities like West Oakland, where people are denied the basic human right to healthful, safe, affordable, and culturally appropriate food. Not surprisingly, these communities have some of the highest rates of obesity and diet-related illnesses in the nation. To combat this injustice, a number of organizations, projects, and individuals have been working tirelessly to create community-based solutions for producing food in an affordable, sustainable, and eco-friendly manner while teaching people how to select ingredients and prepare wholesome meals for themselves and their families. Following on my background as a grassroots activist, I see my work as a chef and author contributing to one of the most hopeful movements of the twenty-first century—food justice!

In fact, this year is special for me, as it marks my tenth anniversary working to create a healthy, just, and sustainable food system. A decade ago I started dreaming of ways to make fresh, affordable food more widely accessible, which would help

eliminate health disparities between low-income and higher-income people living in cities. I enrolled in the Natural Gourmet Institute for Health & Culinary Arts with the express purpose of gaining the skills to start a project that would educate young people about healthy cooking and food politics while empowering them to become peer educators and food justice activists. Soon after graduating, I founded b-healthy! in New York City, pulling together a group of chefs, social justice activists, yoga teachers, and artists. I started writing books because I felt called to engage a diverse national audience to confront the racial, economic, and geographic differences among eaters; recognize their own privileges; and reverse the negative impact the industrial food system has on our health, other animals, local economies, and the environment. In 2006, I co-authored my first book, *Grub: Ideas for an Urban Organic Kitchen*, with Anna Lappé. Three years later, my second book, *Vegan Soul Kitchen*, was published. *The Inspired Vegan* continues this dialogue.

My guiding mantra for the past ten years has been, “start with the visceral, move to the cerebral, and end the political,” and I see my cookbooks as organizing and base-building tools for the food justice movement. My goal is to use the sensual pleasures of the table to shift people’s attitudes, habits, and politics and “eventually” ensure that everyone in this country of abundance—regardless of income or place of residence—has access to healthful food. Because many people are detached from having pleasurable experiences with wholesome, fresh food, I see empowering them to cook at home and share meals with family and friends as a revolutionary first step toward food justice. We can talk about local, seasonal, and sustainable for days, but if people don’t feel connected to this type of food, why would they fight for it? In my mind, building community around the table and strengthening the food justice movement must go hand in hand. When you consider that educating, strategizing, and organizing for many social movements throughout the twentieth century took place in people’s homes, it seems appropriate that the food revolution will find its spark in home kitchens.

## main

More than just a collection of recipes, *The Inspired Vegan* assembles many of the things that excite me to live, love, laugh, lounge, and lick my fingers. Since the majority of this book was written while my wife was pregnant, our daughter was a major inspiration behind *The Inspired Vegan*’s vision. I approached it as a collage, combining my appreciation for food, design, storytelling, music, photography, and other media. To be clear, though, this is a cookbook, and my main goal is to provide you with the instructions and inspiration to prepare delicious food.

I divide the book into three parts: Basics, Interlude, and Menus. Inspired by Skye Gyngell’s My Toolbox chapter in her book *A Year in My Kitchen* and David Tannis’s Kitchen Rituals chapter in his book *Heart of the Artichoke and Other Kitchen Journeys*, I open *The Inspired Vegan* with Basics, where I present many of the preparation/cooking techniques and simple recipes that I find useful in my home kitchen. These nuts and bolts will strengthen your foundation for cooking and equip you with tools for improvisation and kitchen creativity. This section also provides a

palette of different flavors to be used later in the Interlude and Menus sections. For example, in Basics, I share my tried-and-true Marinated Beets recipe, which transforms this underappreciated root into a delicacy virtually everyone enjoys. Later in the book, I puree these beets and use them as the base for my Bloody Sunday—a savory cocktail inspired by the Bloody Mary. The tips, ideas, and dishes in the Basics section will invite novices into a world of culinary proficiency and creativity and serve as a fresh resource for seasoned chefs.

The Interlude that follows lists the recipes included in the Menus, divided by type of dish (drinks, bites, salads, mains, sides, and sweets). I offer this bridge to give you a moment to pause, peruse, and ponder the diversity of recipes that I assemble into themed meals. This section should also be used for quick reference and inspiration for daily eating.

In the spirit of the menus created for *Grub*, I composed twelve seasonal meals for the last part of this book, inspired by family memories, social movements, personal recollections, geographic locations, unsung radical heroes, and visions for the future. For example, the Detroit Harvest menu pays homage to James and Grace Lee Boggs for their community activism in Detroit, especially the early food justice work of Detroit Summer—a youth program/collective they founded in 1992. Such dishes as the Black-Eyed Peas in Garlic-Ginger-Braised Mustard Greens with Quick-Pickled Mustard Greens, Sesame Seeds, and Tamari and Molasses, Miso, and Maple Candied Sweet Potatoes fuse elements of Afrodiasporic and Asian cuisine as a nod to the respective heritages of James and Grace Lee. While I hope these menus inspire you to bring family and friends together on weekends, days off, and holidays to collectively prepare meals and spend hours eating, connecting, and creating memories, they also serve the practical purpose of walking you through menu planning. I have heard the critique that many vegetarian and vegan cookbooks read as collections of side dishes, and people often ask me for guidance in putting together balanced menus. So I want to help you become proficient in creating satisfying meals that use whole, fresh, seasonal ingredients with beneficial proportions of fats, proteins, carbohydrates, and micronutrients. Similar to the way a stylist takes disparate pieces and puts together a stunning outfit, I have assembled dishes into mouthwatering ensembles. You have the option of making the suggested menu or mixing and matching dishes from the Interlude section for combinations that suit your schedule, tastes, and desires.

## dessert

Vegetables that I grow in my home garden and food that I buy from my local farmers' market influence the recipes in this book. You should be able to find the suggested ingredients at your own farmers' market, or at a well-stocked food co-op or a supermarket. However, I encourage you to make substitutions using whatever is readily available. For example, if you are making Butter Bean and Tomato-Drenched Collards with Parsley, harvest the Lacinato kale from your home garden instead of traveling to buy collard greens. If you can't find fresh broad beans, use the chickpeas you have on hand for the Savory Grits with Sautéed Broad Beans, Roasted Fennel, and Thyme. It won't hurt my feelings if you deviate from these recipes. In fact, I want you

to make them your own.

And mix dishes up, too. Combine leftover Coconut Quinoa with warm almond milk and top it with slices of Rice Wine–Poached Asian Pears with Spiced Syrup for breakfast. Stuff Funmilayo Fritters with Harissa and Purple Slaw with Toasted Pecans inside pita bread, top it with Creamy Celeriac Sauce, and wash the sandwich down with a glass of Sparkling Rosemary-Grapefruit Water. See this cookbook (and others) as a guide. In the spirit of jazz jam sessions and hip-hop ciphers, you should scat, freestyle, and let fresh seasonal ingredients, readily available staples, intuition, and your senses drive the creation of your meals. You will find that spontaneity is one of the true pleasures of cooking. Word to Guru.

If I did my job well, *The Inspired Vegan* will move seamlessly from your kitchen countertop to your coffee table to your nightstand. You will be equally informed about black and brown kids starving in the hood, animals being brutalized in factory farms, and tomato pickers being exploited in Florida. But most important, you'll be cooking.

Bryant Terry  
[twitter.com/bryantterry](https://twitter.com/bryantterry)

## *inspiration for this book*

“Adidas to Addis” by Cut Chemist  
“Addis Black Widow” by Mulatu Astatke & the Heliocentrics  
David Adjaye  
“The African Way” & “America” by K’naan  
*Afro Roots* by Mongo Santamaria  
*Angaza Africa: African Art Now*  
“Angola” by Cesaria Evora  
*Asian/American/Modern Art: Shifting Currents, 1900–1970*  
Jean-Michel Basquiat  
“Been in the Storm So Long” by Fisk Jubilee Singers  
“Black Man Time” by Lee “Scratch” Perry  
*Blowout Comb* by Digable Planets  
“Born Free” by M.I.A.  
browsing Page One bookstores in Hong Kong, December 2009  
“Chain Heavy” by Kanye West  
*Diary of an Afro Warrior* by Benga  
*Dots and Loops* by Stereolab  
*Elle Decoration* (UK edition)  
*Filles de Kilimanjaro* by Miles Davis  
*The Five Obstructions* directed by Lars von Trier & Jørgen Leth  
*Haiku: This Other World* by Richard Wright  
Fred Hampton  
*Hank Willis Thomas: Pitch Blackness*  
*Heart of the Artichoke and Other Kitchen Journeys* by David Tannis  
*Jamie Magazine*  
Edna Lewis  
Maya Lin’s *Systematic Landscapes* exhibit at the DeYoung Museum, 2009  
Massive Attack Concert at the Warfield in San Francisco, 5.25.10  
*Masters: Collage: Major Works by Leading Artists*  
MoMA/MoMA Bookstore  
*My Favourite Ingredients & A Year in My Kitchen* by Skye Gyngell

*Night Catches Us* directed by Tanya Hamilton  
Amara Tabor Smith and Deepwater Dance Company  
*SELAM: Modern Ethiopian Pop Up Kitchen*  
Soul Cocina/Roger Feely  
<http://stylenoironline.com>  
Heidi Swanson & [101cookbooks.com](http://101cookbooks.com)  
**Funmilayo Chiu Mui Terry-Koon**  
Alice Waters  
Ida B. Wells-Barnet

**basics**