



# WHERE WOMEN COOK

THE HEART & SOUL OF COOKING

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CREATED BY JO PACKHAM



# KITCHEN RAISED: CHRISTIANN KOEPEKE

Photography by Christiann Koepke

**Christiann Koepke** launched her successful independent career in Portland, Oregon, simply by doing for others what she was already doing for herself: being creative, cooking around the clock and photographing everything she made. Today she does all that and more for the likes of West Elm, Crate & Barrel, Anthropologie and “Life & Thyme” magazine—and herself, on her blog, Christiann Koepke.

I grew up in a small Montana town with a big family. We enjoyed spending time together. Life was simple but sweet. Every meal was home-cooked and shared around the table together. Sometimes our meals would end with an ice cream cone and a story read to us by my dad. Those are the fondest of memories.

My mom and dad worked hard in life, and yet somehow, in the midst of all the pressures to provide for my brothers and me, we couldn’t have felt more loved. They were truly incredible and fostered a beautiful life that taught us to value “creating moments.” Many years later, I’ve realized this helped foster a desire in me to slow down and spend time with those who matter most.

Even though food is my full-time profession now, it really stems from my everyday life and my love for gathering together to feast. It’s the never-ending search for a great cup of coffee and the perfect cafe; soaking up the colors and smells of fresh, local organic veggies at the farmer’s market; trying out new restaurants; experiencing life-changing dishes with unexpected ingredients; and learning about different ways to use spices from people of other cultures. Food is my passion, and I am blessed that I get to use my personal life and profession to explore it.

## RECIPES

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Vegan Cold Brew Ice  
Cream with Salted  
Bourbon Caramel Sauce

Earl Grey  
Shortbread Cookies

Veggie + Harissa  
Hummus Sandwich

Spring Nettle Breakfast  
Bowl with Pesto



I think it all started when I was about 7 or 8 years old. Somehow my parents were brave enough to let me play and experiment in the kitchen. My greatest challenge was to master mom’s biscuit recipe! Each day was highlighted with not only the making of a meal, but also the trip to the grocery store in our small town to gather all the ingredients. There are plenty of photos that are still being discovered of me as a kid in the kitchen. They always bring a smile to my face—that little girl really thought she was doing something!

I describe my cooking style as “free and flavor focused.” I give myself room to experiment freely. There is no such thing as perfection. You cannot create a great recipe without experimenting, and experimenting will always lead to a disaster or two. I know a recipe is great when the flavors come together like a church choir. There is harmony. No ingredient gets lost. Each item is present in the flavor. Food should taste so good that it causes you to take a moment. You know what I mean? Those meals where you just have to pause conversation, close your eyes and savor the taste. Life is all about moments. Food is an everyday way to create them.

My inspiration comes from travel. Exploring new



cities, different cultures, and the food experiences found in different regions. There are a thousand ways to cook something as simple as a pie! Discovering new takes on food motivates me to keep pushing my own limits. My followers also inspire me. They constantly challenge me with their ingredient suggestions and dish concepts. I love them! It's powerful what can happen when you get a handful of food lovers into a "room" together.

The biggest challenge with my cooking process and passion is knowing when to end the day. When you love what you do, it is hard to walk away. No joke, I have considered scooting a bed into my kitchen! But we all need to know when to stop. It is hard sometimes, but I want to do this for the rest of my life. And my biggest accomplishment is in front of me (so stay tuned).

My efforts in the kitchen have always been first and foremost about giving to those I love. Without this combination of food and family, I wouldn't have a career that I love. The joy of our family meals, the conversations they evoke and the feeling they foster continue to inspire me. Life is about creating moments that last. Some of the most rewarding things in life are brought about only through intention. My heart's greatest wish is to inspire others to live a beautiful life surrounded by those they love.

**Vegan Cold Brew Ice Cream with Salted Bourbon Caramel Sauce**

MAKES 3-4 SERVINGS

Could there ever be such a thing – incredibly delicious, healthy, vegan ice cream? If you're not keen on the bourbon and liqueur additions, just add extra vanilla for an equally delicious alternative.

**ICE CREAM**

**1½ SALTED BOURBON CARAMEL SAUCE**

- ½ cup canned full-fat coconut cream, white-cream portion only (no water)
- 2 Tbsp water
- ¾ cup dark muscovado sugar (or regular brown sugar)
- 1 vanilla bean, seeds removed
- 2 Tbsp pure maple syrup
- 2 Tbsp ghee (or coconut oil)
- 1 Tbsp bourbon
- pinch sea salt

**SALTED BOURBON CARAMEL SAUCE**

MAKES APPROXIMATELY 1 CUP

- 2 Tbsp pure maple syrup
- 2 Tbsp water
- ¾ cup dark muscovado sugar (or regular brown sugar)
- 1 vanilla bean, seeds removed
- ½ cup canned coconut cream, full fat (White cream portion only – no water. \*May need to chill in fridge to separate)
- 2 Tbsp ghee (or coconut oil)
- Pinch sea salt to taste
- 1 Tbsp bourbon

**Prepare the Ice Cream**

1. If you're using an ice cream maker, follow manufacturer's directions and prepare accordingly.
2. In a high-speed blender, add all ingredients and blend until creamy and smooth, about 3 to 4 minutes depending.
3. Freeze ice cream with your ice cream maker of choice, or simply place mixture in freezer safe container and freeze for at least 4 hours.
4. About 45 minutes before serving, allow to warm slightly at room temperature (it will be rock solid straight from the freezer).
5. Drizzle with caramel sauce if you like and enjoy! Allow ice cream to warm slightly at room temperature.



**Prepare the Caramel Sauce**

1. In a small saucepan over medium heat, add maple syrup and 2 tablespoons water. Stir. Whisk in sugar until it dissolves.
2. Increase heat to medium-high; boil, occasionally swirling pan and brushing down sides with a wet pastry brush, until deep amber color forms, 5 to 6 minutes.
3. Scrape beans from vanilla pod. Set aside.
4. Remove sugar mixture from heat momentarily. Stir in vanilla and coconut cream (no water portion). Return to medium heat and whisk until smooth and thick, about 1 to 2 minutes. Remove from heat, whisk in ghee and salt to taste. Add bourbon and stir. Let cool at room temperature. It will thicken as it cools.
5. Store leftovers in sealed jar for 2-4 weeks, warming slightly to pour when enjoying.

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If you're not keen on the bourbon and liqueur additions, just add extra vanilla for an equally delicious alternative.





### Earl Grey Shortbread Cookies

MAKES 12-14 COOKIES

#### GLUTEN-AND-REFINED-SUGAR-FREE-COOKIES

- 1 cup softened butter
- ½ cup coconut sugar
- 1 vanilla bean pod, seeds removed (or 1 tsp vanilla extract)
- ½ cup almond flour, fine
- 1½ cups gluten free baking flour (I use King Arthur)
- 1½ Tbsp finely ground Earl Grey tea leaves (from about 3 bags, approx. ½ Tbsp tea per bag)
- ½ tsp sea salt

- #### REGULAR COOKIES
- 1 cup softened butter
  - ½ cup sugar
  - 1 vanilla bean pod, seeds removed (or 1 tsp vanilla extract)
  - 2 cups flour
  - 1½ Tbsp finely ground Earl Grey tea leaves (from about 3 bags, approx. ½ Tbsp tea per bag)
  - ½ tsp sea salt
  - ½ to 1 tsp water (as needed)

- #### MATCHA WHIPPED CREAM
- 1 cup + 1 Tbsp heavy whipping cream
  - ¾ cup powdered sugar, sifted
  - 1 Tbsp matcha tea powder

- #### For Cookies
1. Using an electric mixer, beat butter in a medium bowl on low speed until smooth and fluffy, 2 to 3 minutes. Add sugar and vanilla. Increase speed to medium, occasionally scraping down sides of bowl, until light and fluffy, another 2 to 3 minutes.
  2. In a separate bowl, combine flour, earl grey, and salt, stir with whisk to combine.
  3. Reduce mixer speed to low and add in flour mixture, ½ a cup at a time, mixing only until the dough comes together. (If you are making the regular version and your dough is too dry, you may need to add water. Do so ½ a teaspoon at a time just until dough holds together).
  4. Gather dough and flatten out over a dinner plate (this helps it to cool faster). Chill for around 20 minutes or until firm to the touch. Remove from refrigerator for 5 to 15 minutes, or until just soft enough to roll out. NOTE: Dough can be made 5 days in advance before baking. Store in airtight container until ready to bake.
  5. Arrange a rack in center of oven and preheat to 350 degrees. Line a baking sheet with parchment paper. Roll out dough on a lightly floured surface until about ¼ to ⅓ inch thick. Use a 1 to 2 inch cookie cutter (or size/shape of your choice) and place cookies on baking sheet.
  6. If making the gluten free version, bake for 12 to 15 minutes; if you are making the regular version, bake for 8 to 10 minutes. Bake until cookies are firm to the touch and just barely

browning around the edges. Let cool on sheets for about 5 minutes and then remove and place on wire cooling rack. Store in airtight container for up to 5 days or freeze for 1-2 months.

- #### For whipped cream
7. In a mixer, whisk cream on medium-high speed for one minute. In a separate bowl, sift powdered sugar and matcha together and mix until completely combined.
  8. Slow mixer to medium speed and start incorporating sifted powdered sugar and matcha mix 1 tablespoon at a time, mixing for up to one minute, or until it starts to thicken to a cream. Be careful to not over mix, because the cream will stiffen easily.
  9. Fill 2 cookies with 1 to 2 tablespoons of cream. Serve immediately. Store any whipped cream leftovers in fridge in an airtight container for 5 to 7 days.



### CHRISTIANN'S FAVORITE QUOTE

“Do the thing you fear the most, and the death of fear is certain.”

—Mark Twain



**Veggie + Harissa  
Hummus Sandwich**

MAKES 4

**HARISSA HUMMUS**

- 1 (15oz) can organic chickpeas, drained and rinsed
- 1 Tbsp Harissa
- $\frac{1}{4}$  cup plus 2 Tbsp olive oil
- $1\frac{1}{2}$  Tbsp fresh lemon juice
- 3 small cloves roasted garlic
- $\frac{3}{4}$  tsp cumin
- $\frac{1}{4}$  tsp sea salt

**VEGGIE SANDWICHES**

- 8 slices rustic bread, any variety, sliced  $\frac{3}{4}$ " thick
- 4 Tbsp goat cheese
- 4 Tbsp Harissa hummus
- Fresh spinach (approximately 1 cup)
- 1 to 2 large English cucumbers, cut into  $\frac{1}{4}$ " slices
- 1 large avocado, sliced
- 1 red onion, thinly sliced
- $\frac{1}{4}$  cup micro greens
- $\frac{1}{2}$  cup watercress or alfalfa sprouts
- 6 -8 thin slices prosciutto, optional

**Prepare hummus:**

Place all ingredients in a blender or food processor and puree until thoroughly combined and the texture is to your liking.

**To assemble sandwiches: feel free to layer however you like, or follow this guide!**

1. Spread one slice of bread with 1 tablespoon each of goat cheese and hummus.
2. Place a small handful ( $\frac{1}{4}$  cup) of spinach on top of the hummus.
3. Add 6 to 8 slices of cucumber.
4. Add 3 to 4 avocado slices.
5. Add a few red onion slices.
6. Add 1 tablespoon micro greens.
7. Add 2 tablespoons of watercress or sprouts.
8. Optional: Add prosciutto.
9. Top with second slice of bread.
10. Repeat with remaining ingredients to make a total of four sandwiches.



“WHEN YOU FIND  
YOURSELF DAYDREAMING  
IN THE AIRPORT ABOUT  
REMIXING A LOBSTER  
CHOWDER OR THE PERFECT  
BRUNCH MENU, WELL—  
THE FOOD LOVE IS REAL.”

—Christiann Koepke





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For meals on the go, make several bowls at once and store in individual containers in the fridge. Add a poached egg to keep things fresh.

## Spring Nettle Breakfast Bowl with Pesto

MAKES 1 BOWL

### BOWL BASE

- 3 cups filtered water
- 1½ cups quinoa, rinsed
- 1 to 2, 3 minute poached eggs (see instructions below to poach eggs)

### PESTO

- 2 to 3 large, raw "tongfuls" of stinging nettle leaves, de-stemmed\* (if measuring with stems, then 3-5 tongfuls)
- ⅓ cup olive oil
- ½ avocado
- 2 garlic cloves
- 1 Tbsp lemon juice, fresh squeezed
- ⅛ tsp sea salt
- Pepper

### BOWL ASSEMBLY (1 PORTION)

- ⅔ cup cooked quinoa
- ½ cup or small handful of purple kale, sautéed and steamed
- 1 swe to roasted and cut into wedges, 6-10 wedges per bowl
- ½ avocado
- 1 to 2 poached eggs
- 1 to 3 small carrots, roasted
- 2 Tbsp chopped spring onion, or any variety
- 3 Tbsp nettle pesto (or more if you like!)
- Olive oil
- Sea salt
- Pepper

### OPTIONAL GARNISH

- Pea shoots
- Lemon juice
- Black sesame seeds

### For the bowl base

1. Start by boiling 3 cups of water. Add rinsed quinoa, stir and cover, lower to a simmer. Cook until tender

and most of the liquid has been absorbed, 15 to 20 minutes. Fluff with a fork, set aside.

\*Note: You will have leftover quinoa from this recipe, enjoy!

2. Fill small saucepan ⅔ full of water. Boil on high heat, and lower to maintain a simmer. Add 1 to 2 teaspoons apple cider and stir. Crack egg into a ⅓ cup measuring cup. Stir water with wooden spoon to create a gentle whirlpool effect. As the water is spinning, gently drop in egg. Start timer for 3 minutes. Remove from water with a slotted spoon; allow excess water to drip, and then place on side plate until ready for bowl assembly.

### To prepare pesto

3. Wear protective gloves and remove nettle leaves from stalks using tongs and scissors, being extremely careful not to touch the nettles. In a medium saucepan, bring water to boil. Rinse nettle leaves thoroughly in water and then place in boiling water for 3 to 5 minutes, or until leaves have wilted. Remove from water and measure out to approximately 47 grams in weight or ½ cup. \*Note: leaves will be wet from just coming out of the water, try to get rid of excess water before weighing.

4. In a blender, add nettles, oil, avocado, garlic, lemon juice, salt and pepper to taste. Puree until smooth. Store in mason jar.

\*Note: keeps for up to 10 days in fridge when stored in airtight container. Enjoy on and in everything!!

### To prepare bowl ingredients

5. Preheat oven to 425 degrees.
6. To prepare roasted veggies, rinse, cut ends and place on baking sheet. Drizzle vegetables with olive oil and sprinkle with sea salt. Place pan(s) in



oven and roast for 30-35 minutes or until soft and golden brown.

7. Rinse kale and tear into pieces. Warm cast iron or similar skillet on medium heat. Toss in kale, drizzle lightly in olive oil, stir with spoon and sautéed for 1 minute. Add a splash of water (about 1 tablespoon), cover immediately and steam for 30 seconds. Remove from heat immediately and set aside.

### To assemble bowl

8. Add ⅔ cup quinoa first, top with pesto and stir with spoon. Layer in all toppings and optional garnishes. Finish by drizzling with olive oil, salt and pepper. Serve warm.

**Note:** I definitely encourage doubling or tripling this recipe (with exception of quinoa, you will already have extra!) so you can make several bowls at once. Store in fridge in individual containers for meals on the go, poaching an egg at the last minute.

*All recipes tested and submitted by Christiann Koepke. If you have any questions please contact directly at: hello@ChristiannKoepke.com.*

➔ To see additional recipes and her work, or to learn about her workshops, visit [ChristiannKoepke.com](http://ChristiannKoepke.com)