

Two Plant-Based Recipes from Chef Chay

Tuscan Vegetable Soup (Zuppa Toscana)

First is a vegan interpretation of a Tuscan vegetable soup that typically contains cream, bacon and spicy sausage. The heartiness of the potatoes, sausage, and mushrooms with the richness of the soup is meant to balance the delicate crispness of the kale and zucchini. All of it is brought together with the mouthwatering aroma and spiciness of the garlic, fennel, and red pepper.

Serves 3

Ingredients:

2 “Beyond” sausage links, Italian flavored (Tofurky and Field Roast are good alternatives; this recipe may also be used without processed plant-proteins for those who are gluten free)

3 cups of vegetable stock

1 ½ cups of plain soymilk (cashew milk or coconut cream also works as alternatives)

1 bundle of kale, chopped

1 large Russet potato coarsely peeled and cut into ½ inch rounds

1 Roma tomato, quartered

1 zucchini cut into rounds

1 bulb of garlic, minced

½ cup of brown mushroom, quartered

½ medium yellow onion, diced

2 tablespoons of vegan butter (or substitute for additional olive oil)

1 tablespoon of refined olive oil

1 tablespoon of red crushed pepper

2 teaspoons of a dried Italian herb blend (I blend my own crushed fennel, oregano, and basil and thyme)

1-2 teaspoons of salt to taste

1 teaspoon of crushed black pepper to taste

Instructions: In a large pot, melt the vegan butter and add in diced yellow onion and minced garlic until translucent over medium heat. Add olive oil, stir in red crushed pepper and quartered Roma tomato; the oil should adopt an orangish hue. Break apart the sausage links and be sure to stir frequently to avoid burning. Once the protein has become aromatic and slightly browned, add in the Italian herb blend and bring down flame to low (add in slightly more fennel if omitting vegan sausage). Add in the potatoes and zucchini, stir until nicely coated with the contents of the pot. Stir for 1-2 minutes before pouring in the vegetable stock. Once the soup reaches a slight simmer, add in the zucchini, followed by the soymilk. Stir occasionally until the potatoes have softened, about 10-12 minutes. Add in chopped kale and simmer for an additional minute before turning off flame. After 5 minutes of cooling, serve.

Citrus Kale Salad with Blood Orange

As for this citrusy kale salad, the natural bitterness of the kale is offset by soaking in the lemon juice, while the salt plays on the sweetness of the blood orange. The almonds, olive oil, raw onion, and balsamic vinegar is meant to add a buttery savoriness at the back of the tongue, which ties in all the flavorful ingredients of the salad as a whole.

Serves 3

Ingredients:

3 cups of chopped kale
1.5 - 2 sweet blood oranges
½ cup crushed almonds (optional)
¼ yellow or red onion, thinly sliced
1.5 tablespoons of lemon juice (¾ lemon)
1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
½ teaspoon salt
¼ teaspoon crushed black pepper

Instructions: In a mixing bowl, coat chopped kale with lemon juice. Let sit for 3-5 minutes for acids to break down kale before adding the thin onion slices. Add the olive oil and make sure everything is evenly coated. Pour in the balsamic vinegar, salt and pepper to taste, followed by the crushed almonds. Add peeled and largely chopped slices of blood orange. Serve and enjoy.

I hope to spark some joy with my food! – Chef Brandon

Chef Brandon's Chay Corner restaurant pop-up is located in the Lazi Cow ice cream and tea shop at 407 G St. #4 in Davis (@lazicowatdavis) at the far end of the Western Feed parking lot. Chay Corner will be filling take-out orders starting Saturday April 4 forward from 12pm to 9pm. Call (530) 746-2088 to place your order or email chaycorner@gmail.com. Our menu will be posted on Yelp, Instagram, Facebook and on the new Chay Corner website www.chaycorner.com (unveiling this week)!

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