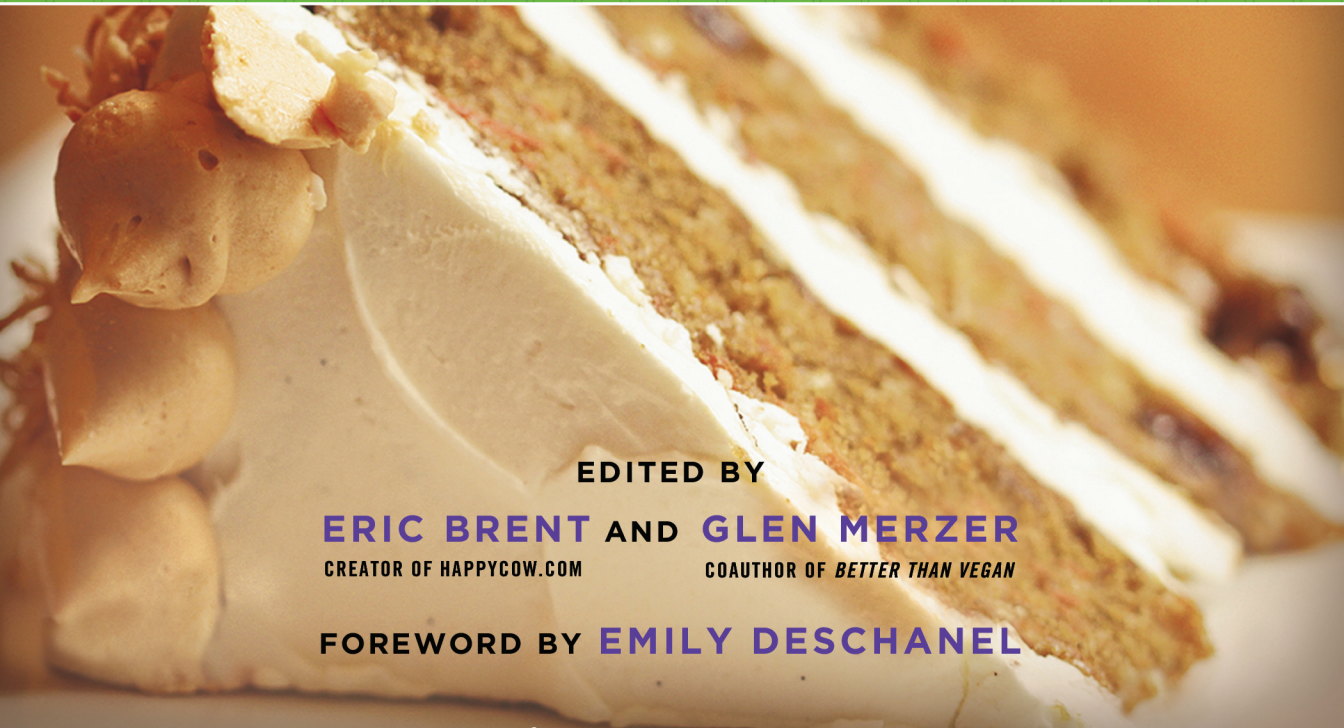




THE **HappyCow** Cookbook

Recipes From Top-Rated
Vegan Restaurants Around the World



EDITED BY

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Buddha Burgers

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www.buddhaburgers.co.il



See HappyCow review at
www.happycow.net/book/buddha-burgers

The principle of this burger is simple: to include as many healthy and energizing ingredients as possible. Therefore, the base is sprouted lentils and quite a lot of flaxseed. All other ingredients are included for texture and taste.

Buddha Lentil Burger



Serves 8–10

- 2 tablespoons olive oil (optional)
- 1½ cups minced white onion
- 7 cups sliced white mushrooms
- ¾ cups sliced celery stalks
- 3 cups sprouted green or black lentils
- 1½ cups minced toasted walnuts
- 10 garlic gloves, minced
- ¼ of a green jalapeño pepper, minced well*
- 1 cup tomato paste
- 1 cup ground flaxseeds
- 4 tablespoons tahini mixed with 4 tablespoons water
- 4 tablespoons soy sauce**
- 30 minced fresh basil leaves
- 1½ teaspoons ground sea salt (or regular salt)
- 1½ teaspoons ground black pepper

** Wear gloves when handling these peppers and never touch your eyes.*

*** For a gluten-free version of this recipe, use gluten-free soy sauce or Bragg Liquid Aminos.*

Preheat the oven to 375 degrees. Warm the olive oil in a pan and add the minced onion together with the mushrooms and the celery. Sauté for five minutes. Drain the vegetable mixture in a colander and press out all the juices and oil. Then put the mixture in a food processor together with the lentils and walnuts. Using a large food processor, work in batches. With the food processor half-full, pulse the ingredients for 5 to 8 seconds until it resembles the texture of ground beef.

Transfer the mixture out of the food processor and into a large bowl, and stir in the rest of the ingredients with a large spoon (or a mixer). Set aside and let it rest for 10 minutes so the ground flaxseeds can bind the mixture. The mixture should be soft and moist.

To make each patty, take about 5 heaping tablespoons of burger mixture and press them flat into a disc onto an oiled baking pan. Bake the patties at 375 degrees. After 10 minutes, flip the patties and rotate the pan around in the oven back to front (for even baking). Bake another 10 minutes. Remove and cool. The patties should be crunchy on the outside and softer on the inside.

Serve in a whole spelt bun with toppings, like our Béchamel “Cheese” (recipe in full cookbook), a vegan Thousand Island dressing (vegan mayonnaise, ketchup, pickles, and dried onion), mustard, lettuce, tomato, red onion, or chives.

Tip: *The healthiest way to prepare these burgers is to dehydrate them rather than baking. After shaping the patties, place them in an oven at 115 degrees for 12 hours.*





Choices Café

MIAMI, FL

379 SW 15th Rd.
Miami, FL, 33129
(305) 400-8895

www.mychoicescafe.com



See HappyCow review at
www.happycow.net/book/choices-cafe



Alex Cuevas, owner

Choices Café's mission is to serve delicious, plant-based meals and to operate as part of a larger organic and plant-based food movement.

What's your most popular dessert?

Our gluten-free brownies, which we bake in-house and offer in both walnut and peanut butter varieties.

What do you feel is special about your restaurant?

I feel that my restaurant is special because of the people who work here, our customers, the quality, organic ingredients we use, the love that we transmit into our food, and most importantly the spirit of the plant-based mission behind which we are operating.

What led you to want to open a vegan restaurant, and/or what led you to the vegan diet yourself?

I've been a vegetarian since I was 10 years old. I became vegan at age 20. It is very important for me to help disseminate the information that I've learned about the atrocities in animal welfare, not only in this country but all over the world. There are an overabundance of reasons to adopt this lifestyle of kindness and love. If more people knew about all of the benefits, I believe more people would become vegan, or vegetarian at least. One of the main goals for me is to offer a platform for people to open their minds towards the possibilities of learning more about a plant-based diet. Having a meal at our restaurant is, in essence, a "teaching through taste buds" experience.

Where do you see the plant-based food movement going in coming years?

I believe the plant-based food movement is growing, which is fantastic. But I also see what I would call eco-posing. It's very trendy to say "eco-friendly," "organic," and "green." But in reality it's very difficult for a food-based organization to be truly eco-friendly unless it is plant-based entirely. What I believe will happen is that specialized vegan restaurants will become more and more popular, as this sort of awareness grows. This would be momentous, since the implications are that there would be less suffering in the realms of human health, karma, the environment, and, of course, animal well-being. I look forward to this day. 🌱



These fudgelike brownies are so rich and delicious, they have become a staple on our menu. If you try them out at home, we predict they will become a staple in your kitchen, too. They're packed with vitamin E, omega-3s, and antioxidants. Your taste buds *and* your body will thank you.

Raw Brownie Bliss Bites

Makes 16 brownie bites



For the brownies:

- 1 cup walnuts or pecans (or a mixture of both)
- 1 cup pitted dates
- 5 tablespoons raw cacao powder
- 1 tablespoon raw agave syrup
- ¼ teaspoon sea salt

For the frosting:

- 1 cup pitted dates
- ¼ cup raw cacao powder
- ¼ cup coconut oil
- ¾ cup filtered water

For the toppings (optional):

- Goji berries
- Cacao nibs
- Shredded coconut

Chop nuts in a blender or food processor. Add dates and blend until combined. Add remaining ingredients and blend until you achieve a fudgelike consistency. Line a 9 x 9 pan with parchment paper. Pour brownie mixture into lined baking pan. Place in the refrigerator for 1 hour to set.

To make the frosting, combine all ingredients in a blender or food processor, and blend to achieve a smooth, spreadable consistency. Pour the frosting into a small container and cool in the fridge for an hour.

After both the frosting and the brownie base are cooled and set, remove both from the fridge and top brownie mix with frosting. Add optional toppings or other toppings of your choice.

Tip: *The chocolate frosting also doubles as a tasty dip for strawberries.*

**Thanks for checking out
this preview of:**

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Edited by Eric Brent and Glen Merzer

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