

PLANT-BASED BRUNCH

VegMichigan Cooking Demo

Cooking Demo by Vicki Brett-Gach and Michele Gallo

MIXED BERRY OATMEAL MUFFIN CUPS

Makes 12 muffins

- 4 ripe bananas, mashed
- 1 cup unsweetened applesauce
- 2 cups rolled oats
- 2 tablespoons ground flaxseed meal
- 1 teaspoon cinnamon
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons pure vanilla extract
- 1 1/2 teaspoons apple cider vinegar
- 2 cups frozen mixed berries

Preheat oven to 350 degrees. Line muffin pans with parchment paper liners or have a silicone muffin pan available.

In a large mixing bowl, stir together all ingredients until just combined.

Divide batter evenly into muffin cups, and bake about 25 minutes, or until tops are almost golden and feel just about firm to the touch. Remove muffins from the oven, and place on cooling racks.

Serve warm or at room temperature. (Extras freeze well, and can be warmed up later in the week.)

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Plant Pushing Bacon

From Wicked Healthy

Each option serves 4

PLANT OPTIONS

- 2 handfuls of shiitake mushrooms stemmed
- 4 portobello mushroom caps sliced
- 1 medium-sized eggplant
- 1 package tempeh (8 oz)

8 ounces extra-firm tofu

Marinade for any of the options

2 cloves garlic, minced

¼ cup tamari or soy sauce (can also use coconut or soy aminos)

2 tablespoons maple syrup

1 teaspoon liquid smoke (mesquite preferred)*

1 tablespoon granulated onion

1 tablespoon sriracha

Pinch of sea salt and freshly ground black pepper

3 tablespoons peanut oil or frying oil (omit if oil-free, decrease amount by using spray bottle of avocado or canola oil)

INSTRUCTIONS

If using:

- tempeh - steam it whole for 5 minutes to infuse more moisture, let cool, then slice into ¼" strips.
- mushrooms - slice into ¼" slices
- eggplant - slice into ¼" slabs and halve

Mix the remaining ingredients (except the oil if using) in a small bowl and whisk thoroughly.

Pour the marinade of the product you are using and carefully toss well to coat all the slices, taking care not to break the product.

Allow to marinate overnight in the refrigerator.

For faster marinating, use a vacuum sealer to seal the coated strips and let stand for 2-4 hours at room temperature.

Notes

*If you don't have liquid smoke, add 1 teaspoon of smoked paprika.

To bake it:

Preheat the oven to 275 degrees.

Place the plant strips in a single layer onto a baking sheet coated with a spray oil or a thin layer of oil. Bake until crisp, turning the strips halfway through cooking.

Timing varies:

Tempeh and tofu take about 1 and a half hours

Mushrooms take about an hour

Eggplant takes about 1 and a quarter hours

To pan fry it:

Can use a cast iron pan on medium to high heat, add the oil and place an even layer of the plant bacon and pan fry, turning once, until they brown and crisp, 3-5 minutes total. Remove, place on paper towels to drain.

To dehydrate it:

You can place the strips in single layers on screens in a dehydrator set to 110-115 degrees F and dehydrate for 4-6 hours until crisp. Dehydrating makes the plant bacon drier, a little more like jerky.

TOFU POWER SCRAMBLE

Serves 6 to 8

1 onion, diced
1 red bell pepper, diced
2 stalks celery, diced
1 package extra firm tofu, crumbled
2 tablespoons Scrambler Seasoning Mix (see below)*
sprinkle of extra curry, to taste
sprinkle of hot sauce, to taste
sprinkle of Bragg's Liquid Aminos, to taste
2 large sweet potatoes, steamed and roughly chopped
2 to 3 cups fresh baby arugula, kale, or spinach, chopped

Heat a large nonstick skillet over high heat. Add onions and dry sauté until translucent. Sprinkle a little bit of water as needed to prevent sticking to the pan. Add bell pepper and celery, and continue to sauté briefly. Add tofu and Scrambler Seasoning Mix. Continue cooking over medium-high heat, stirring occasionally until tofu is rich in color and begins to turn golden brown.

If desired, season with an extra sprinkle of curry, hot sauce, and Bragg's Liquid Aminos, to taste. Then add sweet potatoes and greens, and continue to cook until potatoes are heated through and greens have wilted.

Remove from heat. Season with additional salt and pepper to taste, and serve hot, with sprouted whole grain Ezekiel toast or English Muffins.

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***SCRAMBLER SEASONING MIX**

1 cup nutritional yeast flakes
5 tablespoons, plus 1 teaspoon onion powder
4 teaspoons curry powder
4 teaspoons ground turmeric

4 teaspoons ground cumin
4 teaspoons kosher salt
1 to 2 teaspoons ground pepper

Blend all ingredients together and store in a small covered jar.

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VEGAN SMOKED SALMON AND CREAM CHEESE

By The Happy Pear

INGREDIENTS

14 ounces natural soy yogurt
Pinch of salt
Muslin or clean tea towel
3 Carrots
1 tbsp Salt
7-8 ounces boiling water
2 tbsp smoked paprika
1 tsp garlic powder
2 tbsp tamari
1 nori sheet blended into a powder
1 Pinch of salt
Bagels or rye crackers or Bagels
½ tsp Dried Mixed Herbs
½ bunch of Chives or Coriander
½ tsp Black pepper

INSTRUCTIONS

Preheat your oven to 350 degrees F
Sprinkle some salt over the carrots on a baking tray
Bake for 40 minutes
While they are baking, make your marinade by mixing together the water, smoked paprika, garlic powder, tamari and nori sheet

When the carrots are cooked, leave to cool and then carefully peel the carrots into long slivers, then massage with a sprinkle of salt.

Combine the carrot and marinade in a sealed container and leave for at least 24 hours in the fridge

You will need a colander, pot and muslin/cheesecloth

Pour the yogurt into a muslin inside a colander over a pot (to catch liquid)

Leave over night and then mix in a pinch of salt

To serve, spread a generous serving of cream cheese on your cracker, bread or bagel, remove some carrot strips from the marinade, shaking off any excess marinade before adding a few strips to each serving. Garnish with some chopped chives, dried herbs, capers or whatever garnish you prefer :)

PANINI-PRESSED POTATOES

Serves 1 or 2

1 or 2 leftover baked russet potatoes

kosher salt, to taste

smoked paprika, to taste

* Optional creamy dipping sauce (see below)

Heat a panini press.

Slice potatoes lengthwise. You'll want approximately four long oval slices per potato. Lightly sprinkle one (or both) side(s) with kosher salt and smoked paprika, to taste. Carefully place seasoned potato slices onto surface of hot panini press. Close lid, and allow to grill for 5 minutes or until grill marks are deep golden in color.

Remove from heat, and enjoy.

** If desired, try a creamy dipping sauce for potato crisps, mixing together one spoonful of unsweetened nondairy yogurt, a squeeze of yellow mustard and a smidge of smoked salt, each to taste.*

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RAW VEGAN CINNAMON ROLLS

Feasting on Fruit

INGREDIENTS

4 spotty bananas

Cinnamon

DATE PASTE

1 cup Medjool dates (about 12)

1/2 cup water

Optional: 1 tsp vanilla and/or a pinch of salt

INSTRUCTIONS

Preheat the oven to 250F

Slice the bananas lengthwise into 3 strips each

Lay out the slices on 2 baking trays lined with parchment paper. Do not overcrowd. I recommend 6 slices per tray. If you have any smaller strips that broke, lay them out too.

Bake for 1 hour at 250F.

Remove from the oven and let them cool for 15-20 mins.

Gently run a finger or dull knife under each slice to release it from the pan. Flip them over so the side with more moisture is facing upwards.

Blend all the ingredients for the date paste.

Spread about 1 tablespoon of date paste down the length of a banana slice. Sprinkle with cinnamon. Roll.

Repeat with the remaining slices. You can roll the shorter pieces inside the longer strips.

Arrange all the rolls on one lined pan.

Return them to the oven for 1.5-2 hours at 250F.

Remove from the oven. Allow to cool. Eat immediately or refrigerate for a firmer consistency.

Keep leftovers in the fridge.