

Vegan Food Everyone Can Love

t=teaspoon, T=tablespoon, c=cup

BANGKOK STREETCART NOODLES(VegNews)

2 tsp cornstarch whisked with ½ cup water
1 tsp sweet chili sauce
1 tsp hoisin sauce
½ tsp red pepper flakes or chili garlic sauce
1 tsp tomato paste or ketchup
1½ Tbsp sugar
2 Tbsp rice vinegar
2 Tbsp fresh lime juice
¼ cup soy sauce or Bragg's Aminos
½ cup vegetable broth or water
12 to 16 oz package dried rice noodles or linguine
1 tsp toasted sesame oil
1 16 oz pkg firm tofu, drained and cubed
½ cup water or white wine
1 small red bell pepper, seeded, cut into thin strips
1 cup broccoli (or more), cut into bite-size florets
2 garlic cloves, minced
4 scallions or ½ red onion, sliced
2 tsp grated fresh ginger

½ cup roasted peanuts, chopped
½ cup chopped fresh cilantro
1 cup bean sprouts (optional)

In a small saucepan, cook the cornstarch mixture over medium heat until it thickens. In a large bowl, combine the cornstarch mixture with the chili sauce, hoisin sauce, red pepper flakes, tomato paste, and sugar. Stir in vinegar, lime juice, soy sauce, and broth; mix well, and set aside.

Cook noodles according to package directions. Toss noodles with sesame oil and set aside.

Oil a baking sheet and spread out the tofu cubes, sprinkling them with about 1 tbsp of soy sauce or Bragg's Aminos (or you can spoon some bottled Teriyaki or Szechuan sauce over the tofu, for more flavor). Roast the tofu at 350 degrees for about 25 minutes, flipping the cubes about halfway through the baking time. Meanwhile, in a large skillet over medium-high heat, heat ½ cup water or white wine. Add the bell pepper, broccoli, garlic, scallions, and ginger, and stir-fry 1 minute.

To the reserved sauce mixture, add noodles, tofu, and stir-fried veggies and toss until coated with sauce, about 2 minutes. Serve topped with peanuts, cilantro, and bean sprouts.

NOTE: This dish can easily be made gluten-free. Just use rice noodles; find a gluten-free variety of hoisin sauce; use Bragg's Aminos or other gluten-free soy sauce; and be sure any sauce you use for flavoring the tofu does not contain wheat ingredients (many Asian specialty sauces do).

SPICY CARROT PEANUT SOUP (Moosewood Restaurant Daily Specials)

This is one of the most healthful and delicious soups you can make.

1 tsp oil
1 large onion, chopped
6 to 8 cups water
2 lb. carrots, sliced (about 6 cups)
1 or 2 stalks celery, sliced
1 or 2 potatoes, peeled and chopped
1 or 2 cloves garlic, chopped
1 to 2 tsp peeled, chopped fresh ginger (optional)
¾ t salt
1 t chili paste or chopped fresh hot pepper
(optional and according to taste!)
2 tbsp natural peanut butter
1 tbsp soy sauce
2 tbsp fresh lime juice (juice of one half lime)
Chopped fresh cilantro (optional)

In a large pot, sauté onions in olive oil until transparent. Add water and vegetables, salt and chili paste. Bring to a boil; lower the heat, cover lightly and simmer 25 minutes or until carrots are very tender. Let the soup cool somewhat. Add peanut butter and soy sauce. Use an immersion blender to smoothly blend the mixture; or in the alternative put the soup in cooled batches in the blender or food processor to blend and then return to pot. Bring the soup to a gentle simmer; stir in lime juice and garnish with cilantro before serving. This soup can also be served cold.

VEGAN PINWHEELS

1 package burritos, such as Wegmans Gordita-style Sun-Dried Tomato Flavor*
1 tub Tofutti Better Than Cream Cheese
1 jar roasted red bell peppers
1 bag baby spinach

Take one burrito and spread it generously with the vegan cream cheese (probably 2-3 T per burrito). Drain a roasted red pepper on paper towel (otherwise the finished product will be soggy). Slice the red pepper into strips. Place strips down the middle of the circle; then toss a layer of spinach leaves on top of the entire burrito. Roll up the burrito tightly in such a way that, when you cut cross sections, there will be red pepper in each slice. You may need some more cream cheese to seal the edges of the burrito. Cut cross sections, about 10 or 12 per roll. (The end pieces are a little irregular so you may have to snack on them as you go!) Nice during the holidays (red and green).

*You can use any brand or style but check ingredients. The Wegmans Spinach Basil style is labeled "V" for vegan but the ingredients say it has Romano cheese flavor so I don't trust it. Wegmans whole wheat burritos have fish oil added. You can find other brands, esp. in health food stores, that are vegan. You can also look for gluten-free wraps; try to find something that is flexible for rolling.

PASTA WITH BRUSSELS SPROUTS AND ROASTED PECANS (Lorna Sass, *New Vegan Cookbook*)

1 lb (or more) Brussels sprouts, trimmed and sliced into ½ inch thick slices
1 cup diced red bell pepper or orange, yellow or green pepper or a combination
6 scallions, sliced (both white and green parts) or ½ red onion, sliced
1 t olive oil or ½ c water or white wine
1 cup diced red bell pepper or orange, yellow or green pepper or a combination
6 scallions, sliced (both white and green parts) or ½ red onion, sliced
1 – 2 cloves garlic, minced
1 T peeled and minced fresh ginger
¼ t crushed red pepper (optional)
¾ lb spaghetti, linguine, or fettucine (regular or rice-based)
3T miso
3T tahini
1 to 2T soy sauce or Bragg's Liquid Aminos
½ t dried or powdered rosemary or thyme
½ c or more toasted pecans*

Steam the Brussels sprouts for a few minutes until slightly softened and still green. In a separate pan, sauté the peppers with scallions or onion, garlic, ginger, and crushed red pepper (if using). In a large pot, boil water and cook the pasta according to package directions for *al dente*. While the pasta is cooking, in the bottom of a large serving bowl, whisk together the miso, tahini, and soy sauce with about ½ cup water, or enough to make a desirable consistency to serve on the pasta. After draining the pasta, put it in the serving bowl, and toss with the miso-tahini sauce. Add the Brussels sprouts and pepper mixture and toss. Sprinkle toasted pecans on top and serve some on the side.

*Nuts can be dry-toasted in a pan, or in an oven or toaster oven at a low temperature (300 degrees) for about 3 minutes. Just be sure to watch carefully to avoid burning them.

LINGUINE WITH CAULIFLOWER AND ONIONS (adapted, P. Feral and L. Hall, *Dining with Friends*)

1 head cauliflower, cut into bite-sized florets
½ cup or more water, wine or vermouth
1 large onion
1 or 2 cloves garlic, minced
One 28-oz can crushed or diced tomatoes
Crushed red pepper flakes (optional)
½ tsp salt and ¼ tsp ground black pepper
12 oz (¾ lb) dry linguine or other pasta, cooked

Sauté cauliflower in wine until browned. Add chopped onion and garlic (and more wine if necessary) and cook till onion is transparent. Add tomatoes and other ingredients and cook about 20 minutes. Chopped Kalamata olives and/or golden raisins are good added to this sauce. Serve over cooked linguine; good with Fake Fake (class #1).

WHITE CAKE (Adapted from Sher and Doherty, *You Won't Believe It's Vegan*)

3 c flour
1 t baking powder
2 t baking soda
¼ t salt
1 c sugar
2 c soy milk or other plant milk*
2 T oil
1 t vanilla
2 T apple cider vinegar or white vinegar

Prepare one 13"x9" rectangular or two round 9" pans by oiling them and dusting them with flour. Preheat oven to 350 degrees. Combine all dry ingredients in a large bowl, mixing thoroughly. Combine wet ingredients in a separate bowl. Pour wet ingredients into dry ingredients and mix together as quickly as possible (150 strokes should do it). Pour into pan or pans and place in oven. Rectangular pan should bake in about 23 min.; check at 20 min by inserting a straw and toothpick to see if it comes out clean. Round pans should bake in a shorter time; check at about 18 min.

*2 c liquid measure = 2½ dry measure cups

CHOCOLATE CAKE (Adapted, Sher & Doherty)

3 c unbleached flour or mix of whole wheat and unbleached (up to 1½ c can be whole wheat)
½ c unsweetened cocoa powder
1 ¼ c sugar
2 t baking soda
1 t baking powder
¼ t salt
2 c plant milk, cooled coffee or water, or a mix*
2 T oil
1 t vanilla
2 T apple cider vinegar or white vinegar

Oil one 13"x9" pan or two 9" round pans, and "flour" them with cocoa to give a deep chocolate exterior. Preheat oven to 350 degrees. Combine all dry ingredients in a large bowl, mixing thoroughly. Combine wet ingredients in a separate bowl. Pour wet ingredients into dry ingredients and mix together as quickly as possible (100 strokes should do it). Pour into pan or pans and place in oven. Check large pan after 20 min. and round pans after 18 min. *See note to previous recipe

BUTTERCREAM FROSTING

¾ c confectioner's sugar
[1/3 c unsweetened cocoa-for chocolate frosting]
2 T Earth Balance margarine
Dash vanilla flavoring
3 T soy milk or creamer, or other plant milk

Use a fork to work the margarine into confectioner's sugar. Very gradually add the plant milk or creamer. Making frosting is an inexact science—I usually just "eyeball" it—but remember if the frosting is too wet or too stiff, you can add either sugar or milk till you get it right. Remember, in hot weather, frosting tends to soften so you might want to compensate by making a slightly drier frosting.