

# Glossary of Unusual Ingredients

*Unusual, yes, but not hard to find. If local stores don't carry them, try The Mail Order Company (<http://www.healthy-eating.com/>)*

**Cashews, raw:** Used in some recipes to give body and texture. Do not use roasted cashews instead. Will keep indefinitely in the freezer. Available from natural food stores or Indian groceries.

**Chipotles:** A chipotle (chi-POTE-lay) is a dried, smoked jalapeño pepper, available in some grocery specialty sections or from Latino markets. Lends a smoky taste (and a bit of heat) to a dish. No substitutions allowed.

**Couscous:** Middle Eastern pasta consisting of small grains of semolina. Available from most grocery stores.

**Miso:** A salty paste made from soybeans and other grains, used primarily as a seasoning. Miso ranges from dark and strongly-flavored to light, smooth and delicately-flavored. Keeps several months in the refrigerator, tightly covered. Available from most grocery stores and Oriental markets.

**Nutritional Yeast:** Nutritional yeast is grown as a food crop, and is easily recognized by its light yellow color and flaky texture. Prized for its cheesy taste and high nutritional content, it's an inactive yeast, which renders it more digestible. It is *not* the same thing as brewer's yeast or baking yeast or torula yeast, and none of those should ever be substituted in a recipe calling for nutritional yeast. Available from natural food stores.

**Silken Tofu:** Japanese-style tofu, sold in small aseptic-packaging boxes. Especially good for sauces and dips. Available from most grocery stores and Oriental markets.

**Tahini:** A smooth paste made from sesame seeds. Also called sesame butter. Refrigerate after opening to prevent rancidity. *Joyva* brand tahini is available from most grocery stores. Other brands can be found in Indian or Middle Eastern groceries.

**Tofu Mayonnaise:** Regular mayonnaise may be used in recipes calling for this, but the resulting dish won't be vegan. Available from some grocery stores and natural food stores.

**TVP:** Textured Vegetable Protein (TVP) is made from the part of soybeans left over after the oil is extracted. High in protein and almost fat-free, it comes in a wide variety of sizes and shapes. Granules or flakes can be used in recipes such as chili or soups that call for ground meat (just toss it in dry and add a little extra liquid—one cup for each cup of TVP).

The larger chunks are good in stews and stir-fries, and should usually be reconstituted before using. To prepare TVP chunks, bring to a boil 3 cups of water, 3 Tbsp. ketchup or tomato paste, 3 Tbsp. soy sauce and 1 Tbsp. nutritional yeast (optional). Add 1½ cups TVP chunks, reduce the heat and simmer, covered, for 15 to 30 minutes, depending on how tender you like them. Store in the broth, refrigerated or frozen, until ready to use.

Available from natural food stores.