



ORANGE-PARSNIP LOAF CAKE with Rosemary

8 servings
8 oz. (200 g) parsnips
5 oranges
9 oz. (250 g) unsalted butter, softened
1 cup + 3 tbsp. (250 g) sugar
1 pinch of ground vanilla bean (or 1 tsp. vanilla extract)
1 pinch of salt
3 eggs
1 ½ cups (250 g) gluten-free flour mix
2 tsp. baking powder
1 cup (250 g) almond whipping cream (or similar)
3–4 sprigs of rosemary
2 tsp. bee pollen or grated coconut

With its slightly spicy flavor, parsnip might not be the most obvious ingredient for a cake, but trust us: it's quite delicious. This parsnip cake with oranges and rosemary is easy to prepare and lightens up any gray winter day. The sparkling taste of oranges, in particular, brings a bit of sunshine to the table.

The cake's ingredients are humble but its bright flavors, gorgeous orange color, and delectable toppings make it a truly festive treat. We like to use an almond whipping cream with a rich, thick consistency, but you can replace it with dairy or another vegan whipping cream of your choice. @

Preheat the oven to 360°F (180°C). Grease and flour a loaf pan. Wash the **PARSNIPS** thoroughly, peel if needed, and grate one half coarsely and the other half finely. Rinse 2 **ORANGES** with hot water, pat to dry, and zest; 1 tbsp. orange zest is needed. Juice the 2 oranges. Set aside the grated parsnip, zest, and orange juice.

Beat the softened butter together with the sugar, vanilla, and salt for at least 5 minutes, until the mixture is light and fluffy. Add 1 egg at a time, beating for 20–30 seconds each. Blend together the flour mix and baking powder. Sift the flour mixture in 2 portions into the butter-sugar mixture and stir in with a silicone spatula, stirring in 5 tsp. orange juice and the zest in between the portions. Finally, add the grated parsnip. If the batter is slightly stiff, stir in a few more tablespoons of orange juice. Pour the batter into the loaf pan and bake for 60–70 minutes—the **CAKE** is done when a toothpick inserted into the center comes out clean. Turn off the heat and prop the oven door open with a wooden spoon, allowing the cake to cool slowly for 30 minutes.

Carefully turn the cake out onto a plate. Beat the almond cream to a whipped cream consistency and spread it over the cake. Cut large strips of zest from the third orange, then cut the remaining orange into smaller slices. Arrange the orange peel and slices across the top of the cake and decorate with **ROSEMARY** and bee pollen or grated coconut.

205 WINTER

A YEAR WITH OUR FOOD STORIES

Gluten-Free Seasonal Fare

Editors: gestalten & Our Food Stories
Features: Full color, hardcover, stitch bound, 240 pages, 21 x 26 cm, 8 ¼ x 10 ¼ inches
Price: € 35 (D) £ 35 \$ 50 (US)
ISBN: 978-3-96704-073-9



Uncover the beauty of the changing seasons through a wide range of delicious, gluten-free recipes!

Quality food has the ability to awaken our senses, a concept well-known to photographer and food-stylist-turned cooks, Laura and Nora. Through *Our Food Stories*, the pair have made it their mission to attain these delights through gluten-free, vegetarian, and healthy cooking, supporting the opinion that where we eat matters just as much as what. When Laura and Nora lay out a table, the centerpiece and the dishes intertwine to provide a new found connection and appreciation for the ever-changing offerings of nature.

Bursting with delicious recipes built upon seasonal ingredients, *A Year With Our Food Stories* is fundamentally a cookbook, however it offers so much more. Stunning visuals of kitchens, tables set up by cozy fires, or picnic blankets laid out on flowery meadows provide inspiration on how best to reflect the varying flavors of the seasons in the settings within which we consume them. This is a book for food lovers, with an appreciation for taste in all its forms.

OUR FOOD STORIES

is one of the most popular contemporary food blogs. Founded by photographer Laura Muthesius and food stylist Nora Eisermann, their Food Stories journey began when they struggled to find a cake that was both delicious, and gluten free. With a passion for cooking and interior design, they share their recipes and visual inspiration for the kitchen and the home to more than a million followers worldwide.

BLUEBERRY PANCAKES

12 small pancakes

PANCAKE BATTER

1 ½ cups (250 g) butter, unsalted
2 eggs
1 tsp. sugar
1 pinch of salt

1 pinch of ground vanilla bean (or 1 vanilla extract)

¾ cup + 1 ½ tbsp. (200 ml) oat or milk or plant milk

1 ½ cups (200 g) buckwheat flour or similar

1 tsp. baking powder

1 cup (250 g) blueberries

coconut oil (or butter) for frying

TOPPING

yogurt (or coconut whipped cream (or similar))

1 handful of blueberries

maple syrup or honey

grated coconut as needed

Nothing could be cozier than breakfast in bed on a Saturday morning, complete with sweet blueberry pancakes and snug, warm blankets.

At moments like these, life feels soft and cozy—just like our pancakes.

For simplicity's sake, we use frozen blueberries but in season, you can use fresh ones, too, of course. We love to top our pancakes with coconut yogurt and maple syrup, but don't let us hold you back. @

Melt the butter and let it cool briefly. Separate eggs. Beat the egg whites until they are semi-stiff, then add the sugar and beat for 2 minutes.

Beat the egg yolks together with the salt and vanilla for 1 minute, until creamy, then fold in the butter, followed by the milk. Mix together the buckwheat flour and baking powder and stir in with a whisk or silicone spatula. Fold in the egg whites, then the **BLUEBERRIES**.

Fry the **PANCAKES** in coconut oil (or butter) over medium heat until gently browned, turning once. Serve with a bit of **TOPPING**, blueberries, grated coconut, and maple syrup or honey.

116 SUMMER



114 SUMMER



SWEET POTATO AND CHICKPEA QUICHE with Quinoa Crust

8 servings
QUINOA CRUST

1 cup + 3 tbsp. (200 g) quinoa

1 egg

1 tsp. salt

FILLING

7 oz. (200 g) sweet potato, peeled

1 tbsp. olive oil

2 spring onions

1 ½ cups (200 g) cooked chickpeas

1 ½ cups (250 g) cooked oats

1 cup (250 g) cooked peas

¾ cup + 1 ½ tbsp. (200 ml) coconut milk

4 eggs

juice of ½ lemon

2 garlic cloves, pressed

1 tsp. salt

1 tsp. ground cumin

1 tsp. honey

1 tsp. ground coriander

1 pinch of pepper

TOPPING

marjoram (or other herbs)

When Germany's gray and rainy winter days set in, we love to bring color to the table, and this vibrant, healthy quiche is a sure pick-me-up.

Thanks to the quinoa, chickpeas, and egg, it's also rich in protein and will keep you satisfied and full of energy. When we're pressed for time, we use pre-cooked vegetables and chickpeas. Free from salt and other additives, Orange sweet potato, cumin, and coriander give the quiche extra brightness and spark. @

Preheat the oven to 435°F (220°C).

Cook the **SWEET POTATO** according to the package instructions and allow it to cool.

Peel the sweet potato, cut into slices about ¼ in. (7 mm) thick, and cut the slices in half. Place the **SWEET POTATO** slices on a baking sheet lined with parchment paper and brush or drizzle with 1 tbsp. olive oil. Bake for 20 minutes, remove from the oven, and reduce heat to 355°F (180°C).

Mix the quinoa with egg and 1 tsp. salt and spoon into a greased-to-in, flat-oval tart pan, pressing the quinoa mixture down firmly on the bottom and sides of the pan. Prebake the crust at 355°F (180°C) for 15 minutes.

Meanwhile, cut the spring onions into long pieces or slices, as preferred.

Rinse the **CHICKPEAS**, oats, and peas and mix together.

For the **QUICHE FILLING**, stir the coconut milk with a mixing bowl + 1 ½ tbsp. salt. Beat gently in a small whisk, stirring until it becomes uniform. Beat the **EGGS** (over hot) coconut milk with the eggs, lemon juice, salt, pepper, cumin, coriander, garlic, and honey.

When the quinoa crust comes out of the oven, spread two-thirds of the chickpea-vegetable mixture over the crust, then pour the egg mixture over it. Spread the remaining vegetables on top and bake the **QUICHE** for 55 minutes.

Remove from the oven, let the quiche cool slightly, and sprinkle with marjoram or other herbs before serving.

TIP Be sure to use a tart pan without a removable base; otherwise, the egg mixture can drip through the quinoa crust.

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