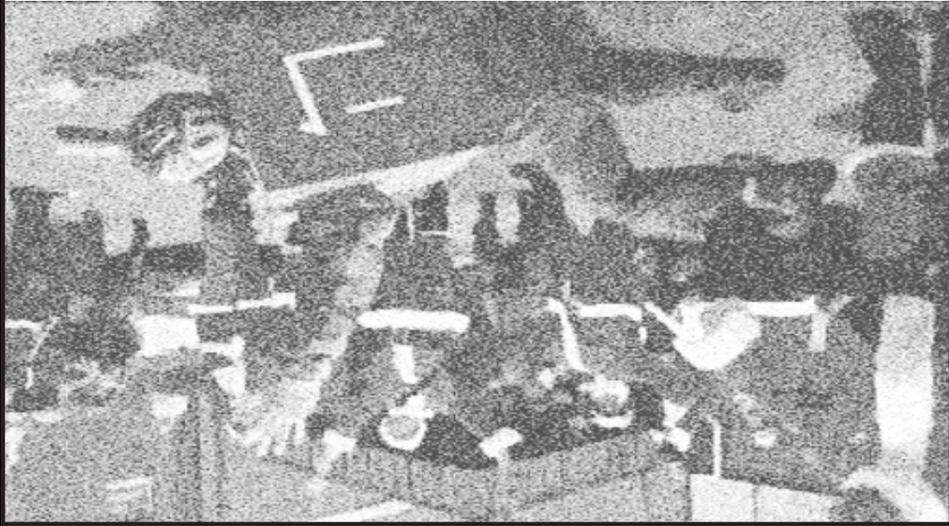


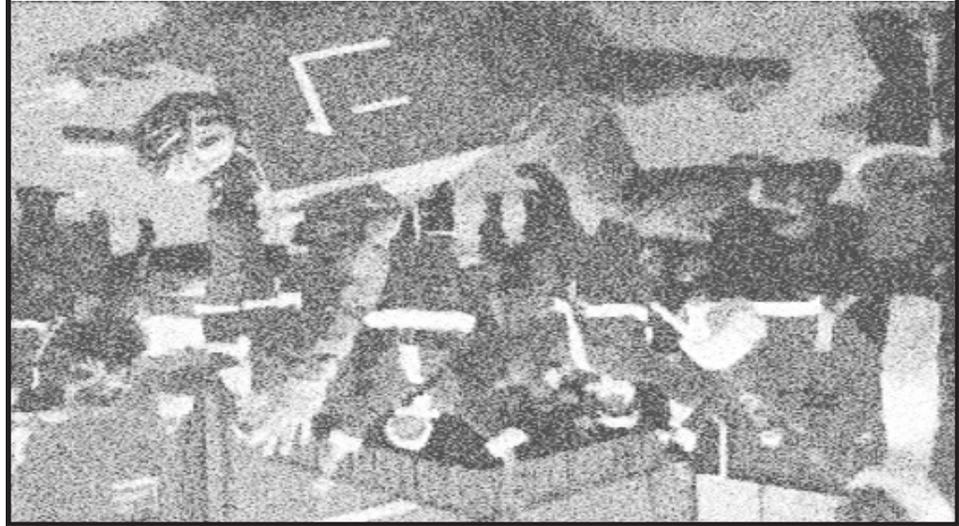
santas dreidels reindeer elves | noon december | 8 twisted spoke

R A M P A G E i



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THE DERAILLEUR

An unofficial publication of Chicago Critical Mass

Special Food Issue

November 2010



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I hope you enjoy the recipes found in this issue of The Derrailleur. Some recipes have been reprinted from the 11/03 Derrailleur. Here are a few helpful cooking tips: c. = cup, t. = teaspoon, T. = tablespoon, and please do NOT follow the kindergartners' instructions on how to cook a turkey. Thank you: Alex Wilson, Karen Furlong, Payton Chung, Kathy Schubert, Sophia, tripp3hill, Joseph Zmuda, and Lee Diamond.

The Derrailleur is an unofficial publication of Chicago Critical Mass (chicagocriticalmass.org) compiled by Willow Naco (TheDerrailleur@gmail.com) and printed by Lee Diamond of Big Shoulders Realty (bigshouldersrealty.com).

Many Americans have a love-hate relationship with food. They love to eat it, but hate to see the result of it on their bodies. Some of these folks turn to Dr. Robert Atkins or Jenny Craig to help them deal with their food trouble. They give up generous slices of homemade sour cream fudge cake for meager servings of prepackaged, microwaved Oriental chicken. We are they for failing to realize that instead of changing how they eat, they could more happily change how they got around. If they could only get out of their cars and onto their bikes, they could chuck the lousy microwaved chicken! (And Atkins and Craig to boot!) They would recognize their need for better fuel and see that a piece of chocolate cake won't necessarily put on the pounds, but it will help turn the pedals. Keep on biking! Eat if you're hungry! -Karen Furlong



FOOD IS FUEL! LOSE THE CAR, NOT THE CAKE!

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FOOD IS FUEL! LOSE THE CAR, NOT THE CAKE!

Thursday, November 24, 1983 Record/Observer

How to cook a turkey?

Emmett Blair: Buy it and cook it in the oven at 2 degrees for 1 hour. See if it is done by sticking a toothpick in it. I would have tomatoes with my dinner and turkey pie for dessert.

Jeremy Griner: Go to the store and get a turkey, bring it home and put it in the freezer. Then take it out and put it on medium-high in the microwave for 1 second. It will have apple stuffing in it

and we will have potatoes and water with it for dinner. Kelli Jensen: Unwrap the turkey, put it the oven at 10 degrees, cook it for 15 minutes. Go play for awhile until it's done. Take it out and have potatoes, green beans and gravy with it. Have punch to drink. The girls get "girl pilgrim cookies," and the boys get "boy pilgrim cookies" for dessert, and Jello.

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Remove cookie with a spatula and flip it over in your hand. Place a fortune in the middle of the cookie. Fold the cookie in half over the fortune and then in half the other way.

Gently press folded cookie into a muffin tin. (The muffin tin helps the cookie keep its shape.)

Repeat until you're out of batter and/or fortunes.

Let cool for a bit then enjoy!

-willow naeco

(20)

Artichoke Bake

1 c. Parmesan, grated

1 c. mayo (you can experiment with a combo of mayo, sour cream, and butter to make a cup)

1 14 oz. can artichokes, drained and pulled apart into small pieces

Dash of garlic salt

Dash of Tabasco or cayenne pepper

Mix together and put in casserole dish. Bake at 350°F for about 20-30 minutes or until golden brown and bubbly. Serve with crackers.

-tripp3hill

(1)

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(1)

Vegan Fluffy Pancakes

1 c. white or wheat flour
1/8 t. salt
2 T. unrefined sugar
1 c. soy milk
2 T. baking powder
2 T. canola oil

Combine dry ingredients. Add the wet ingredients. Whisk until just mixed (leave some lumps). Add fruit (blueberries work great) or choco chips.

Heat up a griddle or good non-stick pan to medium heat. Adjust heat as needed so that pancakes don't burn. Use an oil spray before each batch. Use a ladle to pour the batter onto griddle.

(2)

Place level tablespoons of batter onto the cookie sheet, spacing them about 3 inches apart.

Using the bottom of the tablespoon, gently spread the tablespoons of batter out into 3-1/2" circles.

Bake for 14-15 min. until the outer 1/2" of each cookie turns golden brown. Remove from oven.

Put on some tight cotton gloves. (A pair of stretchy one size fits all gloves from a dollar store will work.)

DO THE NEXT STEP QUICKLY OR ELSE FOLDING BECOMES

DIFFICULT.

(19)

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Preheat oven to 300°F. Grease two 9x13" baking sheets and set out a couple of muffin tins.

In a medium bowl, lightly beat the egg whites, vanilla, almond, and vegetable oil until frothy, but not stiff.

Sift the flour, cornstarch, salt, and sugar into a separate bowl. Stir the water into the flour mixture.

Add the flour mixture into the egg white mixture and stir until you have a smooth batter. The batter should not be runny, but should drop easily off a wooden spoon. (18)

Watch batter bubble until it looks cooked around the edges. Check the bottoms to make sure they aren't burning.

Flip, leave on for 30 seconds or so, and then remove.

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-Sophia

Logan Bread

3 c. whole wheat flour
1-1/2 c. nuts
3 c. white flour
2 c. raisins
3 t. baking powder
1-1/2 c. oatmeal
1-1/2 c. brown sugar
2 t. salt
1 c. honey
2 c. margarine or butter
1/2 c. molasses
1 c. oil
1/2 c. powdered milk
1 c. soy or corn grits
6 eggs

Mix all ingredients. Stir well.

Pour into four 9x9" greased cake pans and bake at 350° F for 45 minutes. (4)

Fortune Cookies

This recipe will make about a dozen cookies so adjust the recipe according to how many fortunes you need. One 8-1/2x11" piece of paper will make forty 3-1/2x1/2" fortunes. Print the fortune on one side and lucky numbers on the other side. Cut your fortunes to size before making the cookies.

2 large egg whites

1/2 t. vanilla extract

1/2 t. almond extract

3 t. vegetable oil

8 T. all-purpose flour

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(17)

consistency; it'll be thick, but shouldn't stand on its own.

Add the beans and veggies. Keep simmering and stirring at least another 10 min. Thin with water, broth, beer, wine, whatever if necessary.

Taste and, if necessary, add salt or secret weapon spice array. Fish out bay leaf if you care.

Garnish and serve. Makes one helluva lot.

-Payton Chung

(16)

This bread is extremely rich and one piece is enough per meal. It is an excellent winter bicycling or camping bread because the high oil content prevents it from freezing like other breads.

Complementary portions are:

8-1/2 c. grains : 1 c. soy or corn grits

4-1/2 c. nuts : 1/2 c. milk powder.

-Karen Furlong

(5)

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1/2 pkg. Trader Joe's Jalapeno Jack rice cheese

1/2 pkg. Trader Joe's extra firm tofu

1-1/2 jars Trader Joe's Mario Batali sauce w. garlic and fennel

1 pkg. wheat or rice flour lasagna noodles

1/2 pkg. Trader Joe's chopped frozen spinach

Get out your Mouli grater and cut the cheese and tofu into chunks small enough to fit the grater.

Spray an oblong pan with cooking spray. Layer

tomato sauce first, then noodles, shredded tofu,

(6)

Roast bell peppers and tomatoes over an open flame; a gas burner works fine. Once roasted, cover while allowing cooling somewhat. Chop and toss into soup along with other veggies.

Is the squash done yet? Keep stirring. If serving

with rice, now's a good time to start the cooker,

because it's too late to make corn bread. (Given

the sweetness, though, you're better off with

rice. Couscous makes for an interesting contrast,

in a pinch.)

Dump squash and remaining peppers/spices in, simmering and stirring for 10-20 min. Watch the

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(15)

alongside squash. Roast corn about 20 min. then remove; let squash stay until it's easily stabbed with a fork (probably an hour). Husk and cut kernels from corn. Once squash is done, let cool (no rush), scrape out squash flesh, mash.

"Brown" the fake meat in oil in a huge and heavy (preferably cast iron) pan over medium heat with onion, garlic, jalapenos, and salt until onions are translucent.

Add reserved broth, beer, chili powder, bay leaf, and half of the assorted spices. Bring to a boil, simmer for a while, stir, and open another bottle of beer.

(14)

shredded rice cheese, more sauce, chipped spinach and repeat once more, followed by a third layer of noodles, tomato sauce, and whatever cheese you have left.

Cover with aluminum foil and bake at 350°F for 45 minutes or until it looks done. Don't forget to cover with foil because you haven't pre-cooked the noodles and they need the cover to make the tomato sauce soften them.

You can substitute any ingredient except the noodles and it's still lasagna. Try it. Serves 6.

-Kathy Schubert

(7)

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(7)

Chocolate Satin Frosted Sour Cream Fudge Cake

3 oz. unsweetened
1 t. salt
1 c. sour cream
chocolate
1-1/2 c. flour (a mix of
6 T. unsalted butter
wheat and white)
2 eggs
1-1/2 c. sugar
1 t. vanilla
1 t. baking soda
1/2 c. hot water/coffee

Melt chocolate. Sift together flour, sugar, baking
soda, and salt in large bowl. Add sour cream and
softened butter. Add melted chocolate, eggs,
vanilla, and hot water/coffee. Beat for two min.
Pour into two greased and floured 8x8" pans. Bake

at 350° F for 25 min.

(8)

Quantities as you please: seeded/diced jalapenos
and chipotles (or a really spicy paste), ground
chili powder (lots), oregano, salt, black pepper,
ground cayenne (red) pepper, cumin, paprika, bay
leaf, chopped scallions, random assorted spices, a
creamy garnish of your choosing.

Bring broth to boil; add fake meat, cut heat, let
stand 20 min. Drain completely, tamping out excess
liquid, reserve broth.

Heat oven to 350° F. Halve, seed, brush squash

with oil, and lay wounded side down on baking

sheet. Thoroughly rinse corn, remove silk, and lay

(13)

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(13)

Butternut Squash Chili

Olive oil

2 c. textured vegetable protein, "ground style"

4 c. veggie or mushroom broth

3 medium onions, chopped

Many cloves of garlic, pressed

A bottle of dark beer

Flesh of a large butternut (or buttercup) squash

3 c. reconstituted dry (or 2 15-oz. cans, drained)

black beans

Two ears of sweet corn, with husks

Bell peppers, tomatoes, tomatillos, etc. to taste

Other compatible veggies if you have 'em

(12)

1 c. evaporated milk or 1-1/2 c. sugar

heavy cream 6 T. unsalted butter

6 oz. unsweetened 1 t. vanilla

chocolate

Boil evaporated milk or heavy cream in small saucepan. Remove from heat and add chocolate, without stirring. Set aside for 10 min. Blend sugar with butter and vanilla until smooth. Add chocolate milk mixture and set aside until the frosting has thickened enough to spread.

If transporting cake by bike, bring extra frosting and a sense of humor since the cake will shift.

(9)

-Karen Furlong

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Santa says,
“BUY NOTHING!”

This holiday season, take Santa's advice and buy nothing! Instead, celebrate in a more thoughtful and meaningful way. Make handmade gifts that show your talents. Share food that you have invested your valuable time instead of money. Give photos that your friends and family will cherish long after the shopping craze is over. Pass on a copy of your favorite book that will outlast the hype of the latest fad. Give a gift that shows you care without buying into conspicuous consumption. Draw something, sew something, cook something, sing something, build something, make something, and buy nothing!



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