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**DC/NOVA Meetup**

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## Stocking your Kitchen

While some recipes call for weird stuff like annatto seeds or walnut oil which you will probably never use it again in any other recipe, most use at least one of your basic kitchen staples. You can make a lot of different recipes without even going to the store as long as you stock the following:

- onions
- flour
- salt
- sugar
- canned tomatoes
- cans of beans (black, kidney, pinto)
- baking soda
- baking powder
- vegetable broth (or cubes)
- carrots
- cocoa powder
- olive oil
- vegetable oil
- cornstarch
- vanilla extract
- bottle lemon juice  
(bottle lime juice)
- pasta
- peanut butter
- potatoes
- rice (short grain brown)
- spaghetti sauce
- nutritional yeast
- yeast (dry active)
- soy sauce (or shoyu)
- brown sugar
- vinegars: (white, rice, cider, balsamic, red wine)
- polenta, dry
- nuts (store in Freezer so their oils don't go rancid.)
- Soymilk
- Ener-g egg replacer
- Sesame oil
- soy garden (or other vegan margarine)
- vacuum packed mori-nu extra-firm tofu
- coconut milk
- maple syrup
- arrowroot powder
- Miso (doesn't spoil but loses flavor after several months)

## Tools/equipment:

- Blender
- Food Processor
- Digital Timer you can hang around your neck as necklace.
- Chef's knife
- Paring knife
- cutting board
- vegetable peeler
- can opener

spatula (both metal and rubber)  
Measuring spoons  
Measuring cups (wet and dry)  
Wooden Spoons  
Strainer  
Skillets (at least one large and one small)  
Saucepan  
Soup pot (large)  
Cookie sheets  
9X13 pan  
Potholder  
Shredder/grater

Optional but really handy now and then:

Mortar and Pestle  
Pastry blender (it cuts together fat and flour, much easier than using hands or 2 knives)  
Pressure Cooker  
Garlic Press  
Immersion (stick) blender  
Rice cooker

## Tofu

The two main types of tofu are silken tofu and regular. Silken tofu comes vacuum packed and does not need to be refrigerated. Silken tofu is used for desserts, for puddings, or miso soup. You can incorporate it into the batter of cakes and brownies, and no one will know the difference.

Tofu used for cooking is in the dairy section, and must be refrigerated. It comes in a variety of firmnesses, but it is best to use extra firm. White wave or Freida's are my favorites. Trader Joe's is also good. Some brands are not as firm even though they say extra firm, so you have to experiment.

Once you've got your tofu home, cut it out of the package and drain off the water. Tofu requires pressing to get out excess moisture. Slice it into 4 half-inch thick slices, wrap them in a paper towel, and put a cutting board topped with a heavy weight on it. You can surround the tofu with a towel to absorb the water. Leave for 20-30 mins. No time? Don't slice it, just quick press it by wrapping it in paper towels and then wrapping that in a kitchen towel and then twisting both ends and holding a minute or 2. Your tofu will be semi crushed, but still usable.

Now you are ready to marinate your tofu, bake it, bread and fry it, or you can apply a spice rub, and fry it up. You can also try tofu with no spices, thought it won't be as tasty. I always add salt to my spice rub for extra flavor.

When frying, make sure your oil is pretty hot before adding tofu. Throwing anything into cold or luke-warm oil will cause it to absorb way more oil and it won't be as tasty. Test hotness by throwing a tiny piece of tofu in. If it starts bubbling vigorously, it's hot enough. If your oil starts to smoke a lot, that means it got too hot and you should discard it and try again. Don't save oil to re-use it. Instead of frying, you could bake the tofu, at 300-400F for about 20 minutes. You can also freeze tofu for a different texture. It makes it more crumbly and chewy, and it will absorb flavors much more quickly.

## Cooking without a Recipe

Some people enjoy the creativity of cooking without a recipe, or by loosely following a recipe. I consider this an advanced skill, though to some people it comes quite naturally. There are a few things which you should know before going out on your own:

Relative cooking times of various foods. If you throw something that takes a long time to cook (like eggplant) in with something which takes only moments (like fresh spinach), by the time the eggplant is done, the spinach will be overcooked.

**Stuff that's so slow to cook, you'll probably want to pre-cook before cooking with other ingredients:** dried beans, potatoes, eggplant, broccoli, beets

**The not-too-fast, not-too-slow stuff (5-10 minutes):** carrots, bell peppers, mushrooms, roughly chopped onion, leeks, zucchini

**Speedy stuff :** minced garlic/shallots/ginger/scallions\*, fresh herbs, leafy greens, asparagus, snap peas (\* when sautéing, however, you'll want to put these highly savory ingredients first, to imbue all the other ingredients with that yummy flavor)

Recipes will generally have stuff that gives flavor, like herbs, spices, onion and garlic, vinegar, soy sauce, etc, and then your other ingredients.

Its helpful to pick a theme, like Mexican, Indian, Asian, Italian, and then use spices and ingredients commonly used in those styles of cooking. For instance, in Italian cooking, use Olive Oil, Garlic, Parsley, Basil, Oregano, Rosemary, Sage, or Thyme or combinations thereof, for Indian, use Cumin, Turmeric, Mustard Seeds, Chili powder, Cardamom, Coriander, Garam Masala, Asafoetida. Asian recipes commonly call for soy sauce, ginger, sesame oil, garlic, brown rice vinegar, mirin, etc.

## How to Chop an Onion Like a Pro

1. Using a chef's knife, cut the stem end almost off but leave a little to grab so you can start peeling. Peel all the outside skin off.
2. Place the onion on the cut end with the root end facing up. If there are any excess roots sticking out, pinch them off with your fingers. Now slice the onion in half long ways. By leaving the root attached, it will help keep the onion together while slicing.
3. Take each half of the onion and lay it down flat on your cutting board. Make multiple cuts long ways from top to bottom but not through the root at the end.
4. Depending on on the fineness you want your dice will determine how many cuts you will make. The more cuts, the finer the dice.
5. Turn the onion 90 degrees and make multiple cuts across the onion being sure to keep your fingers curled under so you don't cut them. How many slices will again depend on how fine a dice you are looking for.

## Cooking Preparation (Mise en Place)

Read the recipe through from beginning to end before doing anything. Assemble all your ingredients in one place before you start. Some chefs like to measure out each ingredient ahead of time before cooking. Pull out the utensils, measuring cups, and spoons you'll be using and keep them handy so you won't need to run all over the kitchen.

Make sure your pan is good n' hot before adding ingredients.

## Stupid things not to do in the kitchen (which I have done):

Start heating oil and then wander off somewhere else and forget its even on.

Put a pot of water on to boil and forget about it (ruins the pan completely).

Get everything ready for baking or broiling, then realize I didn't pre-heat the oven and then have to sit around 20 mins while it preheats.

Not reading a recipe thoroughly and leaving things out, or throwing things with vastly different cooking times in the pan at the same time.

Being in the middle of a recipe and realizing I don't have one of the essential ingredients.

Cooking on too high a heat and burning things/ or smoking the oil.

Not prepping properly and having to take food off of the heat while I chop things.

Combined ingredients that were meant to be added to the recipe at different times.  
Overmix pancakes and have them turn out like rubber disks.  
Leaving a kitchen towel too close to the flame and it catches fire.  
Leaving plastic bag/bowl/utensil too near a burner, and having it melt.  
Using a tiny bowl and then having to transfer everything to a larger one as I add more ingredients.  
Putting something which will leak fluid or grease on a flat cookie sheet only to have it run out all over the bottom of the oven and burn and smoke.  
Not using proper cutting technique and cutting the tip of my finger-ouch, and you can't use food with blood on it.  
Underestimating the time it takes to cook something, and either, have guests arrive to eat and I have to be like, "hope you weren't hungry, cuz food won't be done for another 2 hours", or, it's midnight on a worknight and I'm standing over my almost-finished recipe, red-eyed and miserable.  
Stick my hand in what I thought was cooled pasta (top was cool), only to find the center was still really freakin' hot!

## Cooking with Oil

Grease Fire: douse with salt or baking soda, NEVER USE WATER on a grease fire.  
Always use fresh oil every time you cook.  
Never fill any container more than ½ full with oil/fat  
Heat fat gradually.  
Throw in tiny bit o' tofu and it should start bubbling vigorously.  
365 degrees is good temp for frying (buy thermometer if desired)  
After frying a batch, let oil come up to proper temp. again before adding more.  
Don't let oil smoke...means oil is breaking down and unhealthy compounds will form.  
Fat that's not hot enough will soak into food too much.  
Immerse food gently, slotted spoon or metal tongs

## Use of Herbs and Spices

¼ Ground Spices/Herbs or 1 tsp crumbled dried leaves for every TBS fresh herb/spice  
Always buy smallest qty of spices, as some tend to lose their flavor with time.  
Cardamom: buy pods, preferably green (white have been bleached), crush seeds with mortar & pestle.  
Store Garlic, onions, and potatoes in a dark dry place. Not in the fridge. Store Ginger in the fridge in a perforated plastic bag with a bit of paper towel to absorb excess moisture.  
Chop Rosemary Finely (its leaves are tough)

## A Few Words on Knives

Do:  
Store your knives in a knife block that holds knives horizontally (vertically will dull them)  
Store knives on a magnetized Bar on the wall (blade pointing away from you so you don't lean up against it and cut yourself—yes, I have done this!)  
Invest in a good quality Chef's knife (yes, this can cost upwards of \$80, but lasts **your whole life**)  
Sharpen your knives regularly  
Wash and dry your knife immediately after use (use mild detergent & warm water)  
Don't:  
cut on a glass or stone surface (like granite countertops)  
keep them in a drawer (easy to cut yourself on when searching for things)

## Recipes we like

*Danielle*

What she made at the event:

Danielle made Arrowhead Mills brand wheat gluten seitan according to package directions, but instead of boiling it in water, she used the mock beef broth recipe from La Dolce Vegan. After it was done boiling, she sliced it up and prepared it with the following recipe:

### Puckery Pomegranate Seitan

2 TBS oil  
1 lb. Seitan  
1 large onion, sliced  
2 cloves garlic, chopped  
Salt and pepper to taste  
4 TBS pomegranate molasses  
2/3 cup vegetable stock  
1/4 cup walnuts  
Dash of sugar

Fry the seitan in oil for about five minutes or until it starts to brown on both sides. Remove from pan and keep in warm place. Add onions, garlic, pepper and salt and sauté until onion softens. Add pomegranate molasses, stock, walnuts and sugar and bring to a simmer. Add seitan back to pan and coat with sauce. Simmer until the sauce thickens. Serve.

Other recipes Danielle Likes:

### Delightful Millet:

1/2 cup pine nuts (or any nuts)  
1 cup millet, rinsed in a strainer  
2 cups water  
1/4 cup dried cherries  
1/4 cup chopped dried apricots  
1 tbsp nutritional yeast  
1/2 tbsp coriander

In a medium-size pot, toast pine nuts until they start to change color. Add millet and toast a little more. Add water, dried fruit, and seasonings, stir, and bring to a boil. Reduce heat to simmer and cook until water is absorbed, about 15 minutes. Serve.

### Steamed Carrots in Sauce:

5-6 carrots (about one pound)  
2 tbsp flax oil  
1-1/2 tbsp lemon juice  
drop of brown rice syrup (optional)  
dried rosemary

Steam carrots for about 10 minutes until tender-crisp. Meanwhile, mix oil, lemon juice, and brown rice syrup. Dump

carrots in a dish and add lemon juice mixture. Stir well.  
Sprinkle dried rosemary to taste over carrots and mix again.  
Serve.

*Elizabeth*

### **Almond Soy Drop Cookies**

Soft and chewy, these cookies are laced with minced almonds and would go well with a glass of amaretto. Perfect for an evening by the fire, or in most people's cases, a space heater.

1 cup almonds (3 oz) finely chopped  
1 cup whole wheat pastry flour  
1 cup soy flour  
1/3 cup sugar or light granulated cane juice  
1/2 cup soft soy margarine  
1/4 cup soy yogurt  
2 TBS soy milk

Preheat the oven to 350F Line a cookie sheet with parchment paper and set aside  
Combine almonds, ww pastry flour, soy flour and sugar  
Add the margarine and mix thoroughly to form consistency of coarse crumbs  
Add soy yogurt and soy milk to form a soft, sticky dough  
Form dough into 16 portions with a heaping TBS and place evenly on cookie sheet  
Bake 20 mins and cool completely  
Serve immediately or store in airtight container for 4 days.

*Ron*

What Ron Prepared at the event:

### **Vegan Ice Cream or Smoothie -**

- 1 frozen banana  
- optional additions (pick from hemp protein powder, soy protein powder, cocoa or carob powder, frozen cherries/blueberries/raspberries, carrot - yes a carrot does taste good blended into frozen bananas)

cut up frozen banana & put in food processor with the optional ingredients of your choice, add a very small amount of water, and mix.

note: using a food processor with a very small amount of water will make this thick like ice cream -- if you want a drinkable smoothie with more liquid, then use more water & use a blender instead of the food processor.

Cooking Tips/recipe Ideas from Ron:

### **Tofu tips -**

use a Silpat liner (this is a silicone baking sheet & the Silpat brand costs a little more than some others but it works really great).

slice a 1 pound slab of extra firm tofu into 4 pieces - then cut into bite size triangles - bake for 30 to 35 minutes at 450 degrees - with the Silpat liner, no oil is needed & it won't stick - if you don't want to buy Silpat, then parchment paper could substitute -- for seasoning, dip in a mix of balsamic vinegar & salt-free spike (available from health food stores), or seasonings of your choice.

Another idea: with Silpat, making homemade oil-free fries is easy - cut up russet potatoes into fries (season as desired) & bake on Silpat for 22 minutes @ 450 degrees for a fast & easy treat!

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**Veggie Rice**

- white basmati rice (1 cup rice to 1.25 cups water - cook for 15 minutes)  
or brown basmati rice (1 cup rice to 2 cups water - cook for 35 minutes)

While rice is cooking, you can prepare the veggies/legumes, I suggest picking from the following - frozen corn, frozen peas, frozen soybeans (shelled edamame), or canned chick (garbanzo) beans, and fresh julienned carrots (the julienne peeler from OXO makes nice little strips & it's much easier than using a knife).

for the frozen ingredients, put in a saucepan with just a little water at the bottom & heat on high with the cover on the saucepan to steam.

when the cover becomes hot, it's done - mix with rice & season with soy sauce, salt-free spike & balsamic vinegar according to your tastes

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other tips, a multivitamin with B12, and calcium pills are good daily supplements for healthy nutrition -- & be sure to include legumes (i.e. soybeans, chick peas, peas, hemp powder) in the daily diet.

*Noelle*

What she made at the event:

**Sesame Noodle Salad** (How it All Vegan AKA HIAV)

buckwheat noodles (to serve 4)  
2 TBS sesame oil  
1/4 cup Braggs  
1/4 cup rice vinegar  
1/2 cup cucumber, seeded and shredded  
1 cup carrots, peeled and shredded  
6 large radishes, sliced  
3 stalks green onions, thinly sliced  
2-4 TBS Gomashio (1 cup toasted sesame seeds, 1-2 tsp sea salt, 1 tsp kelp powder, ground up together in coffee grinder that is not actually used to grind coffee, but instead, spices)

Cook pasta according to package directions, drain and rinse noodles under cold water till cool. In a small bowl, whisk together sesame oil, Braggs, and vinegar. Toss with the noodles to coat. Add cucumber, carrots, radishes, and onions and toss. Garnish with gomashio.

Other Recipes Noelle Likes:

**Brainless Banana Pancakes** (HIAV)

1 cup flour  
2 tsp baking powder  
1 banana, mashed  
1 ¼ cups soy milk  
1 TBS sweetener  
Sliced fruit (for garnish)

In a large bowl, sift the flour and baking powder together. In a small bowl, mash the banana with a fork and add ¼ cup of the milk, mixing together until there are no lumps. Add the banana, sweetener, and remaining milk to the dry mix and stir together until “just mixed”. Portion out about ¾ to 1 cup of batter onto a hot nonstick pan, or a lightly oiled frying pan and cover with a lid. Let sit on medium heat until the center starts to bubble and become sturdy. Flip pancake over and cook other side until golden brown. Repeat process until all the batter is gone. Makes 2 or more servings. Garnish with fresh fruit and maple syrup.

#### **Sinful chocolate pudding - (H.I.A.V)**

1 cup soft tofu  
¼ cup oil  
½ cup sweetener  
4 TBS cocoa powder  
¼ tsp salt  
1 ½ tsp vanilla extract

In a blender or food processor, blend together all ingredients until smooth and creamy. Chill well before serving. Makes 2-4 servings.

#### **Fancy Biscuits (goes best with Mighty Miso Gravy—recipe follows) (H.I.A.V)**

2 cups flour  
2 tsp baking powder  
½ tsp salt  
2 TBS vegetable oil  
1 cup sour soymilk (soymilk + 1 tsp vinegar)  
½ cup green onions, chopped  
1 TBS dried dill  
¼ tsp pepper

Preheat oven to 450. In a large bowl, sift together flour, baking powder, and salt. Add the oil, sour milk, onions, dill, and pepper and mix together gently until just mixed. Spoon into lightly oiled muffin tins. Bake 12-18 mins. Makes 6 biscuits.

### **Mighty Miso Gravy (H.I.A.V.)**

6-10 Mushrooms, chopped  
1 medium onion, chopped  
1 TBS olive oil  
2-3 TBS Braggs or soy sauce  
Cayenne pepper (to taste)  
Dried basil (to taste)  
Dried dill (to taste)  
Pepper (to taste)  
1/3-1/2 cup flour  
1 1/3 cups vegetable stock or water  
1 tsp Miso

In medium saucepan, sauté mushrooms & onions on med-high heat until onions are translucent and mushrooms are tender. Add braggs, cayenne, basil, dill, and pepper and stir together. Remove from heat and slowly stir in flour, mixing together well. It will become pasty and dry. Slowly start adding the stock a little at a time until everything becomes well mixed and there are no lumps. Place back onto medium heat and simmer until thickened, stirring often. At the last minute, stir in miso and serve. Makes 4-6 servings.

### **Mushroom Barley Stew (H.I.A.V)**

1 medium carrot, chopped  
1/2 medium onion, sliced  
2 large cloves garlic, crushed  
1/2 medium green pepper, chopped  
1/2 medium red pepper, chopped  
2 TBS olive oil  
15-20 small mushrooms, chopped  
1 cup dry pearl barley  
1/2 cup chickpeas  
1 tsp cumin  
Splash of Tabasco (to taste)  
Salt (to taste)  
Pepper (to taste)  
1 TBS Braggs or soy sauce  
3-4 cups vegetable stock

In a large soup pot sauté the carrots, onions, garlic, and peppers in oil on medium heat until onions are translucent. Add mushrooms and sauté until tender. Add barley, chickpeas, cumin, Tabasco, salt, pepper, braggs, and stock and simmer 20-30 mins until barley is cooked. Makes 4-6 servings.

Jon

What Jon made at the event:

**Pizza Dough** (from James McNair's Pizza)

- 1 Tbsp granulated sugar
- 1 cup warm water (warm, but not hot)
- 1 envelope (¼ ounce) active dry yeast
- about 3¼ cups unbleached all-purpose flour (or semolina)
- ¼ cup extra virgin olive oil
- 1 tsp salt

Add the sugar to the water and mix well, then add the yeast and stir until the mixture is smooth. Let it sit for about five minutes, and if foam does not form on the surface, the water was too hot (and killed the yeast), or too cold (and did not activate it). While proofing the yeast, mix 3 cup of the flour with the salt in a large mixing bowl. Add the yeast mixture and oil to the flour and salt, and stir until the dough is holding together well. Put the dough on a floured surface, and knead, adding flour as you do so. Keep kneading and slowly adding flour until the dough is no longer sticky. Continue kneading until the dough is smooth, elastic, and shiny (5-10 minutes more). Do not over knead, as this will result in a tough crust. Shape the dough into a ball, and put it in a well-oiled bowl, turning to coat it on all sides with the oil (which prevents a hard crust forming, which inhibits rising). Cover the bowl with plastic wrap or a damp towel to prevent moisture loss. Let rise until doubled in bulk (about 1.5 hours, or 45 minutes if using quick-rise yeast). Put the pizza on a sheet, or a pizza screen, or in a deep dish pan, or on a stone, or whatever. Cooking directions vary according to what you cook it on, but around 400F for 15 minutes or so usually works. Adjust temp and time to individual preferences.

Topping: Tomatoes, olive oil, garlic, salt, fresh basil (basil goes on after cooking)

Other Recipes Jon likes:

**Bar-B-Que Twists** (from Soul Vegetarian)

- 4 # whole wheat flour (or 1.33# high-gluten flour)
- 8 cups hot water
- ½ cup peanut butter
- 1/3 cup nutritional yeast
- 2 Tbsp garlic powder
- 2 Tbsp paprika
- 1 large onion (chopped fine) (or 2 Tbsp onion powder)
- ½ cup hot oil
- BBQ sauce (use Sweet Baby Ray's)

Mix flour with water (add slowly) into a firm texture, make sure it is well mixed, and let the dough sit for 45 minutes. Put it in a colander, run cold water over it, and knead until the water is mostly clear, and the dough isn't at all grainy. It takes a lot longer for whole wheat flour than with gluten flour, but either way you should get 2 pounds of gluten in the end.

In a bowl, mix peanut butter, yeast, garlic powder, and paprika. Mix them into the gluten as much as you can (it's often difficult). Sauté the onion in the oil, and add to the gluten. The hot oil will help break down the gluten and you should be able to mix it together much more easily. Keep mixing until consistency is stringy but doesn't tear apart. Pull off small pieces, and stretch and twist pieces into breadstick shapes. Place twists on a lightly oiled cookie platter and bake at 350 degrees for ½ hour or until crispy and brown on the bottom. Brush twists with BBQ sauce and bake 10 minutes longer

### **African Groundnut Soup** (from The Artful Vegan)

- 2 tsp olive oil
- 2 red onions, chopped
- 4 cloves garlic, minced
- 2 tsp minced ginger
- ½ tsp ground clove
- ½ tsp ground cardamom
- ½ tsp ground allspice
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 2 tsp ground mild chile powder
- ¼ tsp cayenne pepper
- 1 cup freshly squeezed orange juice
- ½ tsp minced orange zest
- 3 sweet potatoes, peeled and cut into 1-inch dice (4 cups)
- 1 16oz can diced tomatoes
- 6 cups vegetable stock
- ½ cup creamy peanut butter
- ¼ cup light miso
- Salt and black pepper

Heat olive oil in soup pot over medium heat, add onions and garlic and sauté for about 10 minutes, until onions are lightly caramelized. Add the ginger and spices and sauté for another minute or so. Add the orange juice and zest, and stir the bottom of the pot well. Add sweet potatoes, tomatoes, and stock, and simmer roughly 40 minutes until sweet potatoes are soft. Add peanut butter and miso and puree the soup in a blender or with an immersion blender until smooth. Add salt, pepper, and cayenne to taste. Serve with toasted bread or teff croutons.

### **Super-Moist Chocolate Cake**

FOR 9X13:	FOR 9X9:
2¼ cup flour	1.5 cup
heaping ¼ cup cocoa	3 Tbsp
1½ cup sugar	1 cup
¾ tsp salt	½ tsp
1½ tsp baking soda	1 tsp
6 Tbsp oil	¼ cup
1½ Tbsp white (or rice) vinegar	1 Tbsp
2 tsp vanilla	1.5 tsp
1½ cup cold water	1 cup

Combine dry ingredients and mix them thoroughly. Make three wells in the dry mixture and add the oil to one, the vinegar to another and the vanilla to the third. Pour the cold water over the whole thing and mix very well. Pour batter into 9"x13" pan and bake at 350 degrees for about 30 minutes. Cake is done when center is set. For icing use about 1 cup semisweet chocolate chips (Ghirardelli's or Guittard's is best), melted in a saucepan with enough soy milk for consistency, some cocoa powder to taste, and a dash of peppermint oil or extract (or raspberry extract, or some other flavor) to taste.

*Sarah*

What Sarah Made at the Event (from some kindly soul on vegweb)

### **Lemon Tofu with Capers**

Ingredients:

- 1 lb. tofu, cut into 1/4 slices
- 1/4 cup nutritional yeast
- 2 TBS whole wheat flour
- 1/4 cup lemon juice
- 1 TBS vinegar
- 1/2 green pepper
- capers
- oil
- 2 TBS soy sauce

Directions:

Fry tofu on both sides with some oil for about 4 minutes each side, green peppers and cook for 1 more minute. Add nutritional yeast and flour, making sure to coat everything. If its not sticking to the tofu, add a little bit of water. Cook for another 2 minutes, then add lemon juice, soy sauce, and vinegar. Cook till all liquid is soaked up. Add capers and cook for about 1 minute more, so that the peppers are hot, but still crunchy.

Other recipes Sarah Likes

### **Tom Tofu (Vegan Vittles)**

1 lb. extra firm tofu, pressed (as per tofu guide)

Marinade:

- 3/4 cup water
- 3 TBS soy sauce
- 3 TBS Nutritional Yeast
- 1/2 tsp poultry seasoning
- 1/2 tsp ground coriander
- 1/2 tsp onion granules
- 1/2 tsp garlic granules

Coating Mix:

- 1/2 cup ww pastry flour
- 1/4 cup yellow cornmeal
- 1/4 cup nutritional yeast
- 1/2 tsp onion granules
- 1/2 tsp salt
- 1/8 tsp ground black pepper

Mix up your marinade, Cut tofu into 1/2 inch thick slices and place into marinade. Let soak for a few hours, overnight, or up to 2 days.

Now that you're done marinating, place the coating mix in a shallow bowl and stir. Heat up some vegetable oil in a pan. Press the tofu into the coating on both sides, until well coated. Fry the tofu until browned on each side..

Also, I like **Tofu-leek tart with pine nut crust** (Voluptuous Vegan-p190) Except I just make a regular pie crust, it's easier. You'll have to look that one up since I'm too lazy to type it.

### **Chocolate "Cheese" Cake that fooled some dairy-eatin' boys (veganchef.com)**

#### **Filling:**

10 oz. vegan chocolate chips  
2 - 12.3 oz. packages of Mori-Nu Silken Style Tofu, extra firm  
1/4 cup maple syrup  
1 T. vanilla  
1/8 t. salt

#### **Crust:**

1 1/2 cups graham cracker crumbs (approximately one sleeve crushed)  
3 T. cocoa powder  
1 T. unbleached cane sugar  
1/2 cup safflower oil

Begin by pressing the tofu. Melt the chocolate chips in the microwave or over a double boiler. In a food processor or blender, combine the pressed tofu, melted chocolate chips, and remaining filling ingredients, and puree until smooth.

In a small bowl, combine graham cracker crumbs, cocoa, and sugar, stirring until well mixed. Drizzle in safflower oil, and using your fingers, mix until thoroughly combined. Firmly press into the bottom of a greased 9-inch springform pan and set aside. Pour filling over top of crust and bake at 325 degrees for 45 minutes. Allow to cool, and chill, preferably overnight, or for several hours. Garnish with fresh fruit or sliced almonds, if desired.

### **Blueberry Crisp (that impressed my omni neighbors) (from my local paper)**

Whenever I need lemon juice for a recipe, but not the rind, I always zest the lemon and chop the zest finely and put it in a Ziploc in the freezer. Same goes for garlic, anytime I need garlic, I peel and chop the whole thing, and freeze what I don't need right then. Makes life easy for recipes that call for lemon zest or garlic.

1 1/2 cups old fashioned oats (not quick cooking kind)  
3/4 cup all purpose flour  
3/4 cup brown sugar, packed  
1/2 cup vegan margarine, melted  
3/4 tsp cinnamon  
1/2 tsp salt  
1/4 tsp baking soda  
3 cups fresh or frozen blueberries  
1/2 cup sugar  
1 TBS lemon juice  
1 TBS Cornstarch  
1 tsp grated lemon zest

Preheat oven to 350 degrees. Line 8 inch square pan with aluminum foil long enough to overhang the edges. Grease the foil. In a bowl, combine flour, oats, brown sugar, margarine, cinnamon, baking soda and salt until crumbly. Reserve 1 cup of the mixture for topping. Press remainder firmly and evenly into the pan. Bake until golden, 12 minutes. While base is baking, make the filling: In a medium saucepan, mix cornstarch with lemon juice, then add sugar, zest and blueberries. Bring to a boil. Cook, stirring, until thick, about 5 minutes. Remove from heat. Pour filling into base, and crumble 1 cup reserved topping over blueberry filling. Bake 30-35 mins. Let cool before cutting. Goes well with vanilla soy ice cream.