

Class #6 Vegan Food Everyone Can Love

For all recipes, t=teaspoon, T=tablespoon, c=cup

FIVE-SPICE BAKED TOFU WITH NOODLES AND PEANUT PESTO

(adapted from Tucker & Enloe, *The Artful Vegan*)

Tofu

1 lb firm or extra-firm tofu, cut into short strips
3 T soy sauce or Bragg's Aminos
3 T mirin
1 t toasted sesame oil
1 t sugar, preferably natural sugar
1 t five-spice powder
½ t black pepper

Noodles with Peanut Pesto

¾ lb fettuccine or rice noodles
½ c natural peanut butter
½ bunch cilantro, leaves removed from stems
Juice of 1 lime
1 T light or white miso
2 cloves garlic
1 T minced fresh ginger
1 t sesame oil
½ t salt
Fresh mint leaves (if available)
½ T or more hot sauce (optional, or serve at table)
¼ c water, or more as needed

Vegetables

½ red onion, sliced
1 clove garlic
1 lb green beans, trimmed, or 1 lb broccoli crowns, chopped
1 red bell pepper, sliced

Garnish: ½ c chopped, roasted peanuts*

This recipe requires a few specialized ingredients, like the mirin, five-spice powder, miso and ginger. But it is worth it because it is a delicious and visually appealing dish. It may seem complicated, but just remember to attack the separate “pieces” and then assemble them at the end.

The tofu piece:

Pat a block of tofu dry on clean dishtowel. Cut the tofu into short strips (try 3 slices horizontally, 6 slices

vertically, and halve those). Lightly oil a cookie sheet. In a small dish, mix the marinade ingredients. Place tofu strips on cookie sheet and spoon marinade over them. Bake at 350 degrees about 10 min, then turn strips and bake another 10-12 min. Put strips on a plate and set aside.

The noodle-pesto piece: Cook pasta to *al dente* doneness. In a food processor, combine the pesto ingredients. When the pasta is done, toss it in a large serving bowl with the pesto sauce.

The Vegetable Piece: In ½ c water or more as needed, sauté the vegetables. Try to keep the brightness of the green vegetable and red bell pepper.

When all the pieces are done, fold the vegetables and tofu into the pasta, leaving some of each for the top of the dish. Top the dish with the remaining vegetables and tofu; garnish with some of the toasted peanuts, and serve the rest at the table.

*325 degree oven, 2-3 min; watch carefully

BLACK BEAN-OLIVE PATÉ WITH WALNUTS (Wagner and Spade, *The High Road to Health*)

1 can black beans or 1 c dried beans cooked according to package directions
½ c water
½ onion, chopped
1 clove garlic, chopped
1 to 2 c sliced mushrooms
½ c walnuts
1 c pitted Kalamata olives*
½ t thyme or oregano
¼ t pepper
Pimiento slices or roasted red pepper, sliced (optional garnish)

Sauté the onion, garlic and mushrooms in water about 5 minutes until all vegetables are soft. Let the vegetables cool slightly. Combine the black beans, sautéed vegetables, walnuts and olives in a food processor, and blend until fairly smooth but not creamy. Garnish with pimiento or peppers if desired. Keep chilled until serving. Serve with crudités, crackers, or squares of toast. This is one recipe that definitely exceeds the sum of its parts!

*Kalamata olives make this dish, so skip the recipe if you don't have them.

THAI GREEN GARDEN WITH COCONUT-PEANUT SAUCE (from N. Atlas, *Vegan Express*)

2 broccoli crowns, in florets
½ head of cauliflower, in florets
2 c green beans, halved
1 zucchini, halved and sliced
1 red or orange pepper, cut in strips
Several carrots, bias-cut in chunks
Steamed potato (optional)
Roasted Tofu (optional) (Recipe from Class #4)
Brown Rice (optional) (recipe from Class #2 and Class #5; don't need a full batch here)

Coconut-Peanut Sauce

½ c almond or peanut butter, whisked with water
(see directions for Class #2 and Class #3)
About ¼ can regular coconut milk
(see notes to Class #2 recipes)
Juice of one lime
2 t agave syrup or maple syrup
Hot sauce (optional and to taste)

The vegetables in this recipe can be served raw if you would like a raw meal or are experimenting with a raw diet. (That's why the potatoes, tofu and rice are listed as optional.) Otherwise the vegetables can be either steamed or raw as you prefer them.

The sauce can be raw if you use almond butter* and agave syrup. If you like the sauce from the Sesame Noodles recipe (Class #3), you can just add some coconut milk, lime juice and syrup to that.

*Most nut and seed butters use on either raw or cooked nuts and seeds. Read the label if you want to choose a raw variety. Peanut butter always uses cooked peanuts (they are legumes, not tree nuts).

CHOCOLATE CRAZY CAKE

3 c flour, a mix of unbleached and whole wheat (up to one-half the flour can be whole wheat)
1 1/3 c sugar
½ c unsweetened cocoa powder
2 t baking soda
½ t salt
2 c water, cooled coffee, or plant milk, or a combination, in liquid measure cup*
1 t vanilla

2 T white vinegar or cider vinegar
2 T vegetable oil (can be olive oil)
Oil and "flour" two 9-inch round layer pans, one 11 x 13-inch rectangular pan, or two cupcake tins. (If you use cocoa to "flour" the pan(s), your cake or cupcakes will have a deep chocolate exterior.) Preheat oven to 350 degrees.

Make sure pans are ready and oven is preheated. In a large bowl, mix together the dry ingredients. In a separate bowl, mix together the wet ingredients. Add the wet ingredients to the dry ingredients and beat until just smooth. IMPORTANT: The mixing step needs to take place very quickly. The rising action comes from the combination of vinegar and baking soda, and the bubbles start to dissipate as soon as wet and dry ingredients are combined. So mix quickly (50 strokes should do it) and get into the pan or pans quickly.

Bake round layers for 20 minutes; rectangular pan for about 22 min; cupcakes for about 15 minutes. For any pan size, check a couple of minutes before "done" time by inserting a toothpick or cake tester: toothpick can come out with a little moisture clinging to it, and if it comes out completely dry, you may have baked the cake too long. It'll still be good, but this cake is best if it is slightly underdone; remember, you don't need to worry about salmonella from raw eggs!

*2 c liquid measure = 2 ½ dry measure cups

CHOCOLATE GANACHE ICING

2 bags of vegan chocolate chips (Wegmans and Ghirardelli are two brands)
About 1 c soy milk or other plant-based milk, regular or vanilla-flavored

In a double boiler, melt the chocolate chips and whisk in the milk to make a smooth mixture. (You can rig up a double boiler by putting the ingredients in a ceramic or metal bowl above a small pot of boiling water.) The mixture will stay smooth and spreadable long enough for you to ice the cake or cupcakes. If you store the cake in the refrigerator (which actually makes the cake even moister), the ganache will take on a candy-like exterior.

If you prefer a buttercream-type frosting, use confectioners' sugar, cocoa powder, vegan margarine like Earth Balance, and a little soy or other plant-based milk or creamer.