



## Celebrating Real Food

**When it comes time to whip up a holiday feast**, Ann Gentry has no problem meeting her friends' and family's expectations. The world-famous chef fills her table with traditional sides—sweet potatoes, mashed potatoes, asparagus, and string bean casserole—and innovative main courses, such as acorn squash stuffed with sweet rice, vegetables, and currants and faux turkey breasts made from tofu, tempeh, and herbs. Satisfying the diverse palates at a typical family gathering requires “a lot of good tasty food and a real great spirit to it,” Gentry says.

It was the quest for body- and soul-nourishing food that first led Gentry into the kitchen nearly 30 years ago, after she left Memphis, Tenn., to pursue an acting career in New York City. The fast pace of auditioning, acting, and waiting tables took a toll on her body, spurring her to examine the connection between what she ate and how she felt. “I was a terrible cook in the beginning,” says Gentry. But a chef at the restaurant where she worked taught her some basics; before long, she was combining American vegetarian and Asian macrobiotic cuisines into savory creations she shared with her fellow actors.

Since 1993, Gentry has opened two Real Food Daily restaurants in California, starred in a cooking show, and authored two cookbooks. She attributes her success as much to her clients' cravings as to her own skills: “People are hungry for good-quality, real food.”

— Ruthanne Johnson

### Almond-Jam Thumbprint Cookies

Makes about 36 cookies

Nourish your friends and family with these colorful cookies from Gentry's recently published cookbook—they're sure to be a holiday hit.

#### INGREDIENTS

**2½ cups raw whole almonds**

**1½ cups oat flour**

**1 cup whole-wheat pastry flour or barley flour**

**½ teaspoon baking soda**

**½ teaspoon fine sea salt**

**1 cup pure maple syrup**

**¼ cup apple juice**

**¼ cup neutral cooking oil**

(such as canola, grapeseed, safflower, or sunflower)

**2 teaspoons almond extract**

**About ¾ cup raspberry preserves, apricot preserves, or apple butter**

From *Vegan Family Meals, Real Food for Everyone* by Ann Gentry. Andrews McMeel Publishing. Copyright 2011.

1. Preheat oven to 325° F. Line two heavy baking sheets with parchment paper.

2. Pulse the almonds in food processor until they form a fine flour with some small speckles of nuts still visible. Leave some small bits of the almonds for a nice crunchy texture.

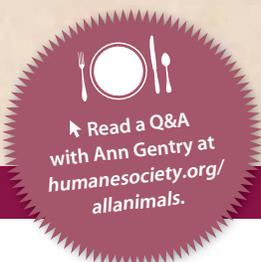
3. Stir the ground almonds, oat flour, pastry flour, baking soda, and salt in a large bowl. Whisk the maple syrup, apple juice, oil, and almond extract in a medium bowl. Stir the wet ingredients into the flour mixture until blended.

4. Using a 1-ounce ice cream scoop (about 2 tablespoons), scoop the dough in mounds onto the prepared baking sheets, spacing 1 inch apart. (If you don't have an ice cream scoop, just roll 2 tablespoons of dough into a ball for each cookie.) Using the end of a wooden spoon, make an indentation about ½ inch in diameter that goes to the bottom of the cookie, but not through the bottom. Spoon the preserves into a pastry bag or a small resealable plastic bag with a bottom corner cut off. Pipe the preserves into each indentation, mounding them just above the top of the cookie (the jam will melt down as the cookies bake).

5. Bake the cookies until they puff and become pale golden on the top and bottom, about 25 minutes. Transfer the baking sheets to cooling racks and let cool. Cookies will keep for two days, stored in an airtight container at room temperature.



RECIPE BOX



➔ FOR MORE RECIPES, visit [humanesociety.org/recipes](http://humanesociety.org/recipes).

## IN THE LIMELIGHT

### Q & A EMILY DESCHANEL

**For Emily Deschanel, star of the hit TV series *Bones*, the eye-opener came in high school, when she watched a documentary about farm animal abuse. “That changed my life in a lot of ways, made me aware of what was going on,” she says.**

Deschanel has since remained an active voice for animal protection. She’s a regular presenter at The HSUS’s Genesis Awards and a member of the Humane Society Legislative Fund’s National Council. She’s even pitched animal-related storylines to *Bones* producers.

In this edited interview with assistant managing editor Michael Sharp, Deschanel describes how her cause and her career intersect.

#### Q: Can you give an example of a storyline you’ve pitched?

DESCHANEL: Well, I keep pitching things, and then they never use what I pitch, but then they end up coming up with great ideas themselves.

I pitched ones about the exotic animal trade. I think out a whole scenario, and I pitch it to them, where somebody discovers maybe some big cat that’s been smuggled into the country. And they find that the cat has eaten some human remains—because you always have to come back to human remains on my show. We had a chicken episode [about factory farming]. We had a dogfighting episode. We had an episode where someone’s killed with a bolt gun at a pig farm—not just anyone, but it was discovered my character’s mother was killed that way.

#### What’s been the response to those episodes?

People who are already in the know are very happy to see the episode. We don’t need to preach to the choir, so I’m always excited when I hear people say, “Oh, I had no idea, and I’m not eating chicken anymore.” That’s a small victory. Let’s hope that they stick



to that or at least eat less chicken. I have come to the conclusion that all or nothing is not necessarily the answer—it’s more like *something* is the answer for everybody, whether it’s Meatless Mondays or just being aware of your food and eating less meat or dairy products. Or it’s, “Oh, I’m not going to the circus anymore.”

#### That’s something you’ve mentioned, that anyone can make a difference.

Just [by] opening people’s eyes to certain animal issues that maybe people aren’t aware of. And the fact that animal issues are human issues and they’re environmental issues. They don’t just affect that one animal that may be suffering at that time; they are issues to all of us.

➤ FOR MORE of this interview, visit [humanesociety.org/allanimals](http://humanesociety.org/allanimals).

### SHOPPING CART

**If there was one complaint** you could make about Candle Cafe, it was this: You had to be

in Manhattan to savor the iconic restaurant’s world-famous vegan fare. But with the June launch of a frozen foods line, you need only head to your nearest Whole Foods Market. Produced in partnership with The Hain Celestial Group, Candle Cafe frozen gourmet meals are based on longtime restaurant favorites, like seitan piccata and tofu spinach ravioli. “We can’t open as many restaurants as people want us to,” says Candle’s Mark Duskow; now people from Albuquerque to Asheville can enjoy the next best thing.



### AT THE BOX OFFICE

**Wild Horses & Renegades** opens with picturesque scenes and a startling fact: The number of wild free-roaming horses in America has dwindled from 2 million before the turn of the 20th century, to a small fraction of that number.

The documentary then digs into the politics behind those numbers, exposing the government-funded roundups spurred by pressure from the mining and livestock industries. There are celebrity interviews, an inside look from former Bureau of Land Management director Jim Baca, and the compelling story of a stallion named Traveler.

For director James Anauquad Kleinert, the embattled mustangs are not just symbols of freedom but “a canary in the coal mine” for larger environmental, political, even human health issues. “Hopefully,” he says, “people [will] take action.”



➤ RESERVE a copy at [theamericanwildhorse.com](http://theamericanwildhorse.com).