

THE VEGETARIAN FLAVOR BIBLE



KAREN PAGE

PHOTOGRAPHS BY ANDREW DORNENBURG

JAMES BEARD AWARD—WINNING authors of **THE FLAVOR BIBLE**

eggs, e.g., poached
 endive
 fennel and fennel seeds
 frisée
 garlic
 greens, other salad, e.g., mesclun
 jicama
 lemon, e.g., juice, zest
 lettuce, Bibb
 mint
 mustard
 oils, e.g., nut, olive, peanut,
 walnut
 olives
 orange, e.g., juice, zest
 pears
 pepper
 radicchio
 radishes
SALADS
 salt
sandwiches
 shallots
 tarragon
 tomatoes
vinaigrette
 vinegar, e.g., balsamic,
 champagne, Pedro Ximénez
 sherry, sherry, wine
 walnuts
 yogurt

Flavor Affinities

lamb's lettuce + almonds + citrus
 + fennel
 lamb's lettuce + apples +
 clementines + endive + walnuts
 lamb's lettuce + beets + celery
 lamb's lettuce + beets + ricotta
 salata
 lamb's lettuce + garlic + yogurt

Dishes

Mesclun and Mâche Salad:
 Spring Vegetables, Mustard
 Vinaigrette, Crudités
 — DANIEL (New York City)

• LETTUCE, ROMAINE

Season: spring – autumn

Flavor: bitter/slightly sweet,
 with a crisp, crunchy texture

Volume: quiet

Nutritional profile: 67% carbs
 / 18% protein / 15% fats

Calories: 10 per 1-cup serving
 (raw, shredded)

Protein: 1 gram

Techniques: braise, grill, raw,
 sauté

Tips: To add a note of the sea
 in Caesar salads, try nori strips,
 or for a pungent salty note, try
 capers.

almonds, e.g., sliced

apples

AVOCADO

basil

beans, black

beets

bell peppers, e.g., green, red

bread, e.g., croutons

buttermilk

capers

carrots

cayenne

celery

Flavor Affinities

romaine + almonds + avocado + carrots + smoked tofu + tomatoes
 romaine + apples + celery + lime + raisins + walnuts
 romaine + avocado + lime
 romaine + avocado + pumpkin seeds
 romaine + blue cheese + pears + walnuts
 romaine + carrots + cucumbers + dill + feta cheese
 romaine + chickpeas + cucumbers + feta cheese + olives + red onions
 + tomatoes
 romaine + dill + garlic + lemon + scallions
 romaine + dill + olive oil + red wine vinegar + scallions
 romaine + Dijon mustard + lemon + olive oil + scallions
 romaine + feta cheese + tomatoes
 romaine + garlic + lemon
 romaine + Gorgonzola cheese + walnuts
 romaine + lemon + Parmesan cheese
 romaine + pears + sherry vinegar + walnuts

CHEESE, e.g., blue, feta,
 Gorgonzola, Monterey Jack,
 mozzarella, **PARMESAN**, queso
 fresco, Stilton
 “cheese,” nut, e.g., pinenut,
 pumpkin seed – macadamia
 “Parmesan”

chervil

chickpeas

chiles, e.g., jalapeño, serrano

chives

cilantro

corn, corn chips, and corn
 tortillas

croutons, e.g., whole-grain

CUCUMBERS

dill

eggs, e.g., boiled, hard-boiled,
 yolks

frisée

GARLIC

ginger

grapefruit

jicama

leeks

LEMON, e.g., juice, zest

lime, e.g., juice, zest

lovage

mangoes

mayonnaise, e.g., vegan

miso, e.g., barley, white
 mushrooms, e.g., shiitake
MUSTARD, e.g., creamy Dijon,
 powdered
 nori
OIL, e.g., canola, **OLIVE**, sesame,
 vegetable
olives, e.g., kalamata, niçoise
ONIONS, e.g., green, red
 oranges
parsley
 pears
 pecans
pepper, e.g., black, white
 pistachios
 pomegranates
 potatoes, esp. new
 raisins
 salad dressings, e.g., Caesar,
 vinaigrette, yogurt
SALADS, e.g., **CAESAR**, *chopped*,
Greek, *green*
salt, e.g., kosher, sea
sandwiches
scallions
 seeds, e.g., pumpkin, sesame,
 sunflower
 shallots
 shiso
 soy sauce

sprouts
 tahini
 tamari
tarragon
 tempeh
 thyme
tofu, e.g., silken, smoked, soft
TOMATOES and sun-dried
 tomatoes
 umeboshi paste
VINEGAR, e.g., balsamic,
 champagne, cider, red wine,
 rice wine, sherry, tarragon,
 white balsamic
walnuts
 watercress
Worcestershire sauce, vegetarian
yogurt

 “Our popular ‘raw taco’
 substitutes a leaf of **romaine**
 for a taco shell, and is filled
 with sprouted and pureed
 walnuts that have been seasoned
 with jalapeño, cilantro, bell
 peppers, and cayenne and served
 with guacamole, cashew
 ‘Parmesan’ cheese, and fresh
 scallions.”
 — AMI BEACH, G-ZEN (BRANFORD, CT)

• LIMES (e.g., JUICE, ZEST)

Flavor: bitter/sour/sweet, and a very juicy texture

Volume: moderate

Nutritional profile: 86% carbs / 8% protein / 6% fat

Calories: 20 per lime

Botanical relatives: grapefruit, kumquat, lemon, orange

Tip: Grind dried limes to make a powder that can be sprinkled on dishes like a spice.

almonds

apples

apricots

arugula

AVOCADOS

baked goods, e.g., *pies*, *tarts*

bananas

basil

bell peppers

berries, e.g., blackberries,

strawberries

beverages, e.g., *limeade*, *margaritas*,
mojitos

broccoli

caramel

carrots

cheese, e.g., cotija

CHILES, e.g., chipotle, jalapeño,
 serrano; and chili powder

CILANTRO

COCONUT and **COCONUT**

MILK

coriander

corn

cucumbers

cumin

drinks, e.g., *margaritas*

fruits, esp. tropical

garlic

ginger

graham crackers

grapes

guacamole

Dishes

Chopped Romaine Salad with Smoked Tofu and Almonds

— Gobo (New York City)

Laughing Seed Salad: Romaine Lettuce, Spring Mix, Grated Carrots and Red Cabbage,
 Cherry Tomatoes, Red Bell Peppers, Cucumbers, Red Onion, Fresh Corn, Blanched Broccoli,
 Mung Bean Sprouts and Clover Sprouts, topped with Sunflower and Pumpkin Seeds
 — Laughing Seed Café (Asheville, NC)

Insalata di Lattuga Romana: Baby Romaine Lettuce with Beets, Goat Cheese, Marcona
 Almonds, and Citrus Vinaigrette
 — Le Verdure (New York City)

Baby Romaine Salad: Olive, Mustard, Buttermilk, Lemon, Parmesan, Duck Yolk
 — Rowland's Restaurant at Westglow (Blowing Rock, NC)

Grilled Romaine Heart, French Lentils, Roasted Tomatoes, Mustard, Croutons
 — True Bistro (Somerville, MA)

Dishes

Tasting of Fennel with Zaatar: Saffron-Tomato Relish, Garbanzo Bean
— DANIEL (New York City)

za'atar + olive oil + pine nuts + yogurt
za'atar + olive oil + pistachios + quinoa

“I make my own **za'atar spice mix** with marjoram, sesame seeds, sumac, oregano, and thyme, which I'll dry out on sheet trays. I'll use it as an accent on cornmeal flatbread with onion and rosemary — or as a good garnish for falafel. You can also add mint and sprinkle on fava beans.”

— CHARLEEN BADMAN, FnB
(SCOTTSDALE, AZ)

• ZUCCHINI (see also SQUASH, SUMMER)

Season: summer

Flavor: sweet, with notes of butter, cream, cucumber, and/or nuts, and a soft, tender texture

Volume: quiet – moderate

Nutritional profile: 73% carbs / 18% protein / 9% fats

Calories: 20 per 1-cup serving (chopped, raw)

Protein: 2 grams

Techniques: bake, boil, broil, deep-fry, fry, grate, grill, marinate, pan-roast, raw, sauté, shave (e.g., on mandoline, into pappardelle), spiralize, steam, stir-fry, stuff

Tips: Shave raw zucchini thinly lengthwise on a mandoline for salads or to use as “pasta.” Eat the peel, too, which is an excellent source of fiber.

Botanical relatives: squash, summer and winter

almonds

apples

artichokes

arugula

asparagus

baked goods, e.g., breads, cakes, muffins, quick breads

BASIL and Thai basil

beans, e.g., fava, green, kidney

bell peppers, e.g., green, red, esp. roasted

bread crumbs

bulgur

butter

capers



“carpaccio”
carrots
 cayenne
CHEESE, e.g., cheddar,
 FETA, Fontina, goat, Gruyère,
 mozzarella, **PARMESAN**,
 pecorino, **RICOTTA**, ricotta
 salata, Romano, sheep’s milk,
 Swiss
 chervil
 chickpeas
chiles, e.g., ancho, green,
 poblano; chili pepper flakes and
 chili powder
chips, vegetable
chives
cilantro
 cinnamon
 citrus
coconut milk
corn
couscous
 curry powder and *curries*
DILL
eggplant
eggs, e.g., *frittatas, omelets,*
 quiches, scrambled
GARLIC
ginger
gratins
 hazelnuts
“lasagna,” made with zucchini
 strips instead of noodles
 leeks
LEMON, e.g., juice, zest
 lime, e.g., juice, zest
marjoram
 mascarpone
 millet
MINT
mushrooms, e.g., cremini
noodles, Asian, e.g., kelp, rice
 nutmeg
OILS, e.g., grapeseed, hazelnut,
 OLIVE, pecan, sunflower,
 walnut
olives, e.g., black
onions

orange, e.g., fruit, juice
oregano
parsley
PASTA, e.g., *farfalle, fettuccine,*
 lasagna, linguini,
 orecchiette, penne, rigatoni
 pecans
pepper, e.g., black, white
pesto
pilafs
PINE NUTS
 pistachios
pizza
 polenta

potatoes
 pumpkin
quinoa
raisins
ratatouille
rice, e.g., brown
risottos
rosemary
sage
salads, e.g., raw zucchini
 salt, e.g., kosher, sea
sauces
SOUPS, e.g., *potato, tomato,*
 vegetable, zucchini

Flavor Affinities

zucchini + arugula + lemon + olive oil + Parmesan cheese
zucchini + balsamic vinegar + eggplant + tomatoes
zucchini + basil + capers + olives
zucchini + basil + garlic + olive oil + Parmesan + pistachios
zucchini + basil + lemon + ricotta cheese
zucchini + basil + nuts (e.g., almonds, pine nuts, pistachios) +
 Parmesan cheese
zucchini + basil + risotto + tomatoes
zucchini + bell peppers + eggplant + garlic + parsley
zucchini + chiles + cilantro + corn + garlic + tomatoes
zucchini + chili pepper flakes + marjoram + yogurt
zucchini + cinnamon + nutmeg + nuts + raisins + vanilla
zucchini + citrus + mint
zucchini + coconut + curry + tofu
zucchini + coconut + ginger
zucchini + dill + feta cheese + lemon + mint
zucchini + feta cheese + garlic + parsley
ZUCCHINI + GARLIC + LEMON
zucchini + garlic + lemon + mascarpone + nutmeg + parsley + pasta
zucchini + garlic + mint + olive oil + vinegar
ZUCCHINI + GARLIC + OLIVE OIL + oregano + Parmesan cheese +
 tomatoes
zucchini + ginger + orange + tofu
ZUCCHINI + LEMON (+ mint) + PARMESAN CHEESE
zucchini + lemon + mint + pine nuts + yogurt
zucchini + lemon + olive oil + ricotta + thyme
zucchini + lemon + olives + oregano
zucchini + marjoram + ricotta cheese + tomatoes
zucchini + mint + rice noodles
zucchini + mushrooms + polenta
zucchini + nutmeg + Parmesan cheese + parsley
zucchini + pine nuts + raisins + rice

spinach
 stews
 stir-fries
 tagines
 tahini
 tamari
 tapenade
 tarragon
 tempura
 thyme
 tofu
TOMATOES and sun-dried
 tomatoes
 vanilla
 veggie burgers (e.g., zucchini +
 almonds)
 vinegar, e.g., balsamic,
 champagne, red wine, sherry,
 white wine

walnuts
 yogurt
 zucchini blossoms
zucchini, *stuffed*, e.g., with
 couscous, mushrooms, pine
 nuts, raisins, rice, ricotta

*“Zucchini shaved on a mandoline
 into pappardelle, and marinated
 in lime juice, olive oil, and salt,
 makes a very silky vegetable
 pasta. If it’s grilled when raw, it
 cooks unevenly and tends to turn
 to mush — but if you roast it first
 to al dente, and just flash it on the
 grill, it helps it maintain its
 integrity.”*

— RICH LANDAU, VEDGE (PHILADELPHIA)

Dishes

Zucchini Cake with Cream Cheese Frosting and Candied Limes

— ABC Kitchen (New York City)

**Raw Zucchini Rolatini: Basil Cashew Cheese Filling, Chive Oil Sesame Sunflower
 Sprouts, Avocado**

— Blossom (New York City)

**Raw Pesto Linguini: Ribbons of Raw Zucchini, Walnut-Basil Pesto, Marinated Mushrooms,
 Cherry Tomatoes, and Cashew Ricotta**

— The Butcher’s Daughter (New York City)

**Live Zucchini Enchiladas: Cashew Cheese, Spinach, Guacamole, Chipotle-Tomato Sauce,
 Cashew Sour Cream, Pumpkin Seeds, Baby Romaine, Cucumber-Tomato Salsa**

— Candle 79 (New York City)

**Tostadas de Frijol y Calabaza: Smashed White Beans and Roasted Zucchini on a Fried
 Tortilla with Green Cabbage, Jalapeno Relish, Crema, and Cilantro**

— El Parador Café (New York City)

**Flourish Veggie Roast Vegetable Pot Pie with Roasted Zucchini, Red Bell Peppers, Onions,
 and Eggplant stewed with Tomato, Spinach, Garlic, and Fresh Basil**

— Flourish Baking Company (Scarsdale, NY)

**Zucchini Pappardelle: Squash Blossom Tempura filled with Tofu Ricotta, Basil Pesto,
 Preserved Tomato**

— Plume (Washington, DC)

ZUCCHINI BLOSSOMS

Season: summer

Flavor: notes of zucchini, with a
 very delicate texture

Volume: quiet

Techniques: bake, braise, deep-
 fry, fry, poach, sauté, steam, stew,
 stuff

basil

beans

beets, e.g., yellow

bell peppers, e.g., red, yellow

bread crumbs

capers

celery

CHEESE, e.g., feta, goat,

mozzarella, **PARMESAN**,

RICOTTA, sheep’s milk, soft

chiles, e.g., poblano

chives

cilantro

corn

dill

EGGS, e.g., *frittatas*, *omelets*

epazote

French cuisine

GARLIC

grains

gratins

herbs

Italian cuisine

lemon

marjoram

Mediterranean cuisines

Mexican cuisine, e.g., *quesadillas*,

soups

mint

nutmeg

OIL, OLIVE

olives, e.g., French, Italian

onions, e.g., white

orange, e.g., juice, zest

oregano

parsley

pastas, e.g., *fettuccine*, *gnocchi*,

linguini, *pappardelle*