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*A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul.*

**August 2017**

**TASTE OF THE SEA, PART 2: Entrée Ideas**

**Fried Calamarata with Marinara Sauce**

**Spaghetti with Red "Clam" Sauce**

**Vegetarian French Chef's Salad**

Last month I shared first course ideas for vegetarians who want to explore a "taste of the sea." The following recipes can be the centerpiece of your meal. One of the complaints of many, especially young cooks, who embark on a meatless lifestyle is that they are eating the same food repeatedly. I understand. My choice of a lacto-ovo lifestyle was in some ways influenced by the prospects of the narrowing of choices that veganism imposed. The only way to satisfy the adventurer in all of us is to gradually expand your repertoire and these recipes will help in that department.

## FRIED CALAMARATA WITH MARINARA SAUCE

# *Calamarata con Salsa Marinara*

TPT - 1 hour and 37 minutes;  
1 hour = refrigeration period

*Today they are floating the idea of the mass breeding of crickets, grasshoppers, meal worms, and the like to provide a sustainable source of protein for our growing world population. A wholly unsuccessful attempt in the 1970s to promote squid in the United States was envisioned to be the new American protein source. Interesting recipes from Asia and from countries which border the Mediterranean were introduced in magazines by enthusiastic chefs. They cooked squid whole, they grilled them, and they stuffed them but they did not generate the enthusiasm they had hoped for in this country. Cutting the tentacles into rings to include in salads and stir-fries was a bit more successful. One popular way of preparing squid was to cut the squid into rings, coat them in batter, deep-fry them, and serve them with a spicy tomato-based sauce. It appeared on the menus of hip restaurants for years and aficionados would seek out this pleasure. I have found the large ring shaped pasta, calamarata, to be a useful tool when I want to re-explore those squid recipes. It takes on a taste of the sea when it is cooked in a sea broth and it is just chewy enough to suggest the texture of squid. Garlic mayonnaise is a popular dipping sauce in Spain for fried calamari but a well-seasoned pasta sauce, such as a marinara sauce, is also perfect.*

**1 quart boiling SEA BROTH\***  
**1/3 pound calamarata pasta**

**1/4 cup fat-free pasteurized eggs (the equivalent of 1 egg)**

**1/2 cup dry breadcrumbs**  
**1 tablespoon grated pecorino Romano cheese**

**High-heat safflower or sunflower oil for deep-frying**

**Salt, to taste**

**1 cup warm FRESH MARINARA SAUCE (*Salsa Marinara*)\*\***  
**or other tomato-based sauce of choice**  
**1/4 cup cannellini beans—well-drained**

In a large kettle, set over *MEDIUM-HIGH* heat, cook *pasta* in *boiling* sea broth for the time directed on the *pasta* package. Plunge into cold water to stop further cooking. Drain well.

Using a scissors, cut each *pasta* ring in half to form two narrow rings. Place in a soup plate. Add pasteurized eggs. Toss to coat *calamarata* well.

Pour breadcrumbs and grated cheese into a small plastic bag. Scoop egg-coated *pasta* into the bag. Toss to coat *pasta* well. Refrigerate for at least 1 hour.

In a small saucepan set over *LOW* heat, heat *marinara* sauce and beans.

Heat oil for deep-frying to 375 degrees F.

Deep-fry breaded *calamarata*, a handful at a time, until lightly browned. Transfer to several layers of paper toweling to absorb excess oil.

*Serve at once* with the warm *marinara* and bean sauce.



Yields 4 servings  
adequate for 2-3 people

Notes: \*A simple sea broth recipe appears on p. 411 of volume II of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*. It is very easily made and requires little more than water and a dried sea vegetable such as *kombu*.

\*\*My *marinara* sauce can be found on p. 682 of volume II of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 9.6 g.; FAT = 7.0 g.; CARBOHYDRATE = 43.9 g.;  
CALORIES = 271; CALORIES FROM FAT = 23%

## SPAGHETTI WITH RED “CLAM” SAUCE

# *Spaghetti al Sugo Rosso di Vongole*

TPT - 2 hours and 31 minutes;  
2 hours = mushroom soaking period

*We grew up when all pasta was called macaroni, especially in Italian-American homes; the longer threads, thick or thin, were further categorized as spaghetti, just spaghetti . . . period! White and red clam sauces were classic sauces for the spaghetti or the linguini or the angel hair or even the fettucini. We still enjoy this dish but in an age of ocean pollution we have reworked it so that fresh coastal clams are not required. It may well appeal even to those who have not made the commitment to vegetarianism.*

**1 cup SEA BROTH\***

**1 inch dried *Kombu* sea vegetable—well-rinsed**

**1/3 cup chopped dried mushroom kibble\*\***

**1 1/2 tablespoons *extra virgin* olive oil**

**1 garlic clove—*very finely* chopped**

**1/2 cup canned, *diced* tomatoes—well-drained**

**Several dashes ground red pepper (cayenne)**

**1 1/2 teaspoons freshly squeezed lemon juice**

**4 quarts *boiling* water**

**1/2 pound high protein *or* whole wheat spaghetti**

**2 tablespoons shredded fresh basil**

**1 tablespoon light cream *or* half and half**

**Grated Parmesan cheese**

In a saucepan set over *MEDIUM* heat, heat sea broth and seaweed until it just begins to boil. Remove from heat.

Add mushroom kibble. Cover and allow mushrooms to soak for 2 hours. Remove sea vegetable. Set aside briefly.

In a saucepan set over *LOW-MEDIUM* heat, heat oil. Add *very finely* chopped garlic. Sauté for several minutes, *being careful not to allow garlic to brown*.

Add *diced* tomatoes, ground red pepper (cayenne), lemon juice, and soaked mushrooms and the liquid in which they were soaked. Allow to simmer gently, reducing by about one-third. *Reduce heat to LOW*.

Add cream. Stir. Allow to heat through while preparing spaghetti.

Cook spaghetti in *boiling* water according to package directions. Drain well. Turn into a heated serving bowl. Pour sauce over spaghetti. Sprinkle shredded basil over.

*Serve at once* into soup plates. Pass grated cheese.

Yields 4 servings  
adequate for 2 people

Notes: \*My sea broth recipe, which appears on p. 411 of volume II of *A Worldwide Vegetarian Journey to Discover the Foods That Nourish America's Immigrant Soul*, is a simple, easily prepared sea vegetable stock which can be canned in a water-pack canner or frozen. It is an invaluable tool in my "taste of the sea" adventures and a perfect broth for a simple Asian soup.

\*\*Mushroom kibble is also a useful product. It is easily prepared for your larder. Dice well-cleaned and trimmed mushrooms. Spread out on a baking sheet and place in a preheated 200 degree F. oven. Turn the oven off and allow the mushrooms to dry. When absolutely dry, put into a canning jar and store until required. An even easier preparation is to dehydrate them in a dehydrator. When I buy a quantity of mushrooms, even if I want to fry or roast them, the stems are reserved for dehydration to be used for dishes like this. Sitting there on a shelf in the pantry room they are ready when I am ready for them.



This recipe can be doubled, when required.

1/4 SERVING (exclusive of grated cheese) –  
PROTEIN = 7.6 g.; FAT = 5.6 g.; CARBOHYDRATE = 43.7 g.;  
CALORIES = 265; CALORIES FROM FAT = 19%

## VEGETARIAN FRENCH CHEF'S SALAD

### *Salade Niçoise*

TPT - 17 hour and 45 minutes;  
8 hours = *tofu* freezing period;  
1 hour = *tofu* defrosting period;  
8 hours = *tofu* pressing period

*A favorite Manhattan haunt of ours, when we were in the City, was a restaurant that specialized in soup, sandwiches, and salads. There were times when we just stopped in for a bowl of hot soup to warm the soul and the body and there were summer days when we would cross east through the park from a museum and tear into a great big salad bowl of Salade Niçoise. After the change in our lifestyle, the tuna and the anchovies in the original salad eliminated this as an option but the following variation brings this salad to our*



*table often.*

*If you wish to go vegan, just eliminate the eggs.*

**TOFU “TUNA” PREPARATION:**

**1/2 package (i. e., about 5 ounces) *extra firm silken tofu***

**2 teaspoons *tamari* soy sauce**

**1 teaspoon freshly squeezed lemon juice**

**1/4 teaspoon kelp powder *or* ground sea vegetable**

**Freshly ground black pepper, to taste**

**MUSTARD *VINAIGRETTE*:**

**3 tablespoons *extra virgin* olive oil**

**2 tablespoons red wine vinegar**

**1 tablespoons garlic oil**

**1 teaspoon *country style, coarse-grained Dijon* mustard**

**Salt, to taste**

**Freshly ground black pepper, to taste**

**1/8 teaspoon *fresh* thyme leaves**

**1/8 teaspoon *fresh* basil leaves**

**1/8 teaspoon *fresh* French tarragon leaves**

**4 cups chopped romaine lettuce—well-rinsed and dried**

**2 mini red bell peppers—cored, seeded, and cut into strips**

**1/2 rib celery—*thinly* sliced**

**1/2 medium cucumber—peeled and *thinly* sliced**

**2 small Campari tomatoes—coarsely chopped**

**2 tablespoons *frozen* peas—*uncooked, but brought to room temperature***

**Salt, to taste**

**Freshly ground black pepper, to taste**

**2 hard-cooked eggs—peeled and cut into wedges**

**8 pitted *Kalamata* olives**

Freeze the package of *tofu* overnight.\*

In the morning, bring the frozen *tofu* to room temperature. Remove the frozen *tofu* from the package and wrap it in several cotton tea towels. Place a bread board on top and allow the *tofu* to drain for an additional 8 hours. Change the towels when they become too wet. Refrigerate, wrapped in towels, until required.

Cut the *tofu* block in half, saving one-half for another use such as tuna salad or an appetizer spread. Tear the remaining five-ounce chunk of *tofu* into chunks resembling canned tuna. Add soy sauce, lemon juice, seaweed powder, and black pepper. Toss to coat the “tuna.” Refrigerate for at least 30 minutes, gently stirring occasionally to insure even marination.

Meanwhile, prepare the mustard *vinaigrette* by combining olive oil, red wine vinegar, garlic oil, *Dijon* mustard, salt, and pepper in a cruet. Shake well. Set aside.

Place the fresh thyme, basil, and tarragon on a cutting board. Cut quite fine. Reserve until required.

In a large salad bowl or soup tureen, combine chopped lettuce, red pepper strips, celery and cucumber slices, chopped tomato, *defrosted* peas, salt and pepper. Toss well. Add marinated “*tofu* tuna” chunks. Toss again. Add *finely* chopped herbs. Toss again.

Arrange egg wedges on top and scatter olives over.

*Serve chilled* onto dinner plates. Accompany with prepared mustard *vinaigrette*.

Yields 4 generous servings  
adequate for 2-3 people

Notes: \*If you keep a package of *tofu* in the freezer, this recipe can really fit into your schedule quite well.

This recipe can be doubled, when required.

1/4 SERVING – PROTEIN = 7.0 g.; FAT = 15.4 g.; CARBOHYDRATE = 4.6 g.;  
CALORIES = 186; CALORIES FROM FAT = 74%



*This month we made some changes to the classic Salade Niçoise  
but kept the traditional hard-cooked egg wedges.  
Next month I thought we might explore the hard-cooked egg a bit more.*

*Do drop by,*

*Judy*

Please note that all food value calculations are approximate and not the result of chemical analysis.

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