



Makes 1 loaf and 3 cups dip
Cook Time: 1 hours 15 minutes

INGREDIENTS:

BREAD BOWL

1¼ cups unsweetened plant-based milk, divided

1 cup steamed and mashed potatoes (about 1 pound)

3 tablespoons lemon juice

1½ cups all-purpose flour, plus more for dusting

1 cup whole wheat flour

1 tablespoon sodium-free baking powder

½ teaspoon sodium-free baking soda

1 teaspoon sea salt

1 pinch ground black pepper

½ tablespoon sesame seeds

DIP

10–12 asparagus stalks, trimmed

1½ cups unsweetened, unflavored plant-based milk

⅓ cup whole wheat flour

1 tablespoon red wine vinegar

1 tablespoon nutritional yeast

2 teaspoons finely chopped fresh rosemary

½ tablespoon garlic powder

½ tablespoon onion powder

4 pieces sun-dried tomatoes

1 (14-ounce) can hearts of palm, drained and rinsed

Sea salt and freshly ground black pepper

Rustic Bread Bowl with Sun-Dried Tomato and Asparagus Dip

A no-knead, homemade vegan bread bowl doubles as both the serving vessel and the dippers for a very flavorful, creamy vegan dip. Serve with raw vegetables as well so guests can enjoy every last bit of dip.

By Darshana Thacker Wendel

- 1 To make Bread Bowl, preheat oven to 375°F. Line a baking sheet with parchment paper.
- 2 In a mixing bowl combine 1 cup milk, mashed potatoes, and lemon juice. Mix well.
- 3 In a separate bowl, combine the flours, baking powder, baking soda, salt, and pepper. Mix well.
- 4 Add the wet ingredients to the dry ingredients; mix gently to combine, but do not knead. Shape the dough into a ball, then flatten it into a large disk that is 1½ inch high and 7 inches in diameter. Press into the middle of the disk to create a well. Line this well with a piece of parchment paper, and fill it with pie weight or dry beans.
- 5 Brush the surface of the loaf with the remaining ¼ cup milk, and sprinkle with sesame seeds.
- 6 Bake 50 to 60 minutes until brown on top.
- 7 Remove bread bowl from the oven and remove the weights. Use a serrated knife to cut wedge-shaped slices into the bread bowl for easier serving, but don't cut all the way through to the bottom.
- 8 To make Dip, place the asparagus and ¼ cup of water in a skillet; cook for 5 to 7 minutes until cooked but still crunchy; do not overcook. Cool the asparagus under cold running water, and chop into ¼-inch pieces.
- 9 In a saucepan, mix together the milk, flour, vinegar, nutritional yeast, rosemary, garlic powder, and onion powder. Bring mixture to a boil over medium heat, then reduce heat and simmer for 5 to 7 minutes until the sauce thickens. Let the sauce cool down for 10 minutes.
- 10 In the bowl of a food processor, pulse the sun-dried tomatoes to a coarse texture. Add hearts of palm and cooled sauce, then process into a creamy texture.
- 11 Fold the asparagus into the dip, and season to taste with salt and pepper. Spoon dip into bread bowl just before serving.