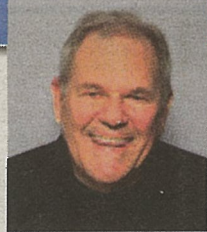


ZOX'S KITCHEN | CHEF ALAN ZOX



## Vegetarian Stock For A Gravy To Remember

Thanksgiving has always seemed like the universal American holiday to me. Republicans and Democrats can enjoy it together. Regardless of religion, race, ethnicity or state of mind, we can all enjoy this delicious holiday. Of course some love it more than others. Vegetarians are understandably sick and tired of “the turkey thing” every holiday season. Yet even if you don’t choose your Thanksgiving preference, you can always fill yourself up with a range of sides that satisfies virtually everyone.

In my home last year we enjoyed a diversity of sides with roast turkey along with vegetarian side options. We made dishes like:

- tangy guacamole with chipotle
- turkey or wild mushrooms with jack cheese and crème fraîche rolled into homemade enchiladas
- traditional Korean kimchi
- Szechuan-style green beans
- roasted cauliflower and carrots
- gratin layered with red chard, mozzarella, Gruyère, bread crumbs and béchamel infused with mild paprika

For a change of pace, let’s be less extravagant this season and consider

only one of the sides we all enjoy. I speak of the joys of gravy either with or without alcohol for degreasing and unleashing the browning effect called the “Maillard Reaction” — said to be one of the most important flavor-producing reactions in cooking.

### Vegetarian Stock and Gravy Recipe

Serves 6-8

- 2 quarts water
- 2 large carrots, chopped
- 1 large onion, chopped into large dice
- 8 garlic cloves, peeled and smashed
- 2 leeks, cut into circles
- 2 celery stalks, large chopped
- 1 turnip medium size, chopped into 1-inch chunks
- ½ cup diced parsley
- 1 bunch scallions, plus half the greens, chopped
- 2 medium size potatoes, chopped into 1-inch chunks
- 1 Tbsp nutritional yeast
- 1 tsp miso
- 1 clove
- 2 bay leaves
- 3-4 thyme sprigs

- 1 tsp soy
- ¼ to ½ cup apple cider or champagne
- 1 tsp sea salt
- 2 Tbsp gluten-free flour

#### Directions

1. Scrub the vegetables and chop them.
2. Roast them for 6-8 minutes under your broiler
3. Remove the turkey or vegetables from the roasting pan. Spoon off any grease you can see and discard. Then place the pan over 1-2 stove top burners and pour ¼ to ½ cup of champagne or apple cider into the pan.
4. Continue to raise the heat and boil away the liquid. The remaining crispy pieces left in the pan are essential to the flavor of the gravy.
5. Add remaining champagne or cider from the pan to the yeast, miso, soy, garlic, scallions and herbs and cook over high heat for 4-6 minutes. Stir the pan until the vegetables become colored and darkened. Set

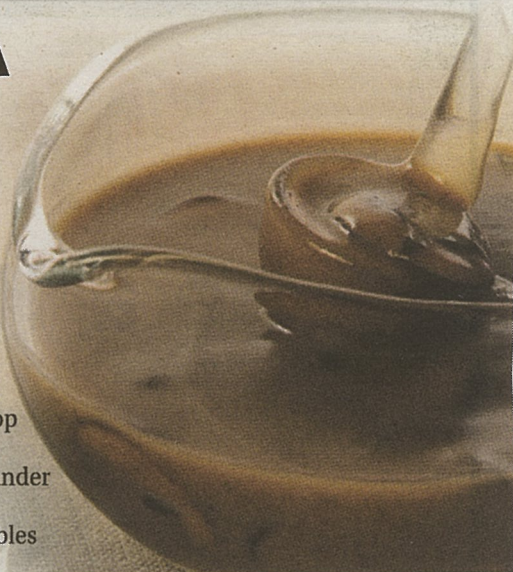
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6. Add 3 rounded Tbsp of gluten-free flour to 3 cups of heated water. Blend until smooth and the flour is absorbed.

7. Add the rest of the water to the mixture.

8. In batches begin the process of blending all the flavor buds from the roasting pan along with the roasted vegetables and the remaining water with the spices and herbs.

9. Reheat gravy and taste to see if it needs any further flavoring—such as garlic, salt or scallions.



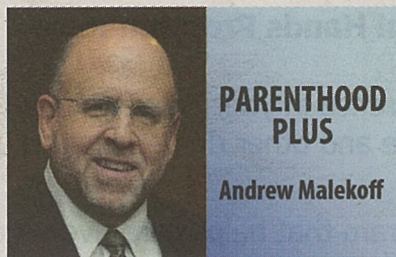
## When Your Tongue Is Silent, Only Then Can You Hear

Living or working with teenagers can be unsettling and disorienting, even when you think you have it all figured out. Teenagers will spare no time reminding you that, as an adult, you are not a part of their world.

I am reminded of a quip attributed to Mark Twain: “When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years.”

Having worked with countless teenagers for more than 40 years and having raised two of them, I discovered early on that whatever world I occupied outside of their presence with my professional reputation and credentials, is meant little to the kids I worked with or, for that matter, to my own kids.

Decades ago I found something that one of my sons, then about 10-years-old, wrote about me in school. The heading on the page was, “My Dad.” Naturally, I read on with great anticipation and a swelling sense of self-importance. Underneath the title



PARENTHOOD PLUS

Andrew Malekoff

he wrote, “My dad is 6’1”, bald, wears glasses, and busts my chops. He likes dogs. My dad has brown eyes and brown hair, at least what’s left of it. He’s a social worker.”

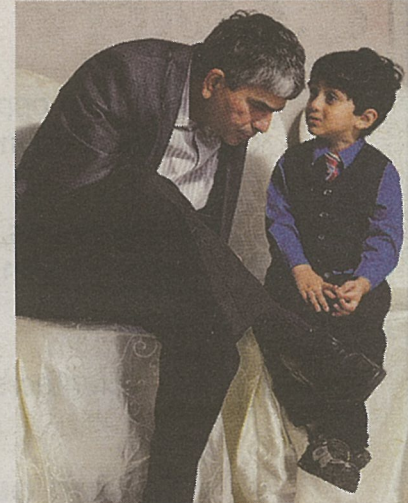
The kids I’ve worked and lived with invariably drew their conclusions about me as they got to know me. In turn, I drew my conclusions about them as I got to know them, despite what might be called their credentials, that is—the often-negative labels assigned to them. It is important to recognize the difference between the way in which young people are viewed and classified by others, and their own experiences and perceptions.

Assuming a stance of uncertainty is one way of saying how important it

is for us to be open and reflective, to listen intently to the kids we see; only then can we think more deeply and see outside the box.

One of my colleagues, Camille Roman, tells a story about growing up in an economically deprived and chaotic family and how desperately she struggled as a teenager to be heard, and how no one was ever listening. During one particularly troubling and heated exchange at a holiday gathering, Roman, whose family is from Puerto Rico, recalled, “My face apparently betrayed my fear and confusion to an elderly aunt who was secretly thought to be a witch. Tia Mercedes turned to me with her soft face and wise eyes and whispered, ‘when your tongue is silent, only then can you hear.’”

Roman said, “My tia was telling me that something else was going on here, and if I didn’t get caught up in the noise then maybe I could understand and make sense of the chaos, and it would be less frightening and I would not feel so powerless.” And so this powerful bit of homespun advice



became a life lesson for her in her work as a social worker and, I think, a powerful insight for all of us.

Andrew Malekoff is the executive director of North Shore Child & Family Guidance Center, which provides comprehensive mental health services for children from birth through 24 and their families. Visit [www.northshore-childguidance.org](http://www.northshore-childguidance.org) to find out more.