

Plant-Based Cooking Demo - Autumn is Here!

Presented by Vicki Brett-Gach and Michele Gallo

Hosted by VegMichigan

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Roasted Red Cabbage Steaks with Red Pepper Tahini Sauce

Servings: 6 to 8

Red Cabbage Steaks

1 head red cabbage
2 tablespoons balsamic vinegar (or flavored balsamic)
kosher salt and coarsely ground black pepper, to taste
2 tablespoons yellow mustard
1 tablespoon date syrup

Optional Finishes:

Red Pepper Tahini Sauce (recipe below) *
1/4 cup chopped fresh cilantro

Instructions

Preheat oven to 400 degrees.

Remove the tough outer leaves of the cabbage and discard. With the head of cabbage standing upright on a cutting board, carefully slice "steaks" evenly from top to bottom, about 3/4-inch each. (You'll probably end up with around 6 to 8 of them.)

Place cabbage steaks on a nonstick roasting pan or baking sheet. Brush evenly with balsamic vinegar. Sprinkle with salt and pepper. Roast cabbage steaks uncovered for 45 to 50 minutes, or until nice and tender.

While the cabbage is roasting, in a small bowl, mix together yellow mustard and date syrup. Set aside.

Prepare the Red Pepper Tahini Sauce (see below) and set it aside.

When the cabbage steaks are tender, remove them from the oven. Brush the top of the cabbage with the sweet mustard sauce mixture. Drizzle with Red Pepper Tahini Sauce (if using), and sprinkle with fresh cilantro. Serve warm.

*** Red Pepper Tahini Sauce**

** Recipe adapted from The Institute of Lifestyle Medicine "Red Tahini Spread".*

1 medium red bell pepper, roughly chopped
1 clove garlic, minced
3/4 cup tahini
1/2 cup water
2 tablespoons fresh lemon juice
1/2 teaspoon kosher salt
1/2 teaspoon coarsely ground black pepper

Instructions

Heat a large nonstick skillet over high heat. Add bell pepper, and sauté just until tender. Add chopped garlic and continue sautéing for just another moment or two, until you can smell the garlic. Remove from heat.

In a food processor, blend red pepper and garlic with tahini, water, lemon juice, salt, and pepper. Process until smooth.

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SQUASH & RAW KALE QUINOA SALAD

from The Plant-Based Diet Revolution

by Dr. Alan Desmond

INGREDIENTS

1 small autumn squash, seeds removed, and cut into wedges
1 red onion, sliced
½ tablespoon extra virgin olive oil (optional)
⅔ cup red quinoa
12 ounces boiling water
1 head of kale
½ lemon

Dressing

⅓ cup cashews
Small handful of fresh parsley, rough chopped
½ garlic clove, finely chopped
1 tsp Dijon mustard
3 tablespoons cold water
Sea salt and freshly ground black pepper

DIRECTIONS

To make the dressing, put the cashews in a bowl and cover with cold water, and leave them in the fridge to soak overnight. The next day, drain them well and place them in a food processor or blender with the parsley, garlic, mustard, 1 tablespoon lemon juice and water. Blitz until smooth, scraping down the sides every so often. If the dressing tastes a bit gritty, add a dash more water and blitz again. Season with salt and more lemon juice to your taste.

Preheat the oven to 400 degrees

Put the squash and onion into a large roasting tray with the olive oil (if using) and about 2 tablespoons of cold water. Season lightly with salt and pepper and mix well. Place in the oven and roast for 20-30 minutes, or until the squash is tender and starting to color at the edges. Set aside until warm or cold, as you prefer.

Meanwhile, rinse the quinoa in a sieve under cold running water. Port the boiling water into a saucepan, add the quinoa and cook gently for 12-15 minutes, until tender. Set aside until warm or cold, as you prefer.

While the quinoa cooks, remove and discard the kale stalks. Tear the leaves into bite-sized pieces. Throw them into a large bowl with a good squeeze of lemon juice, then use your hands to massage the leaves for a few minutes.

To serve, tumble the squash, onions, quinoa and kale together in a large serving dish. Spoon the dressing over the top.

Apple Butter Oatmeal Cake

Servings: 9

3/4 cup rolled oats
3/4 cup date sugar
1 tablespoon ground flaxseed meal
1 tablespoon baking powder
1 teaspoon apple pie spice
1 teaspoon ground cinnamon
pinch salt
2 ripe bananas, mashed
3/4 cup apple butter
1/2 cup nondairy milk
2 teaspoons vanilla extract

Garnish:

1 apple, peeled, cored, and sliced or diced (or cut into small shapes with a cookie cutter)

Instructions

Preheat oven to 350 degrees.

In a large mixing bowl, combine oats, date sugar, flax, baking powder, apple pie spice, cinnamon, and salt.

In a separate bowl, stir together bananas, apple butter, milk, and vanilla. Add to the bowl of dry ingredients and combine well.

Spread batter evenly in an 8" x 8" silicone (or other nonstick) baking pan.

Arrange apple pieces over the top as desired. Bake for about 30 or 35 minutes, or until the top of the cake feels firm to the touch. Remove from oven to a cooling rack. Allow to cool before serving.

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EASY PUMPKIN SPICE LATTE

by Minimalist Baker

3/4 cup dairy-free milk (we recommend cashew milk, but coconut or hemp milk would also work well)

1/4 cup water

2-3 Tbsp pumpkin purée (not pumpkin pie mix)

1/2 heaping tsp ground cinnamon (*if using pumpkin pie spice, see notes)

1/4 tsp ground ginger (*if using pumpkin pie spice, see notes)

1 healthy pinch ground nutmeg (*if using pumpkin pie spice, see notes)

1 healthy pinch ground allspice (*if using pumpkin pie spice, see notes)

1 healthy pinch ground clove (*if using pumpkin pie spice, see notes)

1 healthy pinch ground cardamom (optional // *if using pumpkin pie spice, see notes)

1/8 tsp freshly ground black pepper

1 ½ – 2 tsp maple syrup, more or less to taste (or sub stevia to taste)

1 shot espresso (or sub 1/4 cup strong brewed coffee)

1/2 tsp vanilla extract

FOR SERVING optional

Coconut whipped cream

Pumpkin pie spice

Instructions

If adding coffee or espresso, prepare at this time and set aside.

HOT VERSION

To a small saucepan, add dairy-free milk and water. Bring to a simmer, then add pumpkin purée, cinnamon, ginger, nutmeg, allspice, clove, cardamom (optional), black pepper, and maple syrup. Whisk until smooth.

Note: A little separation is natural with both the pumpkin and dairy-free milk, so whisk/stir as needed to smooth.

Add coffee, espresso, or dandy blend and vanilla and whisk until smooth. Taste and adjust flavor as needed, adding more spices to taste, espresso coffee or for stronger coffee flavor, or maple syrup for sweetness.

ICED VERSION

Add all ingredients to a jar with a lid and stir to combine. Then add ice, secure lid, and shake vigorously to combine — about 30 seconds.

FOR SERVING

Serve as is, or top with coconut whipped cream and a pinch of pumpkin pie spice, cinnamon, or nutmeg.

Store cooled leftovers in the refrigerator up to 1 week. Because of the pumpkin purée and dairy-free milk, separation is natural. Simply stir before serving or whisk when reheating on the stovetop.

NOTES

*If you're using pumpkin pie spice, start with 1/2 tsp of the mixture and work your way up as spice blends/intensities may vary.

*Nutrition information is a rough estimate calculated with the lesser amount of pumpkin purée and maple syrup and without optional ingredients.

HOMEMADE VEGAN "ROLOS"

by Angela Liddon

Yield: 18 bites

INGREDIENTS:

200 grams pitted soft Medjool dates (about 11 large)

1/2 tbsp peanut butter (or other nut or seed butter)

pinch of fine grain sea salt

scant 1/2 cup dark chocolate chips

1 tsp coconut oil

chia seeds (optional - to make them look "creepier")

DIRECTIONS

1. Process dates with nut/seed butter until a sticky paste forms.
2. Chill date mixture in freezer for 10 minutes, then shape into about 18 small balls.
3. Freeze balls again for 10 minutes. Meanwhile, melt chocolate with coconut oil.
4. Dunk each chilled ball into chocolate. Tap off excess. Sprinkle with chia and stick with toothpick.
5. Place bites back into the freezer for at least 20 minutes to set. Bites taste best when firm and cold, straight from the freezer. They soften at room temp, but do not melt.
6. Enjoy!