

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/raspberry-tiramisu-recipe/index.html>

<http://www.veggyywood.com/2010/07/19/vegan-tiramisu-finally/>

Vegan Tiramisu – Finally!



After a bunch of tests, I finally am pretty sure I have mastered *the holy grail of vegan desserts* – **tiramisu**. The lady finger recipe is in part inspired by the one on [Insomniac Chef](#), along with a combination of “traditional” recipes I also checked out. The filling was a lot of taste testing (*such a chore*, I know).

I prefer to make tiramisu in little glass cups versus the traditional cake version. Not only do I think it looks prettier, but it’s a way to make the whole thing look more professional. That, and well, it’s easier not to screw up.

A word of warning, this is not a quick dessert. If you make it all at once, it’s at least an hour job (plus baking time). There’s a lot of prep. On the other hand, it’s an easy desert to make in stages, even over the span of a few days. The lady fingers actually work better the more they harden up, and the longer you leave the completed dessert in the fridge, the creamer the cake layers get. If you want something truly “melt in your mouth,” it’s best to refrigerate it over night.

Also, this tiramisu isn’t cheap. The worst thing you can do is use cheap espresso. Just bite the bullet and go to a coffee shop and buy 2 cups. It cost me \$8 but the difference between instant espresso and the real thing is night and day. With all my trial runs, I think I’ve spent about \$100 on ingredients.

But trust me, all the work is worth it. This dessert is *insane*.

The following recipe makes enough for 6 mini-dessert cups or one 9" dish cake.

Ingredients

Lady Fingers:

- 2 cups all purpose flour
- 1 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon cornstarch
- 2 teaspoons vanilla
- 1/3 cup canola oil
- 1 cup water
- spray oil (I like Trader Joe's flour/baking spray)
- 2 round 9" pans or 1 square 9"

Filling:

- 1 1/2 cups Tofutti sour cream
- 1 1/2 cups Tofutti cream cheese
- 1 1/4 cups heavy unsweetened soy cream (I use [Mimic Creme](#), you can get it on Amazon [HERE](#) – although Silk creamer would probably work as well)
- 1 teaspoon flour
- 1 teaspoon corn starch
- 1 1/2 teaspoons vanilla
- Up to 1 1/2 cups organic powdered sugar, sifted

Assembly:

- 2 cups espresso coffee (cooled)
- 2 tablespoons Marsala wine (for a straight edge version, I think it's fine to leave this out, it just adds a little bitter flavor to the coffee)
- cocoa powder (I like [Green & Black](#))
- dark chocolate bar for shavings (Green & Black makes one flavored with coffee that I like)
- 6 glass tumblers (I use some cute ones I got at Ikea)
- OR one 9×9" glass pan

Directions for Cream Filling

(Make the cream first and stick it in the fridge to set while you're making the cookies)

1. Beat the sour cream, cream cheese, and soy cream to combine using a handheld or standing mixer.
2. Add in the flour, corn starch, and vanilla. Beat to combine.
3. Sift the powdered sugar into the mixture. Beware of making this too sweet. If it's too sugary, it's going to overpower the espresso and the whole thing will be too sweet to eat. I add a full cup of sugar and then add up to another 1/4 cup a little bit at a time.
4. Beat until thickened (about a minute). It's going to come out like a heavy cream, but not as thick as whipped cream. If it looks too thin, don't worry because an hour or so in the fridge will thicken it up, as will leaving the whole dessert in the fridge overnight.

Directions for Lady Fingers

1. Preheat the oven to 350 degrees. Sift together the dry ingredients, and stir just to combine.

2. Add the oil, vanilla, and water. Stir until most of the lumps are gone.
3. Now, based on what kind of tiramisu you want to make, choose your pans. If you are making a traditional tiramisu with traditional lady finger cookies, use the 1 square pan. If you are going to follow my lead and make the dessert cups, pour the mixture into the 2 lightly oiled pans. Kind of tilt them around so the mixture is evenly distributed. Try to fill them evenly but it's not the end of the world if it's a little bit off.



4. Bake the pans for approximately 20 minutes. If you are using one square pan, bake for about 35 minutes. Do the toothpick test, if it comes out clean it's done. Set aside to cool.
5. Now, here's the tricky part. If you are using the one square pan, all you have to do is cut the cake into lady finger strips. If you are making the little cups, turn one of them upside down and use it as a cookie cutter to cut 6 round pieces from each cake. You should be able to get 5 pieces from around the edges, and 1 from the remainder in the middle (this will look a bit like a star but it will still work).



6. Once you have a total of 12 little cakes, line them up on a cookie sheet. Re-bake them at 350 for 15 minutes or until they are just brown. Do the same with the lady finger strips if you instead are making a cake.



7. Set the cookies aside to cool. If you are putting the cups together later, just stick them in a tupperware until you need them.

Directions for Assembly

1. Pour the cooled espresso into a shallow bowl or pan, and stir in the marsala wine if you are using it.
2. Line up the cookies, espresso, creme and glass tumblers (or 9×9 glass pan).
3. Dip each lady finger (round or thin) into the espresso mix for a few seconds on both sides until saturated.
4. If you are making cups, push the round espresso-soaked cookie down into the bottom of the glass (you can use your knuckle to get it flush to the bottom). If you are making a cake, line the cookies along the bottom of



a glass dish, pressed together.



5. Put a heaping 2 tablespoons of cream on top. Or, for the cake, cover the layer completely.



6. Top with cocoa powder.



7. Repeat process with another espresso-soaked cookie, cream, and cocoa powder. If you want to be fancy, add some chocolate shavings on top. This is best done with the chocolate bar on the hard side, so if it's melty for whatever reason, pop it in the fridge for a few minutes. The shavings curl up best when the bar is



at room temperature.

8. Repeat the process for the 5 remaining cups. Stick them in the fridge for at least a few hours, although I recommend letting them sit overnight. The cookies will soften up and the cream will thicken, making the



whole thing just *epic*.



Note: If you are making a square cake, start by by lining the lady finger strips along the bottom of the cake, and repeat the above process.

Enjoy!!!

<http://insomniacchef.blogspot.com/2007/04/vegan-tiramisu.html>

Vegan Tiramisu



For weeks I obsessed about vegan tiramisu. I'd tried vegan recipes in the past and came up with nothing good. This last time I was determined. Now there is a recipe floating around [online](#) for vegan tiramisu already and I gave that a

shot first but here is what happened:

- the sponge cake came out kind of bitter and crumbly, even though it cooled a long time, cutting it caused it to break up.
- the "mascarpone" came out really runny. So I tweaked that recipe and combined it with some other recipes and here is my successful version of vegan tiramisu. First make all the components of the recipe as follows.

Sponge Cake:

(Based on recipe I found online by Candace Naomi Sakuda)

- 2 cups all purpose flour
- 1 cup sugar
- 3 teaspoons baking powder
- 1 teaspoon cornstarch
- 1 teaspoon vanilla
- 1/4 cup plus 2 Tablespoons canola oil
- 1 1/3 cups water

Combine all the ingredients in a bowl and mix until smooth and free of lumps. Pour batter into a greased 9 inch pan. Bake at 375 degrees for 40 minutes or until toothpick inserted in center of cake comes out clean. Allow the cake to cool complete and then slice it into lady finger shaped strips. Put the strips on a cookie sheet and bake in the oven at 400 degrees for 18 minutes.

"Mascarpone"

- 8 oz Soy Cream Cheese (I used toffuti's vegan cream cheese)
- 1/4 cup soy sour cream (I used toffuti's vegan sour cream)
- 1/4 cup vegan cream (you can try silk coffee creamer but I used Alpro Soya Heavy Cream which you can [buy here](#))
- 2 tablespoons Amaretto (sub 2 tsp almond extract + 1 tsp vanilla extract + 1 TBSP maple syrup)
- 1/3 cup powdered sugar
- 2 teaspoons vanilla extract
- 1 tablespoon agar (this is a vegan gelatine, I found some at a Korean grocery near my house but if you do not have that kind of thing near you you may have to buy some online)

Bring heavy cream to a boil in a small sauce pan and then dissolve the agar into it and allow it to cool to room temperature. Combine the cream/agar mix with all the other ingredients above and beat well. Put the mix in the fridge to set for several hours.

Coffee/Liquor Dip

- 1 cup espresso
- 3 tablespoons amaretto
- 3 tablespoons sugar

Combine these ingredients and put in the fridge to cool.

Topping

- 1 high quality dark chocolate bar, grated (store in the refrigerator)

To assemble the dessert dip the "lady fingers" you made into the coffee dip and lay them in a large deep dish. Pour the "mascarpone" over top of the cake. Sprinkel the "mascarpone" with the grated chocolate and then chill the entire dish in the refrigerator for an hour or until you are ready to serve.

COMMENTS worth following:

[LRPageant](#) said...

This was awesome! I left the cake whole and sliced it vertically into two layers. After making double the amount of marscapone, I placed one of the layers sliced side up (and placing strips of waxed paper under the edges for a clean presentation later) and drizzled about half the liquor over it, allowing some soak time. About one-half the marscapone went on top of that and then half the grated chocolate. The other half of the cake went on top, then the rest of the liquor, marscapone, and chocolate. I removed the wax paper, chilled, and presented. I cook for a discerning extended family, and it was praised as the best vegan dessert they had ever eaten. My only challenge was with the agar, which I had never used before. After I added it to the boiling soy creamer and mixed it in, when it cooled to room temperature it congealed into a rubbery mass. I broke it up and added it into the other marscapone ingredients and beat it well, but it still had a tapioca quality to it (maybe a new recipe!) My guests claimed they couldn't tell. Maybe I cooked it too long. Will definitely try it again and let you know. Thank you for a superb recipe!

[Insomniac Chef](#) said...

About the agar, I recommend agar **powder** over agar flakes pretty much for everything. I have never had results I was pleased with when using the flakes but the powder dissolves much more effectively.

[kvr](#) said...

For the mascarpone- I think it's supposed to be 1 teaspoon of agar (instead of tablespoon). I had problems with the cream/agar mix balling up into a solid mass, but with 1 teaspoon the consistency was perfect and the mascarpone turned out with a really nice consistency.

<http://chocochichi.com/2010/02/28/vegan-tiramisu/>

Vegan Tiramisu (Soy Free)

The February 2010 [Daring Bakers'](#) challenge was hosted by Aparna of [My Diverse Kitchen](#) and Deeba of [Passionate About Baking](#). They chose Tiramisu as the challenge for the month. Their challenge recipe is based on recipes from The Washington Post, Cordon Bleu at Home and Baking Obsession.

Wow! This dessert took a LONG time to make! It was tricky to make a vegan version. I tried 4 TIMES to make the suggested ladyfinger cookies. None turned out good enough. I thought about dunking the cookies in coffee. That reminded me of biscotti, so I made those instead.

The mascarpone cheese and vanilla pastry cream were not too difficult to make vegan. I used coconut milk in place of the cream in the original recipes. And I made a few little changes to the recipes. I had no luck with making zabaglione. I don't even know what that is! It seemed like the main flavor for the zabaglione was the marsala. That's why I put the marsala in the pastry cream instead. I could have eaten the pastry cream all by itself! It was SO yummy!

Making all the different ingredients was the hard part. Putting the tiramisu together was easy. I should have soaked the biscotti a little longer. They were too hard to cut through easily, so the whipped cream/pastry cream mix gushed out the sides. It was not pretty to look at, but it was delicious! I ate it after lunch so the coffee wouldn't keep me up at night! Yum, yum, yum!



Vegan, tofu-free tiramisu!

This recipe has many parts. You need 2 or 3 days to make everything. The finished tiramisu needs to sit a few hours, too. This is NOT a last-minute dessert to whip up. But it is a great one to make ahead for company. Make the mascarpone, pastry cream, and biscotti at least a day before you want to put everything together. The whipped cream is best right before you need it.

TIRAMISU

(adapted from Carminantonio's Tiramisu from [The Washington Post, July 11 2007](https://www.washingtonpost.com/archive/local/2007/07/11/tiramisu-recipe/2007-07-11/))

Ingredients:

For the whipped cream:

- 1 cup/235ml chilled coconut cream (refrigerate a can of coconut milk for at least 2 hours, then scrape off the cream from the top with a spoon)
- 1/4 cup/55gms powdered sugar
- 1/2 teaspoon/ 2.5ml vanilla extract

To assemble the tiramisu:

- 2 cups/470ml brewed espresso, warmed
- 1 teaspoon/5ml rum extract or almond (amaretto) extract (optional)

- 1/2 cup/110gms sugar
- 1/3 cup/75gms vegan “mascarpone cheese” (recipe follows)
- 1 batch marsala pastry cream (recipe follows)
- 12 or more biscotti (recipe follows), depending on size of biscotti and dish
- 2 tablespoons/30gms unsweetened cocoa powder

Instructions:

For the whipped cream:

1. Chill mixing bowl and beaters in the freezer for about 20 minutes.
2. Combine the coconut cream, sugar and vanilla extract in a mixing bowl. Beat with an electric hand mixer until the mixture holds stiff peaks. Set aside.

To assemble the tiramisu:

1. Have ready a rectangular serving dish (about 8” by 8” should do) or one of your choice.
2. Mix together the warm espresso, rum extract and sugar in a shallow dish, whisking to mix well. Set aside to cool.
3. In a large bowl, beat the mascarpone cheese with a spoon to break down the lumps and make it smooth. This will make it easier to fold. Add the prepared and chilled pastry cream, blending until just combined. Gently fold in the whipped cream. Set this cream mixture aside.
4. Workings quickly, dip the biscotti in the sweetened espresso, about 10 second per side. They should be moist but not soggy. Immediately transfer each biscotti to an 8 x 8 baking pan, placing them side by side in a single row. You may break a biscotti into two, if necessary, to ensure the base of your dish is completely covered.
5. Spoon one-third of the cream mixture on top of the biscotti, then use a rubber spatula or spreading knife to cover the top evenly, all the way to the edges.
6. Repeat to create 2 more layers, using biscotti and the cream mixture for each layer. Clean any spilled cream mixture; cover carefully with plastic wrap and refrigerate the tiramisu overnight.

To serve, carefully remove the plastic wrap and sprinkle the tiramisu with cocoa powder using a fine-mesh strainer or decorate as you please. Cut into individual portions and serve.

VEGAN SOY-FREE MASCARPONE CHEESE

(adapted from Vera’s Recipe for [Homemade Mascarpone Cheese](#))

This recipe makes 6oz of “mascarpone cheese”

Ingredients:

- 1/2 cup coconut milk (not “Lite”)
- 2 T cashew butter
- 1/2 T fresh lemon juice

Instructions:

1. Thoroughly combine coconut milk and cashew butter using an immersion blender, blender, or food processor.
2. Bring 1 inch of water to a boil in a wide skillet. Reduce the heat to medium-low so the water is barely simmering. Pour the coconut milk into a medium heat-resistant bowl, then place the bowl into the skillet.

Heat the cream, stirring often, to 190 F. If you do not have a thermometer, wait until small bubbles keep trying to push up to the surface. It will take about 15 minutes of delicate heating.

3. Add the lemon juice and continue heating the mixture, stirring gently, until the cream becomes thicker, about 7 minutes. Remove the bowl from the water and let cool for about 20 minutes.
4. Meanwhile, line a sieve with four layers of dampened cheesecloth and set it over a bowl. Transfer the mixture into the lined sieve. Do not squeeze the cheese in the cheesecloth or press on its surface (be patient, it will firm up after refrigeration time). Once cooled completely, cover with plastic wrap and refrigerate (in the sieve) overnight or up to 24 hours.

Vera's notes: The first time I made mascarpone I had all doubts if it'd been cooked enough, because of its custard-like texture. Have no fear, it will firm up beautifully in the fridge, and will yet remain lusciously creamy. Keep refrigerated and use within 3 to 4 days.

MARSALA PASTRY CREAM

Ingredients:

- 1 tablespoon tapioca starch
- 2 tablespoons sweet marsala wine (may substitute fruit juice)
- 1/4 cup/55gms sugar
- 1 tablespoon/8gms unbleached all purpose flour
- 1/2 teaspoon finely grated lemon zest
- 1/2 teaspoon/ 2.5ml vanilla extract
- 3/4 cup/175ml non-dairy milk

Instructions:

1. Whisk together the starch and marsala in a small bowl.
2. Combine the rest of the ingredients in a small saucepan over medium-low heat. Stir constantly until mixture just begins to boil.
3. Pour the starch/marsala mixture in slowly, while stirring constantly. Continue stirring until the mixture just begins to boil. Remove from heat.
4. Let cool, then cover and refrigerate for at least 4 hours.

CHOCOLATE-ALMOND BISCOTTI

(Adapted from [Veganomicon](#))

This recipe makes approximately 18 biscotti, just about enough for tiramisu.

Ingredients:

- 1/3 c soymilk
- 2 T ground flaxseeds
- 1/4 c plus 2 T sugar
- 1/3 c canola oil
- 1/2 t vanilla extract
- 1/2 t almond extract
- 1 1/2 c spelt flour
- 1/3 c cocoa powder
- 2 T tapioca starch

- 2 t baking powder
- 1/2 t salt
- 1 c whole almonds

Instructions:

1. Preheat oven to 350 degrees. Line a baking sheet with parchment paper.
2. Whisk together soy milk, flaxseeds, sugar, oil, and the extracts until well-blended.
3. In a separate bowl, mix together the remaining ingredients, except the almonds. Add to the wet ingredients, stirring just until everything is combined.
4. Add the almonds, then briefly knead the dough, until it is stiff.
5. Place dough on baking sheet and shape into a long rectangle, about 12 inches long and 4 inches wide.
6. Bake for about 28 minutes, until it is firm and the top is slightly cracked.
7. Allow to cool on the baking sheet for about half an hour.
8. Using a large, sharp knife, cut the loaf into 1/2 inch slices by pushing the knife down in one smooth motion rather than sawing back-and-forth.
9. Place the slices back on the backing sheet, cut side up, and bake for about 12 – 15 minutes. They should be slightly brown around the edges. They will firm up a little more when cool.
10. Let cool slightly on the cooking sheet, then cool on wire racks completely. Store in an air-tight container. Cookies can be crisped again by heating in the oven briefly.

http://www.chezbettay.com/pages/dinners1/dinrs_eggplant_crispy.html

Vegan Dinner

Crispy Baked Eggplant



Crispy fried eggplant is a favorite, but the calories from all the olive oil used in most recipes is not. I love crispy outsides with a moist interior like a french fry, so I've found a way to have my eggplant and crunchy exterior too! Adapt this recipe for all sorts of tasty recipes: Eggplant Parmesan, Eggplant Sandwiches, Eggplant Appetizers for a party.



Crispy Baked Eggplant Dinner: Steamed Green Beans, Garlic Bread, Mushroom Olive Sauce, Eggplant

Ingredients

2 large eggplants
1 10 ounce bag of organic bread crumbs
2 cups Bob's Red Mill Organic Whole Wheat Pastry Flour
2 tablespoons Dijon mustard
2 cups organic soy milk, plain (I use Trader Joe's Brand, which is produce by Wildwood)

Tools

measuring cups and spoons
parchment paper
scissors
cutting board
sharp knife
peeler
whisk
2 baking dishes
3 dishes for dipping



Preparation

The Oven

Preheat the Cuisinart Pizza Oven to 400 degrees F.

Parchment Paper

Cut a piece of parchment paper the size of the Cuisinart Oven Pizza Stone and place on top of a cutting board that will fit into the opening of the oven.

Cut a piece of parchment paper the size of the Cuisinart Oven Pizza Stone and place on top of a cutting board that will fit into the opening of the oven.

The Eggplant

Depending on how you plan to serve the eggplant slices, you can peel or not peel the purple exterior.

Cut slices in 1/2 inch rounds or slabs depending on how you want the final presentation to look. Try both ways and then decide which you prefer.

The Dipping Liquid

In a bowl wide enough to submerge the eggplant slices, add the plain soy milk,

Dijon mustard and whisk together.



Whole Wheat Pastry Flour, Bread Crumbs, Dipping Sauce, and Eggplant Slices

The Coatings

In the two baking dishes, fill each with the whole wheat pastry flour and the bread crumbs.

Place the flour and bread crumb dishes side by side.



First Step in Coating: Flour the Eggplant

The Breading

Dip the egg plant slice into the whole wheat pastry flour.

Dip the floured slice into the dipping liquid.

Immediately place the wet slice into the bread crumbs and flip over to coat the other side.

Place the beautifully coated eggplant slice onto the parchment paper and repeat till all the slices are encrusted.



Cut the Eggplant Lengthwise for Steak-Size Slices

Olive Oil

Use an aerosol can of olive oil and spray the tops of each eggplant slice with a generous amount of olive oil.



Coated Eggplant Slices Sprayed with Olive Oil and Ready for Baking

Turn the coated eggplant slices over and repeat.

Bake

Slip the cutting board into the preheated Cuisinart Pizza Oven and gently shake the board to help the parchment paper and eggplants to slide onto the pizza stone.

By baking the eggplant slices directly on the pizza stone will ensure a crusty crunchy exterior with a moist interior.

Bake at 400 degrees F for 15-20 minutes.

Leftovers

Generally, I prepare two eggplants and save the second batch for another meal. When reheating, I place the eggplant rounds on the 400 pre-heated pizza stone for about 5 to 10 minutes.

Presentation

I prefer my Crispy Baked Eggplant with the sauce on the side so that it stays CRISPY. But feel free to slather the sauce all over the top, add vegan parmesan cheese, a veggie and some fine garlic bread.

These slices freeze and refrigerate well and can be re-baked to regain that crusty exterior again.

Eggplant Parmesan

Breaded eggplant slices can become Eggplant Parmesan by simply adding a bit of vegan mozzarella cheese to the top and broiling it for a few moments...

Add your favorite Italian sauce, salad, veggie and garlic bread.

Eggplant Sandwich

Creating a sandwich with leftover Crispy Baked Eggplant is a real treat and can be eaten hot or cold. Select your favorite bread, add vegan mayo, lettuce, tomato, vegan cheese, slice and EAT!



Japanese Eggplant, Long, Firm, Inexpensive at Ethnic Markets

Appetizer

In the summer, try the Japanese eggplants for a mini version to serve with a dipping sauce for an appetizer.

<http://dairyfreecooking.about.com/od/confectionscandies/r/choccreams.htm>

Chocolate Maple Creams

These chocolate candies are perfect for holiday gifts, Valentines' Day or for any party's dessert table, and they will keep for several weeks in an airtight container in the refrigerator. As with any recipe, the quality of your ingredients is important in this recipe; the better the chocolate you use, the better your dairy-free chocolates will be.

Makes about 24 chocolates

Ingredients:

- 2 ¼ cups confectioners sugar, plus more for dusting
- 2 T. dairy-free cream cheese, such as Tofutti
- Pinch salt
- 1 ½ t. Maple Syrup
- 1 t. maple extract
- 1 T. plus 1 t. water
- 10 ounces good-quality dark dairy-free chocolate

Preparation:

1. Make the filling. In a medium mixing bowl with an electric hand mixer at low speed, combine the confectioners' sugar, dairy-free cream cheese, salt, maple syrup, maple extract and water until mixture just starts to hold together. Turn hand mixer up to high and beat for 3 minutes more.

2. Turn out the filling onto a dry surface lightly dusted with powdered sugar and knead as you would a ball of dough until mixture is elastic. Place the filling between two sheets of powdered parchment paper on a large baking sheet and freeze for 10 minutes.
3. Without removing the parchment, roll the filling into a 12" x 12" square. Remove the top sheet of the parchment and, using a powdered knife or bench scraper, cut the filling into 24 squares (or whatever shape you'd like). Freeze for 15 minutes more while preparing the chocolate.
4. Prepare the chocolate coating. Boil several cups of water in a small saucepan. Place about $\frac{3}{4}$ of the chocolate in a heat-proof stainless steel bowl and set this over (but not touching) the boiling water, stirring occasionally until melted. Remove from heat and mix in the remaining chocolate. Allow chocolate to rest for about 3 minutes, then mix and return above the boiling water for one minute more. Remove from heat and allow to rest for about 2 minutes, or until the mixture is just warm to the touch.
5. Assemble the chocolates. Remove the baking pan from the freezer and, leaving the squares on the parchment slide the parchment sheet from the pan to the counter or work area. Re-cover the pan with a fresh sheet of parchment and set aside.
6. Using two forks, drop each filling square one at a time into the chocolate. Working quickly, pass the square between the forks until evenly coated and place on the fresh parchment. Repeat with remaining squares, then place in the freezer for several minutes to help cool. Remove from freezer and serve or store in an airtight container for up to 3 weeks.

<http://www.wordarountown.com/wordpress/vegetable-korma-includes-vegan-version/>

Vegetable Korma (includes vegan version)



Korma is a savory vegetable dish served in many Indian restaurants. I offer two versions here, one with heavy cream, and a vegan version using coconut milk.

Korma gets its character and depth from the combination of fried spices and cream/coconut milk. The nice thing is, you can make it with whatever vegetables you might have around, provided you have some variety. I like to include a cruciferous vegetable (broccoli, cauliflower); a root (potato, carrot or both, in limited quantities); greens (green beans are particularly good but spinach or other leafy green can work as well); and orange/yellow vegetables (i.e. summer squash, zucchini). I've even used radicchio in this recipe and it was delicious. The key is not to overcook anything. Absolutely delicious, and keeps/re-heats well. Just be careful not to mush it up when you store it away.

For spice mixture

1 $\frac{1}{2}$ T. coriander powder

2 t. cumin powder

2 t. salt

½ t. turmeric

¼ t. hot pepper powder

1 – 2 T. water

3 T. olive oil

for sauce

1 medium onion

1 T. fresh ginger, finely grated

¼ c. grated dried coconut (or fresh coconut, if available)

¼ c. raw cashews, whole or in pieces

1 can coconut milk or ½ c. heavy cream

1 c. canned diced tomato, cut into smaller pieces or 3 ripe tomatoes, pureed.

1 c. fresh coriander, chopped

Vegetables (see above for variations), in bit-sized pieces

2 heads of broccoli or cauliflower, chopped

2 carrots, peeled and cut in rounds (cut the rounds into two if carrot is too thick).

2 potatoes, peeled cut into small cubes

24 green beans (or so) cut into ¾ inch pieces (cut off the ends first).

1 yellow squash, cut into thin 1" strips

To get started, prep all your vegetables and start steaming them. I sometimes boil my potatoes in the steaming water, but the rest of the vegetables will steam up quite quickly and then can be put in one large pot on the side until they go into the sauce. Steam vegetables until just tender but not soft. That way, they'll have a little crispness less and will taste very fresh in your korma.

In the meantime, mix all your spices together in a small bowl and add 1-2 T. of water to form a fairly thick paste. Heat your oil in a skillet on medium heat and then add your spice mixture, stirring constantly. In a minute or two, you the smell of the spices will change from "green" (at the start) to deeper or almost toasted smelling. Then your spices are cooked. Add your onions, and sautee (again, stirring almost constantly) until they get soft and start to give off water. At this point, add your cashews, ginger, and shredded coconut (if using) and stir for about a minute. Then add your tomato and coconut milk. Stir, then let simmer about 10 minutes. Add your bowl of steamed vegetables to the sauce along with the fresh cilantro and any other un-steamed items (e.g. fresh spinach), mixing gently so that the sauce covers the veggies. Serve and savor!

The korma pictured above is non-standard and has asparagus and sweet potato (along with other veggies). It's cooked in a 5-quart Lodge cast iron dutch oven.

<http://www.namelymarly.com/2010/11/chocolate-peanut-butter-cups/>

Chocolate Peanut Butter Cups



I think going over four years without a Reese's Peanut Butter cup is a good excuse for giving this recipe a go.

These vegan Chocolate Peanut Butter Cups are so delicious. I say “are” because we’re still eating them. See? I’m trying to practice some self control by not eating them all in one sitting. I’m stretching out the pleasure one bite at a time!



Chocolate Peanut Butter Cups

Peanut Butter Filling

1 cup natural peanut butter

2/3 cup powdered maple sugar (or 1 cup icing sugar)

1 – 2 tablespoons vegan milk (such as almond, coconut, hemp, rice or soy)

Chocolate Coating

3 cups semi-sweet chocolate chips, (dairy free, such as Enjoy Life brand)

2 tablespoons coconut oil (or Earth Balance)

24 Mini Reynolds Foil Baking Cups

If you do not have a double boiler, begin with a small saucepan. Add about 1 inch of water and bring to a boil then reduce heat to low. Add your chocolate chips to a heat-resistant glass bowl and place the bowl on top of the saucepan and watch as your chocolate chips begin to melt. Add the coconut oil and stir occasionally.

Next, place the peanut butter and powdered maple sugar into a bowl and mix until combined. Add vegan milk one tablespoon at a time until you get the desired consistency. You want the mixture to be firm, but spreadable. Set aside.

Once the chocolate is melted, add the vanilla, stir and dollop about 1 tablespoon of the chocolate into the bottom of a mini baking cup. I used enough to give a thorough covering of the base of the cup. Then tip the baking cup to the side to allow the chocolate coating to go up the sides of the baking cup. Rotate the baking cup so you have nice coverage of the chocolate around the sides of the cup.

Repeat this step for 24 cups. I put these cups on a tray and placed them in the fridge for about 15-20 minutes to let the chocolate harden to make the next step easier.

Once the chocolate is hardened, take about 1 tablespoon of the peanut butter mixture and drop it on top of the firm chocolate. Don't worry about being too precise at this point. Just repeat this step until all the chocolate cups are covered with the PB mixture.

Next, wet your knife in a little bit of water and use the wet knife to smooth out the peanut butter. This will give the final product a nice smooth look.

Add more melted chocolate to each cup until all the peanut butter is covered. You can use the back of your spoon to help spread the chocolate around. Again, put these cups on a tray and return to the fridge to harden.

Finally, do a little dance to show your excitement at the thought of the chocolate peanut butter cups waiting in your fridge! (This step is optional, but highly recommended)

<http://bittersweetblog.wordpress.com/2008/02/18/the-white-stuff/>

The White Stuff (Vegan White Chocolate)



Talk about irony. A few short years ago, you wouldn't have been able to get me to touch a block of white chocolate with a 10-foot pole, and now? Now it's become an incredible luxury, a culinary diamond in my eyes, and I've become completely enamored with its simple existence. Simple indeed, because as I'm sure anyone who's been around the block with a hunk of chocolate knows that the white stuff has no actual cocoa solids, and thus remains pale as freshly fallen snow. Most manufacturers add dry milk powder and other undesirable elements to their white chips and chunks, to increase shelf stability and augment their supplies of pricey cocoa butter... Or cheap, trans-fatty hydrogenated oils, making for that cheap, waxy crap that turned me away in the first place. Insipid and unctuous at best, it's no shock that most people would consider shelling out their hard earned cash for this pallid imitator when given a darker option.

Before you flip to the next interesting blog and pass this post over, let me venture a guess that you've never had *real* white chocolate. Made with cocoa butter, this stuff is like the nectar of the gods- Creamy, sweet, with some slightly floral notes in the background. It makes my heart flutter just thinking about it.



This isn't to say that I've developed the end-all, be-all recipe for creating this confection; There's still plenty of room for improvement, and I would love to hear what others find through their own trials. I would love to keep on experimenting for months, honing it to an exact and simple science... But the trouble with using real cocoa butter, as those money-savvy businesses discovered, is that it costs a small fortune. I'm not going to lie, as this stuff doesn't come cheap, but for an occasional indulgence, I think you could find it a worthwhile investment.

Still with me? Oh good, thanks for your patience. The first critical step to making the white chocolate is: Finding good cocoa butter. I know, I can't stop harping about this stuff but it's really important to pick up high quality, **food grade** cocoa butter. As a popular ingredient in body lotions and lip balms, some of it comes with fillers and undesirable additives, so shop carefully if you search locally. Next, you'll want to invest in a decent [mold](#). It doesn't have to be fancy, and it doesn't even need to be bar-shaped, you just want somewhere to park your molten chocolate so that it can cool and solidify into a usable shape. Hell, even silicon [ice cube trays](#) could work!

After collecting all of the software and hardware, the procedure will seem far easier than that preliminary hunt, so don't worry, it only gets easier from here.

White Chocolate

1/4 Cup (2 Ounces) Cocoa Butter or cacao butter
1 Teaspoon Vanilla Paste or Powder (do NOT use extract)
1/3 Cup icing sugar or powdered maple sugar
1/2 Teaspoon Soy milk Powder
Pinch Salt

Place your cocoa butter in a microwave-safe bowl and nuke it for just a minute or two, so that it liquefies. Be sure to keep an eye on it at all times, as it has a much lower melting point than a bar of finished chocolate. Once completely melted, quickly stir in the remaining ingredients, being thorough so as to break up any clumps of sugar and completely dissolve everything into the molten fat. Don't worry if it looks rather yellow at this stage, just pour everything into your molds and it will be alright. Tap the molds on the counter lightly so as to remove any air

bubbles, and don't even think about touching them again for the next few hours while they set up. I highly recommend parking them in the fridge to speed up the process... Just don't forget about them in there!

<http://www.ourveggiekitchen.com/search?updated-max=2011-01-31T06%3A00%3A00-08%3A00&max-results=5>

Instant Mac and Cheese

I though I'd get back into the swing of things with a little bit of a re-post. Last year, I came up with a super delicious [Mac & Cheese powder](#), that is still super delicious. But I've tweaked the preparation so that it's rich & creamy, not at all gritty and microwaves in ten minutes. I've been making a double batch and storing the powder in the pantry.



Mac & Cheese Powder

- 1/2 cup cashews, roughly ground in a spice grinder
- 1/4 cup oats
- 2 tbs soy milk powder
- 1/4 cup nutritional yeast
- 1/2 tbs lemon pepper (add more salt if its salt free)
- 1 tsp salt
- 1/2 tsp ground mustard
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp turmeric

Combine all ingredients and, in batches grind in a spice grinder. After each batch, pour into a sifter and sift/shake into a container. It's important that the powder be fine. Store in an air tight container. And, remember that it takes just as long to make one batch as it does to make two ... or three. Also, cook up a single serving and test for salt, as different lemon pepper brands have different salt levels. Once you've made a batch, it's easy to repeat and makes for a quick meal.

Single Serving - Microwave

1/2 cup dry macaroni or small shells

1 1/2 cup water (see note)

1/4 cup mac & cheese powder

1/2 tbs Earth Balance or vegetable oil (optional, but makes it creamier)

In a 3 cup bowl, combine all ingredients and stir together. Microwave on high until the mixture comes to a boil (2 minutes in my microwave). Stir again and microwave on medium-low (4 on my microwave), so that it simmers, but doesn't boil over. Remove, stir and let rest for a couple minutes (so your tongue doesn't blister). It may take a little testing to adjust the time & power setting to your microwave, but after that, it'll cook unmonitored.

Note: Originally, the water amount was mistakenly written as 1/2 cup.

Four Servings - Stove Top

2 cups dry macaroni or small shells

4 cups water

1 cup mac & cheese powder

2 tbs Earth Balance or vegetable oil (optional, but makes it creamier)

Combine all ingredients in a medium sauce pan. Bring to a boil, stirring constantly. Reduce heat and simmer for 8-10 minutes, stirring occasionally, until the pasta is cooked. Remove from heat, adding a little water, if necessary, and stir. Serve with vegan dogs, tater tots, or other decadent childhood treats.

Each Serving: 349 cal (12g fat, 49g carbs, 13g protein)

<http://recipes.xgfx.org/2011/04/summer-bounty-gratin-potato-zucchini-tomato-and-basil/#more-704>

Summer Bounty Gratin (Potato, Zucchini, Tomato, and Basil)



Summertime, when the livin' is easy... and when the Community Supported Agriculture box brings a relentless tide of tomatoes, zucchini, potatoes, and basil. I invented this gratin as a way to deal with my stockpile of summer produce, and the gorgeous colors, contrasting textures, and garlicky-basil flavors make summer that much more delicious.

You can be fairly relaxed with ingredient amounts here. I've given you estimates, but you basically just want about twice as much potato as tomato & zucchini, by volume, sliced. If you have more or less of any of them, not a problem.

2-3 lbs. new potatoes (I used Huckleberry pink potatoes and Yellow Finns), peels left on, sliced into thin rounds

2-4 zucchini, sliced into thin rounds or diagonally into thin ovals

2-4 tomatoes, sliced into rounds (as thin as you can get)

1 bunch basil, chiffonaded

10-20 garlic cloves, pressed or minced very fine

1/2 C. Earth Balance or other vegan butter substitute

Vegan cream:

1/2 C. unsweetened soy milk

2 t. lemon juice

2/3 C. olive oil

Salt & pepper

Place the sliced potatoes in a bowl with cold water to cover. Leave for at least 30 minutes, or up to an hour. Remove from the cloudy water, and dry with a clean towel.

Preheat the oven to 375°F.

Make the vegan cream:

In a blender, combine 1/2 C. unsweetened soy milk with 2 t. lemon juice and blend for a minute and a half on high.

While still running the blender, add 2/3 C. olive oil through the pouring hole in the blender cap, very slowly, in a one continuous stream. Keep blending until it gets thick. (If you have leftover cream you can refrigerate it. It will keep in the fridge for about a week.)

Butter the bottom and sides of an earthenware baking casserole (a gratin dish), large enough to fit all the veggies.

Or if, like me, you have no round ceramic pan, use an ordinary casserole dish. Ideally you'll want to make two full layers of each veggie and a final layer of potato, so use a square pan if you have fewer veggies, a large 9×13 rectangular pan if you have more veggies. Sprinkle crushed/minced garlic along the edges of the buttered sides of the pan.

Make a layer of potatoes, dot with Earth Balance (EB) pieces, sprinkle with salt and pepper, drizzle with a few spoonfuls of cream, scatter a little garlic on top.

Make a layer of zucchini rounds, dab a few bits of EB across the layer, sprinkle some salt and pepper, and arrange some basil strips across the layer. Drizzle with a few more spoonfuls of cream.

Make a layer of tomato slices. Sprinkle generously (but not excessively) with garlic and a few more dots of EB. More salt and pepper, a little more cream.

Repeat all this: potatoes with EB, s&p, garlic, cream; zucchini with EB, s&p, basil, cream; tomato with garlic, EB, s&p, cream.

Make a final layer of potatoes. End the top with a dabbing of butter, the last slosh of cream, and a sprinkling of salt and pepper.

Bake for an hour to an hour and a half, or until the potatoes are very tender and have absorbed all the cream; the top of the potatoes should be golden brown with darker brown splotches here and there. This is a very rustic dish and by its very nature is very forgiving timewise; if you need more time, lower the oven's heat, and to speed the cooking up and give it a nice dark topping, raise the heat to 400°F for the last 10 to 15 minutes.

Serves 4-6. This is rich and filling, but would need some accompaniment to be a main dish.

The time needed to cook this recipe is more than one hour



Soy-Milk Chocolate

2 Ounces (1/4 Cup) [Pure, Food Grade Cocoa Butter](#), Melted
3 Tablespoons [Powdered Soy Milk](#)*
1 Ounce 100% Cacao, Unsweetened Baker's Chocolate
1/2 Cup Confectioner's Sugar (use powdered coconut sugar or maple sugar)
1 Teaspoon [Vanilla Powder](#)**
Pinch Salt

*If soy allergies are an issue, you can substitute [rice milk powder](#), but be aware that the end results will be grainier and coarser overall.

**DO NOT try using liquid vanilla extract instead, it is not the same thing! You can, however, add the scraped insides of a whole vanilla bean, if powder is unavailable.

Set a small sauce pan over low heat, and place the cocoa butter inside. Allow it to fully melt if you measured it while solid, by weight. Once it has reach a completely liquid state, add in the "milk" powder, and allow it to cook, stirring constantly but slowly, for 5 minutes. This will help it to dissolve more fully, and create a smoother finished bar. Roughly chop the baker's chocolate, and add the pieces into the pot, again stirring until melted and incorporated. Now, turn off the heat, and with a whisk, quickly mix in the confectioner's sugar, vanilla, powder, and salt. It may take a bit of vigorous whisking to get all of the sugar combined, but remain diligent and the mixture will even out.

Once completely smooth, pour the chocolate liquid into molds of you choice (I used two [standard chocolate bar](#) indentations, but you could also make [small bonbons](#), or even use [silicon miniature muffin pans](#). Just don't use metal tins, because the chocolate will be very difficult to pop out once solidified.)

Let cool to room temperature, and then very carefully move the molds into a level surface in your fridge. Let chill until the chocolates have set, about 1 or 2 hours, and then wrap individually and store in an air tight container, either in a cool, dark place, or back inside the fridge.

Makes 2 2.5-Ounce Bars

<http://www.theppk.com/2011/03/spaghetti-nos-with-mini-lentil-meatballs/>

Spaghetti-Nos With Mini Lentil Meatballs

Serves 8 to 10

Total time: 1 hour || Active time: 1 hour (Maybe longer the first time you make it)



Recipe notes:

~If you can't find seasoned store bought breadcrumbs for the meatballs, add a pinch each of basil, oregano and thyme. Homemade bread crumbs won't work as well (too soft), but cracker crumbs might fare a bit better if you must.

~If you can't find crushed tomatoes with basil, just use a pinch or two of dried basil.

~If you don't have a food processor, you can still get the job done (although you'll need some sort of blender for the sauce.) Just get the onion grated and mash the lentils into a puree. If you warm them up a bit first they'll mush up a lot easier.

~To soak cashews, just submerge them in water for at least an hour and up to overnight. This softens them up and enables them to get really creamy.

~The recipe makes a lot! Feel free to halve it. And if you're short on time, just make the pasta or make the meatballs with regular sauce on regular pasta. It's fun to do the whole shebang, but all of the elements would be good solo players as well.

~Lastly, while it isn't difficult, this recipe does use quite a few pots and pans, so consider yourself warned! For time management purposes, start the sauce first and once it's simmering, begin the meatballs. That should get everything done within an hour.

For the Cheesy Tomato Sauce:

2 teaspoons olive oil

1/2 cup finely chopped onion

3 cloves garlic, minced

Fresh black pepper

1/2 teaspoon dried oregano

1 teaspoon salt

3 tablespoons packed brown sugar

2 24 oz. cans crushed tomato with basil

1/4 cup cashews, soaked (see note)

2 tablespoons nutritional yeast

For the Mini Meatballs:

1 clove garlic

1 small onion, peeled (tangerine sized or equivalent)

1 1/2 cups cooked green or brown lentils, rinsed, drained (a 15 oz can is fine)

3 tablespoons nutritional yeast

2 tablespoons vital wheat gluten flour

2 tablespoons soy sauce

1 tablespoon tomato paste

1 teaspoon olive oil

2 tablespoons water

1/2 cup seasoned store-bought breadcrumbs

For everything else:

1 lb anellini pasta (or small pasta of your choice)

Olive oil for pan frying

To make the sauce:

Preheat a 4 quart pot over medium heat. Sautee onions in olive oil with a pinch of salt until translucent, about 5 minutes. Add the garlic about a minute more, then mix in the black pepper, oregano, salt and brown sugar. Cook for about 2 minutes, until the sugar is melted. Add the tomato sauce, cashews and nutritional yeast, cover and cook for about 20 minutes.

Now puree the sauce until smooth. It's easiest to use an immersion blender. You can also use a blender or food processor, blending in batches. Once it's smooth, keep warm in the pot until ready to use.

To make the mini meatballs:

We're going to use the food processor fit with a metal S blade for most of the work here, so it should come together pretty quickly. First toss in the garlic and pulse until finely chopped. Now add the onion and pulse until minced. You don't want any big pieces or they will ruin the texture of the meatball.

With a plastic spatula, transfer the onion/garlic mixture to a mixing bowl and set aside. It's okay if some remnants are left, just try to get most of it.

Now in the food processor, pulse the lentils, nutritional yeast, wheat gluten, soy sauce, tomato paste, olive oil and water. Once everything gets mixed well, puree them until totally smooth, scraping down the sides to make sure you get everything.

Combine this mixture with the onion mixture and add in the breadcrumbs. Mix really well with your hands for about 2 minutes.

Preheat oven to 350 F.

Roll the meatballs into cherry sized balls, I got 32 meatballs out of this. This goes very fast if you keep your hands clean and dry (I was averaging one meat ball every 10 seconds.) Preheat a large skillet over medium heat and pour in a thin layer of olive oil. You don't want to crowd the pan, so pan fry in two batches. You should be able to tilt the pan and have all the meatballs roll around and get coated in oil, cooking until browned (no more than 5 minutes.)

Transfer first batch to a baking pan, cook the second batch, and transfer all meatballs to the baking pan. Bake for 18 to 20 minutes, shaking the pan every once in awhile to toss the balls so that they cook evenly.

To assemble:

Boil the pasta while the meatballs are cooking. Drain pasta, and add to the sauce. When meatballs are ready, add them to the sauce as well. Toss carefully with a wooden spoon, being careful not to break the meatballs. Serve!

<http://www.bellaeats.com/blog/2011/2/5/lentil-olive-mushroom-veggie-burgers.html#comments>

lentil, olive, + mushroom veggie burgers

02.5.2011



Mother Nature has been so fickle lately, flitting between gray, dreary, and frigid one day to 63* and sunny the next. She's a tease, I tell you, and I am ready for her to make up her mind. I've spent the last two months hoping for a big, big snowstorm, eager for a Winter as entertaining as last. But now that we're into February with no more than a few inches on record, I'm over it. Spring can dig in her heels and stay permanently, as long as she brings sunshine, warmth, and backyard barbecues with her. There are only so many casseroles and stews and butternut squash one can take in one season!

Last weekend I grew tired of waiting and took matters into my own hands when I made our weekly menu. I've had veggie burgers on the brain for over a year since discovering my favorite veggie patty, *ever*, at [Boylan Heights](#) here in Charlottesville. I am not a vegetarian, but I do eat a mostly vegetarian diet and am a fan of beef only on the rarest of occasions. What I love about that Boylan Heights veggie patty, and now this veggie patty, is that it doesn't try to imitate the taste or texture of meat. Instead, the actual ingredients of the patty are allowed to shine - in this case mushrooms, lentils, and Kalamata olives. Yum.

For an extra-summery feeling, try serving the patties on english muffins adorned with lettuce, red bell pepper, alfalfa sprouts, sliced cucumber, and tzatziki. I promise you'll feel better about the state of the weather, at least for the evening. Also, if you read through the comments on the [Post Punk Kitchen](#) post linked in the recipe below, you'll find many variations and substitutions for the ingredients in this burger. Just in case mushrooms or olives aren't your thing.







This is not similar in taste or texture to the [Boylan Heights](#) veggie patty, and that is not what I was going for. If you're interested in the BH recipe, you can find it [here](#). I'll make it eventually, but it seems a bit complicated/time consuming and at this point I am happy to just visit the restaurant and let the chefs there make it for me. Plus, their sweet potato fries are the best around.

Lentil, Olive, + Mushroom Veggie Burgers

from [post punk kitchen](#)

serves 6

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced medium (*about 1 cup*)
- 1/2 pound cremini mushrooms, cleaned and thinly sliced
- 3 cloves garlic, minced
- fresh black pepper
- 1/2 tsp dried thyme
- 1/2 tsp dried parsley
- 1/2 cup pitted kalamata olives
- 1-1/4 cups lentils (*I used dried lentils cooked in veggie broth, but the original recipe calls for canned*)
- 1 cup breadcrumbs, divided (*I used panko*)
- 2 tbsp soy sauce
- 2 tsp fresh lemon juice

- cooking spray

Method

1. Preheat oven to 350°F.
2. Heat a large, non-stick pan over medium-high heat. Saute the onion for about 3 minutes with a pinch of salt. Add mushrooms, garlic, black pepper, thyme, and parsley and saute for 7 to 10 minutes, until mushroom is cooked.
3. While mushroom mixture cooks, place the olives in a food processor and pulse until finely chopped. Remove from food processor and set aside.
4. When mushroom mixture is cooked, add to the food processor. Add all of the other ingredients EXCEPT 1/2 a cup of the breadcrumbs. Pulse until mostly smooth, but there should still be some texture. Transfer to a large mixing bowl. Add the remaining 1/2 cup breadcrumbs to the burger mixture, along with the chopped olives, and thoroughly combine.
5. Divide the burger mix into 6 equal pieces. Line a baking sheet with parchment paper and spray with cooking spray. Form mixture into patties, spray with a little more cooking spray and bake for 15 minutes. Flip burgers and bake for 12 to 15 more minutes, until nicely browned. (I also pan-fried these instead of baking them, which was tasty too).



9 Comments

<http://www.readthehook.com/68420/kitchen-confidential-ray-forthuber-boylan-heights-veggie-burger>

The secret to making Boylan Heights' Veggie Burger is... the almond flour coating. It adds a great nutty flavor and gives the patty a beautiful golden brown color when cooked. The great thing about this recipe is that if you're feeling creative, it's easy to sub out a few veggies for some of your favorites. Just don't mess with the quinoa!

Boylan Heights' Veggie Burger

vegetable stock

3 cups uncooked quinoa

4 1/2 cups uncooked, cubed zucchini

4 cups uncooked spinach

2 cups sundried tomatoes, roughly chopped

1 1/2 cups corn

1 1/2 cups black beans

1/2 cup white bean puree (we blitz great northern beans in a food processor with a splash of water, salt, and pepper)

1 tsp onion powder

1 tsp granulated garlic

1 tsp paprika

2 tbsp hot sauce

1 1/2 sleeves Ritz crackers

flour

almond flour

salt and pepper to taste

Add about 1/2 tablespoons of vegetable stock to a pot of water, and bring it to a boil. Add the quinoa and cook it off until all of the grains begin to "bloom;" they will expand in size and attain a cohesive texture. Drain thoroughly. Saute the zucchini and season it with a little salt and pepper, then do the same with the spinach, and set both aside to drain. Buzz the Ritz crackers in a food processor. Mix together the quinoa, spinach, zucchini, beans, corn, and tomatoes in a large bowl. Next, add all of your spices, the hot sauce, and the Ritz cracker crumbs and mix thoroughly. We do ours in 5 oz. patties and coat them in an even mixture of flour and almond flour.

[peanut butter cupcakes](#)



I sincerely believe this is the best treat I've ever baked. Not too sweet -- dense and moist . . . and the frosting is SO good. This recipe even enjoyed some coverage on one of my favorite baking blogs: [the chocolate peanut butter gallery](#).

By the way, it's vegan . . . but you'd never know it.

Peanut Butter Cupcakes

You'll Need . . .

- 6 tablespoons Earth Balance; at room temperature
- 1 cup natural peanut butter
- 1 and 1/3 cups firmly packed brown sugar
- 3/4 cup applesauce
- 1 tablespoon vanilla extract
- 1 and 1/2 cups unbleached all-purpose flour
- 1 and 1/2 cups oat flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup soymilk
- (optional: tiny chocolate chips, however many you'd like to add)

Method . . .

1. Preheat oven to 350 degrees Fahrenheit. Insert liners into a medium cupcake pan.
2. Cream together the Earth Balance, peanut butter, and brown sugar with an electric mixer until fluffy (about 3-5 minutes). Add applesauce. Beat well. Mix in the vanilla.
3. In a separate bowl, combine the flour, baking powder, and salt.
4. Add the dry ingredients to the creamed mixture, alternating with the milk. Mix well. Add the tiny chocolate chips, if you want (I did because I had some left over -- about 1/4 cup).
5. Fill the cupcake liners one-half to three-quarters full. Bake for 15-20 minutes (it took 20 for me) or until a toothpick inserted in the center of cupcakes comes out clean. Cool cupcakes in the pan.

Chocolate Frosting

You'll need . . .

- 6 tablespoons Earth Balance
- 2 teaspoons vanilla extract
- 3 cups confectioners' sugar
- 3/4 cup cocoa powder
- 1/3 cup soymilk

Method . . .

1. Cream the Earth Balance and vanilla together with a fork or electric mixer.
2. In a separate bowl, combine the confectioners' sugar and cocoa powder.
3. Add the dry ingredients to the creamed mixture until fully integrated. Slowly add the milk to the frosting until you have reached desired consistency. You may not use all of the milk (I only used about half). Beat mixture for 1 minute or until creamy

http://voices.washingtonpost.com/mighty-appetite/2008/03/post_7.html

Chocolate Peanut Butter Mousse-filled Cupcakes



From "Baking With Agave Nectar" by Ania Catalano

Ingredients

- 2 1/4 cups whole wheat pastry flour (Catalano also suggests sprouted spelt flour)
- 1 teaspoon baking powder
- 2 teaspoons baking soda
- 3/4 teaspoon salt
- 2/3 cup unsweetened cocoa powder, sifted
- 1/2 cup canola oil
- 1 1/4 cups agave nectar
- 1 cup soy milk
- 1/2 cup firm silken tofu
- 1 tablespoon vanilla
- 2 tablespoons apple cider vinegar

Filling

- 12 ounces lite firm silken tofu
- 1/2 cup light agave nectar

1 cup unsweetened creamy peanut butter

1 tablespoon vanilla

1/2 teaspoon salt

Method

Make filling first: Blend tofu in a food processor until very smooth and creamy, 1-2 minutes. Add agave nectar and blend again. Add peanut butter, vanilla and salt and blend thoroughly until very light and smooth. Refrigerate for at least one hour to firm up before filling cupcakes.

Preheat oven to 325 degrees. Line two cupcake pans with 18 paper liners. Fill any empty cups halfway with water to prevent scorching.

To make cupcakes, mix flour, baking powder, baking soda, salt and cocoa powder in a large bowl. In a food processor, blend canola oil, agave nectar, soy milk, tofu, vanilla and vinegar, scraping down the bowl often.

Blend until very smooth, with no chunks of tofu visible, about 2-3 minutes. Combine wet ingredients with dry. Stir well and spoon into prepared pans, leaving some room at top of each cup.

Bake for 20 minutes or until a toothpick inserted into the center of cupcake comes out clean. (In my oven, they took about 25 minutes.) Remove cupcakes from pan and place on cooling rack. Cool completely before filling and frosting.

To assemble cupcakes, you will need a pastry bag fitted with a large, plain smooth tip (you can make your own pastry bag with a Zip loc bag but will still need a tip, available at cookware stores.). Fill bag with peanut butter mousse and insert tip halfway into top of each cupcake. Squeeze filling inside each cupcake until it starts to expand.

Make the frosting:

Vegan Chocolate Ganache Frosting

Ingredients

8 ounces unsweetened chocolate, chopped

1 cup light agave nectar

3/4 cup nondairy creamer (soy creamer is preferable to CoffeeMate which contains corn syrup solids)

1 tablespoon nonhydrogenated butter substitute (such as Earth Balance)

1 tablespoon vanilla

Method

Combine chocolate, agave nectar and creamer in a saucepan. Heat over medium heat until chocolate melts, stirring constantly. Remove from heat and stir in butter substitute and vanilla. To spread easily, ganache should be slightly warm, and the consistency of hot fudge.

Spread ganache evenly over tops of cupcakes. (If frosting is too firm, heat in microwave for a few seconds to soften up.)

Store cupcakes in refrigerator until ready to serve.

(KOD note: You can half this recipe and have plenty of frosting for all cupcakes. Make a full batch only if you think you've got other baking projects in the wings.)

Makes 18 cupcakes.

Garnish: chopped peanuts.

<http://innocentprimate.wordpress.com/2009/06/19/vegan-pastry-cream/>

Ingredients:

1/2 C coconut milk

1.5 TBSP agar agar flakes

4 tsp cornstarch + 1 TBSP hemp milk

1 stick (4 oz) Earth Balance vegan butter, softened about 10 min at room temperature

1/3 C + 1 TBSP granulated sugar

pinch of salt

1 tsp vanilla extract

1 TBSP hemp milk

Directions:

1. Add agar flakes to coconut milk, set aside for **10 minutes**. *(It'll be lumpy and kind of gross looking, that's okay).*



2. Pour 1/3 C of the coconut milk/agar mix into a small saucepan. Bring to a boil, reduce heat and continue to cook until agar begins to dissolve, about **10 minutes**.

3. Whisk cornstarch + 1 TBSP hemp milk into the remaining coconut milk/agar, add to the saucepan, stirring constantly. After **about 1 minute**, the mixture will thicken intensely *(and somewhat grossly)*. Remove from heat and set aside. *(This is the part where it looks really unappealing, but don't worry...just tell yourself, 'goop is good')*



4. Cut butter into small cubes and place in a blender or food processor. Add sugar, salt, and cooked cornstarch/agar goop. Blend until creamy. Add 1 TBSP hemp milk and vanilla, scrape down sides, and blend again. Transfer to a covered container and chill to firm up – **at least 45 minutes**. *(I used a blender, but I think next time I'll go with the food processor simply for ease of getting every last molecule out of it. If you chill overnight, you'll have to let it sit at room temp for about 5 minutes to let it become more squeezable again).*



5. Fill piping bag and fill [cupcakes](#), [donuts](#), etc. I used a chopstick to poke a hole and shimmy out some space inside the cupcake. But beware the overfill...



...Though no big stress if you do overfill...all mistakes can be covered up with a little [buttercream frosting](#)! 😊



Happy Baking!

<http://dreamaboutfood.blogspot.com/2010/09/make-your-own-chocolate-chips.html>

Homemade Chocolate Chips

4 oz unsweetened chocolate, chopped

1/2 cup unsweetened cocoa powder

10 tbsp Earth Balance, cut into chunks (OR 1/2 cup plus 2 tbsp coconut oil)

1/4 cup erythritol (powdered) & 20 drops stevia extract (or 1/4 + 1 TBSP agave)

Optional: 1/2 tsp vanilla extract or other flavouring

Line an 8x8 baking pan with parchment paper

In a medium saucepan, combine chocolate, cocoa powder, butter or oil, and erythritol or other sweetener. Stir over low heat until sweetener has dissolved and mixture is smooth.

Off heat, stir in stevia and any other extracts or flavourings.

Spread in pan and chill in refrigerator until firm, about 2 hours. Lift parchment paper out of pan and cut into small chunks with a sharp knife.

Store in fridge or freezer until needed.

Yes, it's that simple!

Makes 11.5 ounces (almost the same as a regular-sized bag of chocolate chips, or a little over 2 cups). The entire recipe has 100g of total carbs, and 26g of fiber. 52g of carbs if you subtract erythritol.

<http://oneperfectbite.blogspot.com/2010/05/marinated-portobello-burgers-with.html>

Marinated Portobello Burgers with Caramelized Onions and Roasted Garlic Aioli *...from the kitchen of One Perfect Bite, inspired by Cooking Light Magazine*

Getting back to the burgers, you'll find them very easy to make, though there may be some who object to the cost of the balsamic vinegar used to marinate the mushrooms. One thing that I want to point out is the importance of scraping away the gills of the mushrooms. If left in place, they will turn your burgers black and allow them to absorb too much vinegar. It's also important to use good, brioche-type, buns and fully ripe tomatoes. These burgers are particularly wonderful in August when ripened Brandywine tomatoes become available. Here's the recipe for a really great meatless "burger."

Ingredients:

Marinade

- 1 cup balsamic vinegar
- 2 tablespoons olive oil
- 1 teaspoon dried basil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced

- 6 portobello mushroom caps

Caramelized Onions

- 1 tablespoon olive oil
- 1-1/2 cups sliced onion

Aioli

- 1/2 cup low-fat vegannaise
- 2 teaspoon bottled minced roasted garlic

Burgers

- Cooking Spray
- 6 quality hamburger buns or mini pitas
- 6 curly leaf lettuce leaves
- 6 large (1/3-inch thick) slices tomato

Directions:

1) Combine vinegar, olive oil, basil, salt, pepper and garlic cloves in a large zip-top plastic bag. Add mushrooms (after scraping out the gills, see above). Marinate in refrigerator for 8 to 24 hours.

- 2) Heat oil in a medium nonstick skillet over medium-high heat. Add onion, cover and cook for 10 minutes or until golden brown, stirring frequently.
 - 3) Combine mayonnaise and roasted garlic in a small bowl.
 - 4) Prepare grill or broiler. Remove mushrooms from bag, discarding marinade. Place mushroom caps on grill rack or broiler pan coated with cooking spray; cook 5 minutes or until tender.
 - 5) Lightly toast buns. Spread top and bottom of each bun with aioli. Place a lettuce leaf on bottom half of each bun, top with a tomato slice, a mushroom cap, 1 tablespoon caramelized onion and top half of bun. Serve immediately.
- Yield: 6 servings.

http://www.dailygarnish.com/recipes?recipe_id=6000099&prev_term=ice%20cream%20maker



Pumpkin Cinnamon Spiced Vegan Ice Cream

by Emily Malone

Prep Time: 5 minutes

Cook Time: 30 minutes

I love making ice cream because it is so unbelievably simple. The only thing you need is a little pre-planning, and the patience to let it freeze! If you've already made the Pumpkin, Fig, & Pomegranate Upside-Down Cake (and you really should), then you should have an open can of pumpkin leftover. This ice cream not only complements the cake perfectly, it makes good use of the rest of the can.

Ingredients (serves 4)

- 1 cup canned pumpkin
- 1 can lite coconut milk
- 1/2 cup unsweetened almond milk
- 1/2 cup agave nectar
- 2 tsp cinnamon
- 1 tsp vanilla

Instructions

- The instructions for this could not be more simple – dump all ingredients into a blender and give it a good whir...
- Once the mixture is well blended, pour it into an ice cream machine. You'll need

to make sure you freeze the inner bowl for at least 24 hours prior to making this (hence the need for pre-planning). Then push start and let your magical machine do all the work.

- In about 30 minutes, you should have delicious creamy pumpkin spiced ice cream!
- Perfect on its own, or next to a gooey piece of cake.

<http://www.dailygarnish.com/2010/05/vegan-bean-burger-recipe.html>

Vegan Bean Burgers

As vegetarians, we are always trying to be creative with fun ingredients and different alternatives to the standard boring fare. We make a LOT of different veggie and bean burgers, mostly because I use it as an excuse to feed my ketchup addiction. :) But this burger takes the cake. It is Casey's third time making it, and it is AMAZING! The best part is that you can interchange ingredients as you please – substitute any type of bean or seed, and you'll still get the same result – just a slightly different flavor! We've made these so far with black beans and garbanzos (black beans were better!).



Vegan Bean Burgers

Ingredients: (makes 6 burgers)

- 2 cans black beans (rinsed and drained)
- 2 carrots, grated
- 1/2 cup dry rolled oats
- 1/4 cup pepitas (pumpkin seeds)
- 1 tbsp olive oil
- 1/2 tsp cinnamon
- 1/2 tsp cumin
- 1/2 tsp coriander
- 1/2 tsp chili powder

- 1/2 tsp onion powder
- 1/4 tsp cayenne pepper
- 1 tsp sea salt
- 1/4 tsp black pepper

To Prepare: Preheat oven to 300 degrees. Next, add the oats and pepitas to your food processor and grind until coarsely chopped (they will still be a little chunky). Let it run for roughly 10 seconds. Grate the carrots, and then add to your mixture in the food processor. Add 3/4 of the beans, all spices, and the olive oil. Once all of this is in the food processor, give it a whirl and mix it all together.

Spoon mixture into a mixing bowl and then fold in the rest of the whole, reserved beans. Wet your hands and then form into 6 medium sized patties. Place patties on a non-stick baking sheet or into a baking pan, and bake at 300 degrees for 40 minutes, turning once in the middle. If you want to grill these, pre-bake them for 30 minutes at 300, and then throw them on the grill to reheat and get a little extra browning. We pre-baked ours and did a final heat on the grill with some veggies – such a perfect summertime meal!







Enjoy! :)

Vegan Hot Dogs (this recipe is a little crazy)

Ingredients

- 50 gms. carrots (1/4 cup)
- 2 Onions
- 4 Flakes garlic
- 50 gms green beans (1/4 cup)
- 3 Potatoes
- 2 Capsicums (red bell pepper)
- 1 Cup tomato sauce
- 1 Tsp. curry powder (garam masala?)
- 2 Eggs or 100 gms flour (a little less than ½ cup)
- Bread crumbs
- Salt and pepper to taste

Directions

Grate the vegetables and chop the onions.

Saute onions and garlic.

Then add curry powder and fry for 2 mins.

Add all the grated vegetables and allow to cook on a slow fire.

Boil potatoes and grate.

When the vegetables are cooked add grated potatoes to it and cook on a slow fire until it forms a thick mass.

Season with salt and pepper.

Divide in 6 parts and shape into burger patties.

Dip these burgers in an egg batter or flour batter and coat with bread crumbs.

Shallow fry until golden brown.

Pour tomato sauce on the burger patties and sandwich between burger rolls with onion rings and salad leaves.

<http://www.nourishingmeals.com/2009/02/gluten-free-vegan-sugar-free-chocolate.html>

Gluten-Free + Vegan + Sugar-Free Cake



Sound too good to be true?

Here I present to you a fabulous-tasting chocolate layer cake. Moist and delicious. Tender and rich. Chocolate at its best. Allergen-free. No gluten, dairy, eggs, soy, corn, or sugar!

Seriously, you just can't go wrong here.

I modified our **Decadent Chocolate Bundt Cake** on page 342 of our [cookbook](#) to be made into a layer cake. Really with only slight changes. I took out the cup of beets and the one cup of water and replaced them with 1 cup of prunes in which you soak in 1 1/2 cups of boiling water and then puree into a smooth paste.

Don't get me wrong I still love this cake made with the beets. I am a lover of beets prepared any and all ways. Though the prunes in this version add moisture, sweetness, and a certain binding action that makes it work very well in a layered cake.

Still, if you don't want to fuss with layers then just pour the batter into a greased 9 x 13-inch baking dish and bake away. You can add the sugar-free frosting below if desired. I am not the biggest fan of frosting, never have been.

Though this recipe is nice, not too sweet, and helps keep the cake moist for days. Frosted or not this cake is a winner! For another fabulous gluten-free cake recipe (with sugar) [click here](#).



Chocolate Layer Cake

Serve this beautiful cake as a birthday party treat with the vanilla frosting below, topped with gluten-free sprinkles. This recipe can also be baked in a 9 x 13-inch pan, or even made in a bundt pan.

2 cups brown rice flour or sorghum flour
½ cup tapioca flour
¾ cup unsweetened cocoa powder
1 ½ teaspoons baking soda
1 ½ teaspoons xanthan gum or guar gum
½ teaspoon sea salt
1 ½ cups boiling water
1 cup prunes
½ cup virgin coconut oil
1 cup maple syrup or agave nectar
2 tablespoons apple cider vinegar
1 tablespoon vanilla

Preheat oven to 350 degrees F. Grease two 9-inch cake pans.

In a medium sized bowl place the brown rice flour, tapioca flour, cocoa powder, baking soda, xanthan gum, and sea salt; mix together well with a fork or wire whisk.

Place the prunes in a small bowl and pour the boiling water over them. Let stand for about 10 minutes.

Place the prunes and water into a blender and add the coconut oil, maple syrup, water, apple cider vinegar, and vanilla. Blend until very smooth. Pour the wet ingredients into the dry and mix well, though be careful not to over mix.

Immediately pour batter into prepared pans. Bake for about 25 minutes. Let stand for a few minutes in the pan and then gently invert onto a wire rack to cool. Let cool completely before frosting. © Alissa Segersten 2008

Sugar-Free Vegan Frosting

This easy-to-make frosting can be made pink with the addition of a small amount of fresh, raw beet juice. A few teaspoons does the trick. I take small, peeled chunks of raw beets and squeeze them through a garlic press to get the juice out. *Please note: I made a smaller batch of this frosting to only frost part of the cake so I am not sure if this amount will be too much for this cake - Grace loves frosting but Tom and I prefer our cake plain or topped with a berry sauce.*

2 cups organic palm shortening (Spectrum)
1 cup arrowroot powder
1 cup agave nectar or maple syrup
4 teaspoons non-alcoholic vanilla
2 teaspoons almond flavoring (non-alcoholic)
2 to 4 teaspoons beet juice (optional)

Place all ingredients into a mixing bowl and whip up with an electric mixer until light and fluffy. This can be made a day ahead of time, stored at room temp. Just re-whip before frosting the cake.

http://www.culinate.com/books/collections/all_books/Vegan+Cupcakes+Take+Over+the+World/Golden+Vanilla+Cupcakes

Golden Vanilla Cupcakes

From the book *Vegan Cupcakes Take Over the World* by Isa Chandra Moskowitz and Terry Hope Romero

Introduction

Frost these cupcakes with [Vegan Fluffy Buttercream Frosting](#) or [Not-Too-Sweet Blueberry Mousse](#).

Ingredients

1	cup soy milk
1	tsp. apple cider vinegar
1¼	cups all-purpose flour
2	Tbsp. cornstarch
¾	tsp. baking powder
½	tsp. baking soda
¼	tsp. salt (increase salt to ½ teaspoon if you're using oil instead of margarine)
½	cup non-hydrogenated margarine, softened, or ⅓ cup canola oil
¾	cup sugar
2	tsp. vanilla extract
¼	tsp. almond extract, caramel extract, or more vanilla extract

Steps

1. Preheat oven to 350 degrees. Line muffin pan with cupcake liners.
2. Whisk the soy milk and vinegar in a measuring cup and set aside for a few minutes to get good and curdled.

3. If using margarine: Sift the flour, cornstarch, baking powder, baking soda, and salt into a large bowl and mix.
4. In a separate large bowl, use a handheld mixer at medium speed to cream the margarine and sugar for about 2 minutes until light and fluffy. (Don't beat past 2 minutes.) Beat in the vanilla and other extract, if using, then alternate beating in the soy milk mixture and dry ingredients, stopping to scrape the sides of the bowl a few times.
5. If using oil: Beat together the soy milk mixture, oil, sugar, vanilla, and other extracts, if using, in a large bowl. Sift in the flour, cornstarch, baking powder, baking soda, and salt, and mix until no large lumps remain.
6. Fill cupcake liners two-thirds of the way and bake for 20 to 22 minutes. Transfer to a cooling rack, and let cool completely before frosting.



This content is from the book *Vegan Cupcakes Take Over the World* by Isa Chandra Moskowitz and Terry Hope Romero.

Gluten-Free, Sugar-Free Vegan Vanilla Cupcakes With Chocolate



Photo by CookiesCupcakes

★★★★★ 5 Reviews

-
- Prep Time: 30 mins
- Total Time: 1 hr
- Serves: 9, Yield: 9 Cupcakes

About This Recipe

"These are great for those on gluten-free or sugar-free diets. Agave nectar can be consumed by some diabetics so consult physician."

Ingredients

For cupcakes:

- 2/3 cup almond milk
- 1/4 cup canola oil (sub coconut oil?)
- 3/4 cup agave nectar
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract

- 1/4 cup tapioca flour
- 2 tablespoons flax seed meal
- 1/3 cup almond meal
- 1/2 cup rice flour
- 1/2 cup quinoa flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

For Icing:

- 1/2 cup margarine
- 1/2 cup agave nectar
- 2 teaspoons vanilla
- 1/3 cup cocoa powder
- 1/2 cup non-dairy powdered milk

Directions

1. Cupcakes.
2. Preheat oven to 325°F; line muffin pan with 9 Liners and fill 3 remaining muffin cups with a little bit of water.
3. Mix together soy milk, canola oil, vanilla and almond extract and agave nectar.
4. Add flours, baking powder, baking soda, and salt one by one and mix for 1-2 minutes. Mixture will be thin.

Page 2 of 2Gluten-Free, Sugar-Free Vegan Vanilla Cupcakes With Chocolate (cont.)

Directions (cont.)

1. Fill 9 muffin cups approximately 2/3 full. Bake for 20 to 22 minutes until toothpick inserted into center of cupcake comes out clean.
2. Let cool in pan for 1 hour to allow agave to set.
3. Frosting.
4. Mix together margarine, agave, and vanilla until smooth.
5. Add cocoa powder (sift if necessary).
6. Add powdered soy milk.
7. If mixture is too watery, add more powdered soy milk. If too thick, add more agave until desired consistency is reached.
8. Frost cupcakes and enjoy!

Gluten-Free Vanilla Cupcakes with Mocha Icing- a Vegan Recipe

I frosted these little vanilla beauties with mocha flavored icing because I love the combo of coffee and chocolate. But straight up chocolate would also be delicious. Sprinkles, as always, are optional.

Preheat the oven to 350 degrees F. Line a 12-cupcake tin with paper or parchment liners

In a mixing bowl, whisk the dry ingredients together:

1 cup sorghum flour
1 cup tapioca starch
1 cup organic cane sugar or $\frac{2}{3}$ - $\frac{3}{4}$ cup light agave nectar
 $\frac{1}{2}$ teaspoon sea salt
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon xanthan gum

Add in:

1 cup warm vanilla rice milk or water
2 tablespoons flax seed meal soaked for two minutes in $\frac{1}{4}$ cup + 2 TBSP warm water
3 tablespoons coconut oil or light olive oil
1 tablespoon bourbon vanilla extract
 $\frac{1}{4}$ teaspoon mild tasting rice vinegar or lemon juice

Beat with a mixer until the cake batter is smooth- roughly 2-3 minutes.

A reminder on gluten-free vegan batters: Gluten-free vegan batters behave a little different. They are often stiffer at first, then get sticky and stretch as the xanthan gum and egg replacer do their vegan g-free thing.

If the batter climbs the beaters, slow down the speed and slightly lift the beaters to encourage the batter to migrate back down into the bowl. Move your beater around the bowl in figure eights, at a slight angle.

Using an ice cream scoop, plop the batter into the twelve liners. Smooth out the tops with wet fingers.

Bake in the center of a preheated oven until firm and dome shaped. For me this took about 18 minutes at sea level but they may take up to 20 to 22 minutes, depending upon your particular oven and altitude.

Cool the pan on a wire rack briefly, then gently pop out the cupcakes and continue cooling on a rack (this avoids steaming the bottoms).

Make your icing.

Dairy-Free Mocha Icing Recipe

When making frosting, start with a small amount of liquid and add a little bit at a time until you achieve the consistency you want. If the icing gets too runny, add more confectioner's sugar to

thicken it. You can also put the icing in the fridge for an hour to stiffen it.

2 cups confectioner's (powdered) sugar
2 tablespoons cocoa powder
2-3 tablespoons Spectrum Organic Shortening
2 ounces cold coffee, more as needed (or use rice milk if you don't like coffee)
1 teaspoon bourbon vanilla

Starting with the least amount of liquid, beat the sugar and cocoa powder to incorporate the shortening, coffee and vanilla. If you need more liquid, add a small amount at a time. Beat for two minutes or so until smooth. If you need to stiffen the frosting, add a little more confectioner's sugar.

Chill the frosting before using it. I chill it, covered, for roughly an hour.

Frost the cupcakes. Cover in an air-tight container until serving. best eaten the first day. If making ahead of time, chill frosted cakes briefly in the freezer before wrapping individually and freezing.

Cook time: 1 hour

Yield: Serves 12

Read more:

<http://glutenfreegoddess.blogspot.com/2009/08/vanilla-cupcakes-with-mocha-icing.html#ixzz1GzO59cQ0>

<http://delectablyfree.com/2011/03/german-chocolate-cake/>

German Chocolate Cake

This is a special occasion type of production, as it is a bit of an ordeal to make. This is the kind of dessert you look to when you want to be a show-off (and show your friends that you're *not* missing out in the dessert world). But that doesn't mean a modified version can't be tackled on a smaller scale. German chocolate cupcakes, anyone?

The cake itself is quite moist; the frosting light and fluffly. It doesn't have the exact makeup of a traditional German chocolate cake (not like you haven't probably figured that out already), but the spirit is most definitely there.

Serves: 10-15

Chocolate Cake:

1 1/2 cups Bob's Red Mill Brown Rice Flour
1 1/2 cups Bob's Red Mill Buckwheat flour
6 tablespoons coconut flour
1 cup + 2 tablespoons unsweetened cocoa powder (non-alkalized)
1 1/2 tsp xanthan gum
1 1/2 tsp sea salt

1 1/2 tablespoons baking powder
1 tablespoon baking soda
2 tablespoons Ener-G egg replacer
2 1/4 cups light agave nectar
3/4 cup coconut oil (liquified)
1 1/2 tablespoons pure vanilla extract
2 1/4 cups light coconut milk
1 1/2 cups unsweetened applesauce

Agave-Sweetened, Vegan "Buttercream"

1/2 cup soy-free Earth Balance buttery spread
5 tablespoons Spectrum Organic Shortening
6 tablespoons agave nectar
3 tablespoons liquified coconut oil
1 teaspoon pure vanilla extract
5 tablespoons coconut flour
5 tablespoons coconut powder

Toasted Pecan-Coconut Mixture:

1 1/2 cups pecans, finely chopped
1 cup shredded unsweetened coconut
4 tablespoons agave nectar, divided
2 tablespoons Earth Balance Buttery Spread, melted

Directions:

1. For Cake: Lightly grease three 8-inch, round cake pans with some melted coconut oil. Set aside. In a large bowl, whisk together flours, cocoa powder, baking powder, baking soda, xanthan gum, salt and egg replacer until combined. Set aside. In a large bowl, using an electric mixer, beat together coconut oil, agave and vanilla extract until smooth. Slowly, on low speed, add in dry ingredients until incorporated. Beat in coconut milk and applesauce until just incorporated, being careful not to overmix. Pour equal amount of batter into each pre-greased pan, using a spatula to spread evenly and smooth out the top. Bake in preheated 325 degree oven (convection is best) for 35-45 minutes (about 35 for convection), or until a toothpick come out clean. Let cool in pans on a wire rack for about 1/2 hour. Gently flip to remove from pan and allow to cool completely on rack.

2. For frosting: Beat together first 5 ingredients with electric mixer fitted with a wire beater on high speed until smooth. Add in remaining ingredients and beat until incorporated. Refrigerate to set for about an hour, or until a bit more firm but still spreadable.

3. For coconut-pecan mixture: toss coconut and pecan with melted buttery spread and 2 tablespoons of agave. Lay flat on a baking sheet and bake in preheated, 350 degree oven for about 15 minutes, or until golden. Let cool to crisp, then toss with remaining agave.

4. To assemble: Place bottom layer of cake on a large plate or tray. Spread about 1/3 of frosting (doesn't need to be a very thick layer) evenly over top. Sprinkle with coconut-pecan mixture, leaving some frosting showing so that the next layer will stick. Repeat with the second layer. To top: spread with remaining frosting just enough coconut and pecan so that the top is evenly covered, pressing down lightly into the top. If frosting seems a little loose, return cake to refrigerator so that the frosting can reset, about 30 minutes (it shouldn't melt after this).

<http://gnowfglins.com/2008/01/25/homemade-chocolate-chunks-agave-sweetened-and-gf-df/>

Homemade Chocolate Chunks



Here are chocolate chunks that I made using honey as the sweetener. These are not overly sweet either. One could reduce the coconut oil and increase the honey to increase the overall sweetening.

- 1/3 cup plus 1 teaspoon coconut oil
- 2/3 cup raw honey (or agave, though not recommended)
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract (optional) — OR — 1/2 teaspoon mint extract (optional)
- 1 cup good quality cocoa powder, sifted

Grease a mold — such as a mini loaf pan, a loaf pan, or a square baking pan — with coconut oil.

Melt coconut oil in a saucepan over low heat. Add honey (or agave) and vanilla. Bring to a boil, stirring constantly. Let boil for 2 minutes, while stirring constantly. Remove from heat promptly.

Stir in cocoa powder, until smooth. Transfer to mold. Press down, using clean fingers or the back of a spoon. Smooth top.

Let cool in either refrigerator or freezer.

Cut into chunks or shave. Use in cookies, ice cream, brownies, cakes, etc. Or eat as is!

<http://www.quinoa-recipes.com/>

Vegan Lasagna

Ingredients

- 9 lasagna noodles (egg-free, whole grain)
- 2 cups vegan pignoli ricotta (see recipe below)
- 1/3 cup chopped fresh parsley
- 2 teaspoons dried basil
- 1 teaspoon oregano
- ground black pepper to taste

- 1-2 TBSP extra virgin olive oil
- 3-4 cloves fresh garlic, minced
- 1/2 cup chopped onion or shallots
- 1 cup shredded carrots
- 1 1/4 cups chopped bell pepper, any color
- 1-2 cups finely chopped broccoli
- 3 cups of your favorite pasta sauce (or 26 oz. jar)
- 1 recipe velvety vegan cheese (see recipe below)

Raw Vegan Pignoli (Pine Nut) Ricotta:

2 cups pine nuts (soaked for 1-4 hours)
 2 tablespoons lemon juice
 2 tablespoons nutritional yeast
 1 teaspoon salt
 4-6 tablespoons filtered water

Place the pignoli nuts, lemon juice, nutritional yeast, and salt in a food processor or blender and pulse a few times, until thoroughly combined. The mixture can be refrigerated overnight at this stage if necessary. Gradually add the water and process until the texture becomes fluffy like ricotta.

Velvety Vegan Cheese Sauce:

1 shallot, peeled and chopped
 1 cup red potatoes (1 to 1.5 medium potatoes), peeled and chopped
 1/4 cup carrots, peeled and chopped
 1 clove garlic, minced
 1/2 cup almond milk
 1/4 cup raw cashews (or tahini)
 2 teaspoons sea salt
 1 teaspoon Dijon mustard
 1/3 cup coconut oil
 1 tablespoon lemon juice, freshly squeezed
 1/4 teaspoon black pepper
 1-2 TBSP nutritional yeast (optional)

Add shallots, potatoes, carrots, and garlic to a sauce pan, fill with enough water to just cover the veggies and bring to a boil. Cover the pan and simmer for 15 minutes, or until vegetables are very soft.

Process the cashews, salt, garlic, coconut oil, mustard, lemon juice, black pepper and nutritional yeast in a blender or food processor. Drain water from softened vegetables and add to blender along with 1/2 cup almond milk; process until perfectly smooth (use Soup button if you have a Blendtec). Serve immediately.

Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and set aside.
2. In a large bowl, combine pignoli ricotta cheese, parsley, basil, oregano and ground black pepper. Stir to blend; set aside.
3. Heat oil in a large saucepan over high heat. Saute onions and garlic for about 5 minutes, stirring occasionally; add carrot slices and saute about 2 minutes, then stir in green bell pepper and broccoli. Stir all together, reduce heat to medium and cook until tender, about 5 minutes. Scrape veggies into ricotta mix and mix well.

4. Preheat oven to 350 degrees F (175 degrees C).
5. Spread about 1/2 cup of the sauce in a 13x9x2-inch baking dish. Top with three noodles, 1/2 of the veggie/ricotta filling, 1/3 of the remaining pasta sauce, and 1/3 of the velvety vegan cheese (drizzled). Repeat layers, ending with a final layer of noodles, sauce, and velvety cheese.
6. Bake at 350 degrees F (175 degrees C) for 50 minutes; let stand about 10 to 15 minutes (to firm up) before serving.

<http://www.bookofyum.com/blog/soy-free-dairy-free-but-still-decadent-cheesy-spinach-lasagna-366.html>

Lemon Pignoli Ricotta Spinach Lasagna



Ingredients

12 homemade or store bought GF lasagna noodles
1 cup Pasta Sauce
1 cup (or to taste) frozen spinach leaves, defrosted and patted dry

“Ricotta”

1 cup raw pignoli nuts, soaked in water for at least 1 hour
1 tablespoon lemon juice
1 tablespoons nutritional yeast
1/2 teaspoon sea salt

Directions

Preheat oven to 375.

Boil lasagna noodles until al dente. Prepare ingredients.

For “Ricotta”

Blend ingredients and use in recipe as substitute for ricotta. It can sit overnight in the refrigerator to good effect.

When ready to use, add water until it achieves a ricotta texture.

Assemble lasagna in layers of pasta sauce, pasta, “ricotta”, and some spinach. Repeat. End with ricotta. Bake for 30 minutes or until “ricotta” is slightly brown and bubbly.



<http://bakeanddestroy.net/2009/08/vegan-pancake-cupcakes/>

Vegan Pancake Cupcakes

So, on our second try we did a hybrid of two of my favorite recipes – [Julie Hasson's](#) French toast cupcakes and maple cupcakes from [Vegan Cupcakes Take Over the World](#).

What we ended up with were some of the moistest, fluffiest maple and cinnamon cupcakes I've ever had – and a couple of very entertained little boys.

To make the cupcakes you'll need:

- 1/2 cup soy milk (sub almond milk)
- 1/2 tsp apple cider vinegar
- 1 & 1/3 cups all-purpose flour (whole wheat pastry flour)
- 3/4 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/2 cup maple syrup
- 1/3 cup canola oil
- 2 Tbs brown sugar
- 1 & 1/4 tsp maple extract

- 1/2 tsp vanilla extract

And for the vegan maple buttercream you'll need:

- 2 cups confectioner's sugar
- 6 Tbs Earth Balance margarine
- 6 Tbs non-hydrogenated vegetable shortening
- 2 Tbs maple syrup
- 1/2 tsp maple extract
- Pinch salt

Then you:

Pre-heat your oven to 350 degrees; line a cupcake pan with paper liners. Whisk the soy milk and vinegar together in a large measuring cup, set aside to curdle. Sift the flour, baking powder, salt and cinnamon into a large bowl. Whisk the maple syrup, oil, brown sugar, maple and vanilla extracts into the soy milk mixture. Form a well in the dry ingredients and pour in the wet ingredients – stir until the large lumps are gone. Fill the cups 2/3 full and bake 20-22 minutes or until the tops spring back when lightly touched. Cool in the pan on a wire rack for 10 minutes, then remove from the pan and cool completely.

To make the frosting, beat all of the ingredients together until they're pale and fluffy.

<http://thedomesticvegan.com/2010/07/28/an-indian-feast-featuring-slow-cooker-dhal/>

An Indian Feast! (Featuring Slow-Cooker Dhal)



Hello hello!

I hope everyone is having a great week so far. Today is my mom's birthday, so my family is going to one of our favorite restaurants, [French Meadow](#), to celebrate! It's not even 9 a.m. & I'm already excited to feast on their Tempeh Cutlet for dinner. 😊

Yesterday was ridiculously hot & sticky, so I holed up inside for much of the day watching movies, running on the



elliptical, and cooking

elliptical, and cooking [stove on such a hot day](#)?!" you ask. Well, I actually found a way to stay away from the stove for most of said cooking, and still create a delicious Indian feast! Two words: Crock [Pot.](#) (Or is that one word – or hyphenated?) Well, regardless, my slow-cooker was much appreciated yesterday! Not only did it help keep the apartment cool, as it greatly lessened the time I had to keep the stove on, it happened to produce the most delicious, creamy, flavorful dhal I have ever had in my entire life. Next to [falafel](#), dhal is probably my favorite food. I just love it! However, until yesterday, I had been unable to recreate anything close to my favorite restaurant's dhal. I realize now that the key is to cook it for a long time, which gives the lentils a lot of time to get soupy & mushy, as well as soak up all the spices & let the flavors meld together. Served alongside curried red potatoes, [homemade naan](#) (I replaced the ghee with melted Earth Balance, the yogurt with [coconut milk yogurt](#), and used mostly whole wheat flour), and [spicy iced chai](#) (I used stevia instead of brown sugar), it was a delicious, easy feast!

This may or may not be 100% "authentic" Indian dhal, but it's low-fat, high fiber, high protein, and just damn delicious!

Without further ado:

Slow-Cooker Red Lentil Dhal

Ingredients:

- 1 Tbsp oil (*I like safflower*)
- 1 onion, chopped
- 1 Tbsp ginger, minced
- 4 garlic cloves, minced
- 2 bay leaves
- 1 ½ tsp ground cumin
- ¾ tsp turmeric

- ½ tsp ground coriander
- ½ tsp fennel seeds
- ¼ tsp cayenne pepper
- ¼ tsp black pepper
- 2 cups red lentils, rinsed
- 3 cups vegetable stock (*I used water + 1 ½ of [these not-chick'n bouillon cubes](#)*)
- 1 (14.5-oz.) can chopped tomatoes (*I like [Muir Glen brand with garlic & onion](#)*)
- ½ cup mushrooms, thinly sliced (*I used a mixture of crimini & shiitake*)
- ½ cup frozen green peas
- 2 cups (loosely packed) spinach, chopped
- ¼ cup parsley, chopped
- 1 Tbsp fresh lime (or lemon) juice
- ½ tsp sea salt, or to taste

Directions:

In a medium-sized pot, heat the oil over medium-high heat. Add the chopped onion, and saute for a few minutes, until it begins to soften. Add ginger, garlic, and spices (bay leaves through black pepper), and saute for a couple more minutes, until fragrant. Add the lentils & vegetable stock, and bring to a low boil. Just boil for a minute or so, then turn off the heat.

Pour the contents of the pot into your slow-cooker, then add the tomatoes, mushrooms, and peas. Cook on HIGH for about 4 hours, until the lentils & vegetables are very tender. Keep an eye on the dhal to ensure that there is always enough water in the pot – The lentils should never get dry or crumbly; it should look more soupy, like this:



If you need to, add some water to keep things a little soupy. I added about ¼ cup water three times throughout cooking. Give the mixture a stir every hour or so.

After 3 ½ hours, add the spinach, parsley, lime juice, and salt. When the dhal is done, give it a taste & add more salt if necessary. Remove the bay leaves.

Yield: 6 (generous) servings

I hope you enjoy this slow-cooker dhal as much as we did! Please let me know how you like it if you make it!

Sweet Potato Cake



This spiced cake with layers of fluffy, vegan buttercream is easily our favorite thing about fall.

By Beverly Lynn Bennett

As leaves begin to turn and a chill sharpens the air, this outrageously delicious cake will warm your home with our favorite fall spices.

Makes two 8-inch cake layers

What You Need For The Cake Batter:

- 3 cups whole-wheat pastry flour
- 1-1/4 cups unbleached cane sugar (sub 1 cup agave)
- 1 tablespoon baking soda
- 2 teaspoons cinnamon
- 1-1/2 teaspoons ground ginger
- 3/4 teaspoon freshly ground nutmeg
- 1/2 teaspoon sea salt
- 1 (15-ounce) can sweet potato purée
- 1 cup water
- 1/4 cup safflower oil (sub coconut oil)
- 2 tablespoons apple cider vinegar
- 2 teaspoons vanilla

What You Need For The Vanilla Buttercream:

- 2/3 cup margarine (Earth Balance)
- 4 cups powdered sugar (unrefined)
- 1/4 cup almond milk
- 2 teaspoons vanilla
- 1/2 cup shredded unsweetened coconut, toasted and divided
- 1/2 cup chopped pecans, toasted and divided

What You Do:

1. Preheat oven to 350 degrees. Lightly grease two 8-inch cake pans. For the batter, in a large bowl whisk together pastry flour, sugar, baking soda, cinnamon, ginger, nutmeg, and salt. Add sweet potato purée, water, oil, vinegar, and vanilla and whisk well to form a smooth batter.
2. Evenly divide cake batter between prepared cake pans. Bake for 30 to 35 minutes or until a toothpick inserted in the center comes out clean. Allow cakes to cool for 15 minutes in pans. Transfer to a wire rack, let cool 10 minutes, remove from cake pans, and allow to cool completely before frosting.
3. For the frosting, in a large bowl beat margarine with an electric mixer for 30 seconds. With beaters going, slowly add powdered sugar, almond milk, and vanilla, and beat for 2 to 3 minutes or until light and fluffy. Scrape down the sides of the bowl and beat an additional 30 seconds. For the filling transfer one-third of the frosting to a small bowl, add 1/4 cup each toasted coconut and pecans, and stir well to combine.
4. To assemble cake, place one cake layer on serving platter. Spread the filling evenly on first layer. Place remaining cake layer on top. Frost the sides and top of the layer cake with frosting, as desired, and then sprinkle the remaining toasted coconut and pecans over the top.

<http://thedomesticvegan.com/2010/07/20/french-toast-cupcakes-with-maple-glaze/>

French Toast Cupcakes with Maple Glaze



Hello there! I hope you're all having a lovely week so far!

I have been meaning to do a post featuring this recipe for ages, as it's been a favorite of mine for about a year now. Everyone who tries these bad boys just loves them! They're perfectly moist and insanely flavorful.

The [original recipe](#) (*Vegan Pancake Cupcakes*) is from Natalie at [Bake & Destroy](#), but I have made a few tweaks over time, since I have a hard time not doing that... The recipe as written is amazing; I have just changed it a bit to reflect more of a French toast flavor, since I tend to prefer French toast over pancakes. 😊 Natalie's Vegan Maple Buttercream recipe is out of this world, but when I made these cupcakes yesterday, I topped them with a **Maple Glaze** instead because I didn't have enough powdered sugar on-hand for the buttercream. Gotta work with what you've got! I was really happy with the result, and I think Nick's co-workers will enjoy them at their potluck today. (I love sharing vegan food with people & showing them how delicious it is!)

Ingredients for Maple Glaze:

- 6 Tbsp. powdered sugar, sifted to remove clumps
- 2 Tbsp. maple syrup
- 1 Tbsp. nondairy butter, melted
- ¾ tsp. maple extract
- ½ tsp. vanilla extract
- ¼ tsp. cinnamon

Directions for Glaze:

Whisk together all ingredients until smooth. Add a little nondairy milk if the mixture is too thick. Set aside to drizzle onto cooled cupcakes.

Ingredients for Cupcakes:

- ½ cup nondairy milk (*I like almond*)
- 2 tsp. apple cider vinegar
- 1 ⅓ cups all-purpose flour
- ¾ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt

- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ½ cup maple syrup (*organic & local if possible*)
- ⅓ cup canola oil
- 2 Tbsp. brown sugar
- 1 ¼ tsp. [maple extract](#)
- ¾ tsp. vanilla extract
- ¼ tsp. almond extract

Directions for Cupcakes:

Preheat oven to 350°F. Either line a cupcake pan with paper liners or spray the pan with nonstick spray. Whisk the milk and vinegar together in a large measuring cup, then set aside to curdle. Sift the flour, baking powder, baking soda, salt, cinnamon, and nutmeg into a large bowl. Whisk the maple syrup, oil, brown sugar, and maple, vanilla, and almond extracts into the milk mixture. Form a well in the dry ingredients and pour in the wet ingredients. Stir until the large lumps are gone. Fill the cups ⅔ full and bake 20-22 minutes or until the tops spring back when lightly touched. Cool in the pan on a wire rack for 10 minutes, then remove cupcakes from the pan and cool completely.

Once the cupcakes are cooled, drizzle them with the **Maple Glaze**, and sprinkle the tops with additional cinnamon & nutmeg if desired.

Yield: 1 dozen fluffy cupcakes

Basic (Vegan) Chocolate Cupcake Recipe



TIME/SERVINGS

Makes: 12 cupcakes _____

The name says it all, a simple but perfect, tender, and all-around wonderful chocolate vegan cupcake. Change the look and flavor by topping with any frosting, glaze, or filling you can imagine. The Vegan Fluffy Buttercream Frosting is especially delicious. This recipe is the basis for so many great chocolate cupcakes in this book.

We've even been known to whip up an unadorned batch and serve them with a glass of cold soy milk when the need for good, honest chocolate cake arises.

INGREDIENTS

- 1 cup soy milk (sub almond milk)
- 1 teaspoon apple cider vinegar
- 3/4 cup granulated sugar (sub sucanat or 2/3 cup agave)
- 1/3 cup canola oil (sub coconut oil)
- 1 teaspoon [vanilla extract](#)
- 1/2 teaspoon almond extract, chocolate extract, or more vanilla extract
- 1 cup all-purpose flour (sub whole wheat pastry flour)
- 1/3 cup cocoa powder, Dutch-processed or regular (sub raw cacao powder)
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt (sub sea salt)
- Vegan Fluffy Buttercream Frosting

INSTRUCTIONS

1. Preheat oven to 350°F and line a muffin pan with paper or foil liners.
2. Whisk together the soy/almond milk and vinegar in a large bowl, and set aside for a few minutes to curdle. Add the sugar (sucanat/agave), oil, vanilla extract, and other extract, if using, to the milk mixture and beat until foamy. In a separate bowl, sift together the flour, cocoa/cacao powder, baking soda, baking powder, and salt. Add in two batches to wet ingredients and beat until no large lumps remain (a few tiny lumps are OK).
3. Pour into liners, filling 3/4 of the way. Bake 18 to 20 minutes, until a toothpick inserted into the center comes out clean. Transfer to a cooling rack and let cool completely.

Variation: Cookies 'n' Cream Cupcakes (pictured): Mix into cupcake batter 1 cup (about 10 cookies; chop first, then measure) of coarsely chopped vegan chocolate cream-filled sandwich cookies, like [Newman-O's](#). Bake as directed.

Vegan Fluffy Buttercream Frosting Recipe



TIME/SERVINGS

Total: 8 minutes

Active: 8 minutes

Makes: 4 cups

This is our all-purpose “go-to” vegan frosting. It’s great for piping into lush, swirling mountains of frostiness, and just as good for spreading onto a cupcake like rolling hills of heaven. This recipe makes a lot, so you can halve it if you are going to be spreading the frosting rather than piping it. It’s especially delicious adorned with some chocolate sandwich cookies and put atop our tender Basic (Vegan) Chocolate Cupcake.

INGREDIENTS

- 1/2 cup nonhydrogenated shortening
- 1/2 cup nonhydrogenated margarine, we use Earth Balance
- 3 1/2 cups powdered sugar, sifted if clumpy (organic, unrefined)
- 1 1/2 teaspoons vanilla extract
- 1/4 cup plain soy milk or soy creamer (sub almond milk)

INSTRUCTIONS

1. Beat the shortening and margarine together until well combined and fluffy. Add the sugar and beat for about 3 more minutes.
2. Add the vanilla and soy milk, and beat for another 5 to 7 minutes until fluffy.

Variation: Cookies ‘n’ Cream Frosting (pictured): Stir into frosting 1/2 cup (about 5 cookies; mash first, then measure) of finely mashed vegan chocolate cream-filled sandwich cookies, like [Newman-O’s](#). Frost cupcakes generously, and top each cupcake with half of a sandwich cookie.

Vegan recipe substitutions: http://en.wikibooks.org/wiki/Cookbook:Vegan_Substitutions

<http://supervegan.com/blog/entry.php?id=1471>

Recipe Tuesday: The Best Vegan Chocolate Chip Cookie Ever. Seriously.

After much trial and error (not to mention a stack of dirty dishes), I may have found it: the *Best Vegan Chocolate Chip Cookie Ever*. Seriously.

The genius of these cookies are in their simplicity; simple ingredients with a nice balance of brown and white sugar – *the crisp and the chew*. You won’t find some of the usual suspects that show up in other vegan chocolate chip cookie recipes here: (So, no tofu, soymilk or soy yogurt here, dude.) this is as pure as it gets.

Dry Stuff

1 1/4 Cups Whole Wheat Pastry Flour

1/4 tsp baking soda

1/8 tsp sea salt

Wet Stuff

1/2 Cup Brown Sugar (sub sucanat?)

1/4 Cup (White) Vegan Sugar (sub agave?)

1 Stick (1/2 Cup) of vegan “butter” (sub coconut butter? or 1/3 cup of coconut oil)

2 TBS of ground flax mixed with 3 TBS of Warm Water (allow to sit for 2 minutes) (egg replacement)

1 tsp vanilla extract

Other Stuff

1 Cup Vegan Chocolate Chips (grain sweetened)



Preheat your oven to 300 degrees*

Sift your dry stuff. (A) Get all your wet stuff ingredients together. (B) Whisk or mix your wet stuff thoroughly with a spatula. (Do not beat)**. (C) Mix your wet stuff and dry stuff together; (again with a spatula not an electric mixer)** (D) You should have a nice stiff mousse-like dough. (E) Mix in your vegan chocolate chips. (F) Form your cookie dough with wet hands*** and place (with a good amount of space between them) on a greased cookie sheet. Bake for 20 – 23 minutes at 300 degrees until golden brown.

** Lower cooking heat allows the cookie to bake even evenly and stay chewy.*

*** Electric mixer makes the dough too fluffy, mixing by hand allows for the right consistency to achieve the proper balance in your end result.*

*** *Forming with your hands ensures a uniform cookie.*

<http://www.101cookbooks.com/archives/nikkis-healthy-cookies-recipe.html>

Nikki's Healthy Cookie Recipe

You can use unsweetened carob, or grain sweetened chocolate chips, or do what I did and chop up 2/3 of a bar of Scharffen berger 70%. I sort-of shaved half the bar with a knife and then cut the rest into bigger chip-sized chunks. You can make your own almond meal by pulsing almonds in a food processor until it is the texture of sand - don't go too far or you'll end up with almond butter. And lastly, the coconut oil works beautifully here, just be sure to warm it a bit - enough that it is no longer solid, which makes it easier to incorporate into the bananas. If you have gluten allergies, seek out GF oats.

3 large, ripe bananas, well mashed (about 1 1/2 cups)
1 teaspoon vanilla extract
1/4 cup coconut oil, barely warm - so it isn't solid (or alternately, olive oil)
2 cups rolled oats
2/3 cup almond meal
1/3 cup coconut, finely shredded & unsweetened
1/2 teaspoon cinnamon
1/2 teaspoon fine grain sea salt
1 teaspoon baking powder
6 - 7 ounces chocolate chips or dark chocolate bar chopped

Preheat oven to 350 degrees, racks in the top third.

In a large bowl combine the bananas, vanilla extract, and coconut oil. Set aside. In another bowl whisk together the oats, almond meal, shredded coconut, cinnamon, salt, and baking powder. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chunks/chips. The dough is a bit looser than a standard cookie dough, don't worry about it. Drop dollops of the dough, each about 2 teaspoons in size, an inch apart, onto a parchment (or Silpat) lined baking sheet. Bake for 12 - 14 minutes. I baked these as long as possible without burning the bottoms and they were perfect - just shy of 15 minutes seems to be about right in my oven.

Makes about 3 dozen bite-sized cookies.

<http://www.101cookbooks.com/archives/peanut-butter-cookies-recipe.html>

Peanut Butter Cookies

Spelt flour bakes into a slightly darker cookie (photo), whole wheat pastry flour is slightly blonder - more traditional in

appearance in the end. Finish the cookies with chopped nuts or a sprinkling of flaky salt. I'd also recommend seeking out a peanut butter that is well combined, and not super-oily (extra slick) looking - to avoid problems with the cookie batter.

2 cups whole wheat pastry flour, spelt flour, or unbleached all-purpose flour

1 teaspoon baking soda

3/4 teaspoon fine grain sea salt

1 cup [organic, chunky natural peanut butter](#)

1 cup maple syrup

1/3 cup extra virgin olive oil

1 1/2 teaspoons vanilla extract

Preheat oven to 350F degrees. Place racks in the top third.

In a medium mixing bowl combine the flour, baking soda, and salt. in a separate larger bowl combine the peanut butter, maple syrup, olive oil, and vanilla. Stir until combined. Pour the flour mixture over the peanut butter mixture and stir until barely combined - still a bit dusty looking. Let sit for five minutes, give one more quick stir, just a stroke or two. Now drop by heaping tablespoonfuls onto parchment-lined baking sheets. Press down on each one gently with the back of a fork. It's a loose batter, so if you're set on doing criss-crosses, go ahead and chill the batter for an hour or so before this step. Bake for 10, maybe 11 minutes - but don't over bake or they will be dry. Let cool five minutes and transfer to a cooling rack.

Make 2 - 3 dozen cookies.

<http://www.veganchef.com/vgnbttrcrm.htm>

Vanilla "Buttercream" Frosting

1/2 cup Earth Balance vegan "butter," softened

1/4 cup almond milk

3 cups [Veganized Powdered Sugar](#)

1 1/2 t. vanilla

Using an electric mixer or in a large bowl with a hand held mixer, place the soy margarine and soy milk, and cream them together. Add half of the sugar, and beat well to combine. Add the remaining ingredients and continue to beat the mixture until light and fluffy.

*Note: For a Berry Frosting, add 1/4 cups mashed fresh or frozen berries, such as raspberries, strawberries, or blueberries.

For a Chocolate Frosting, add 1/2 cups cocoa powder or 1/3 cups melted vegan chocolate chips.

For a Coffee Frosting, substitute cold coffee or espresso for the soy milk in the recipe.

For a Mocha Frosting, substitute cold coffee or espresso for the soy milk in the recipe and add 1/4-1/3 cup cocoa powder or 3-4 T. melted vegan chocolate chips.

You can also stir in chopped nuts, chopped vegan chocolate, shredded coconut, or chopped fruit into the basic Vanilla "Buttercream" Frosting recipe to create additional variations.

<http://www.food.com/recipeprint.do?rid=219454>

Quick, Buttercream (Vegan) Icing from Longmeadow Farm

About This Recipe

"This is my *go to* icing recipe. Whether vegan or not, use this creamy icing for all sorts of baked goodies. Muffins, cupcakes, cinnamon rolls or bread, banana bread, carrot cake, or just plain cake."

Ingredients:

- 1 ½ cups unrefined icing sugar
- 2 tablespoons vanilla almond milk
- ¼ cup Earth Balance vegan "butter", softened
- 1 teaspoon vanilla extract (or one vanilla bean)

Directions:

1. Cream sugar, Earth Balance, almond milk, and vanilla extract in mixer.
2. Beat until completely creamy and spreadable.
3. Add ¼ teaspoon more almond milk for a thinner, drizzling icing.

<http://www.nourishingmeals.com/2009/06/dairy-free-sugar-free-strawberry-ice.html>

Strawberry Coconut Ice Cream

This ice cream needs to be made in an ice cream maker. It can also be made into popsicles. After pouring the liquid into my machine, I still had about a cup that wouldn't fit - so that became 2 popsicles. Serve ice cream with sliced fresh strawberries and fresh mint leaves for a cooling summer dessert.

2 cans full fat coconut milk

2 to 2 1/2 cups frozen strawberries (about 1 pound)
1/2 cup honey or agave nectar
1 tablespoon vanilla extract
1 to 2 teaspoons lemon flavoring (optional)

Place all ingredients into a blender or Vita-Mix and blend until smooth and creamy. Immediately pour the liquid into your ice cream maker. I kept mine on for about 25 minutes and then transferred the container to the freezer. It needs to chill for about 2 hours before serving. Enjoy!



<http://www.thenourishinggourmet.com/2008/05/chocolate-coconut-milk-ice-cream-2.html>

Chocolate Coconut Milk Ice Cream



3 cups of unsweetened coconut milk (about two cans)

2/3 cup of cacao powder

1/2 cup agave syrup

1 teaspoon vanilla extract (or 1 vanilla bean)

Whisk cacao powder in a small amount of coconut milk, until smooth. Then add the rest of the ingredients and whisk until well combined. If you have a Blendtec blender, process all ingredients with the soup button (this will warm the mixture, making it easier for the powder to incorporate with the milk). Chill mixture (not in ice cream maker bowl) in fridge for several hours or freezer for 30-45 minutes, then make according to your ice cream maker instructions.

<http://www.simplehealthytasty.com/2010/10/lettuce-wraps.html>

If you like P.F. Chang's...you're gonna love these.

And you don't even have to leave a tip.



Lettuce Wraps

Veggies:

2 thick broccoli stalks or about 7 florets

1/4 head of green cabbage

2 medium carrots

2 green onions

2 Roma tomatoes

2 cups crushed pistachios
1 cup crushed raw cashews
1/2 red bell pepper
2 big stalks celery

Sauce:

1 tablespoon lime juice
1/2 cup sesame oil
1/4 cup rice wine vinegar
1 1/2 cup Sucanat
2 1/2 teaspoons sea salt
2 1/2 tablespoons minced garlic
2 teaspoons fresh cracked pepper
2 teaspoons onion powder
2 teaspoons coriander
2 teaspoons ground ginger
1 tablespoon shoyu
1 tablespoon organic corn starch/
arrowroot powder

Directions:

Chop all the veggies very small. [If you have a food processor...that might help.]
Put veggies in a very large (huge-ish) frying pan.

In a separate bowl stir together all of the sauce ingredients.
Pour sauce over veggies and mix well.
Warm it on the stove top until thoroughly warmed...not cooked.

Wash and separate a head of romaine and use it like a tortilla with the veggies inside.
A little messy but, oh so tasty.

{the veggie filling keeps well in the refrigerator and tastes even better the next day...believe it, or not.}

Oh, and to make this dish a little more filling, and not quite as messy, add a cup or two of cooked brown rice to the mixture.Yummy!

<http://www.simplehealthytasty.com/2008/04/very-best-veggie-enchiladas.html>

The Very Best Veggie Enchiladas



The Very Best Veggie Enchiladas

This recipe is not as complicated as it sounds! Give it a try it's the best! Plus it makes two pans, one for tonight and one for the freezer!

Filling:

4-5 cups cooked beans (we use black and/or pinto)

2-3 cups cooked brown rice

2+ cups of corn

3 carrots, diced finely

1 medium zucchini, chopped

1 large onion chopped

1-2 cans of diced green chilies

1-2 cans sliced mushrooms or fresh sliced

1-2 cups chopped tomatoes or a can of diced

1 teaspoon cumin

1 teaspoon sea salt

1 teaspoon chili powder

1 teaspoon Mexican seasoning (optional)

½ teaspoon garlic powder (optional)

2 Tablespoons olive oil

2 cans olives sliced (we usually put these on top)

Use these veggies or use others we have at times put in about ½ head of sliced cabbage some times I leave out the carrots you could do summer squash whatever! Usually if you just start with your favorite bean and some rice add veggies you like, it will make a great filling. But if you don't want rice don't put it in you could pretty much throw in what ever leftovers were in the fridge. Like hash browns or potatoes etc. do what you want! Basically just mix everything together in a big frying pan and saute just so the veggies are crisp tender.

Other Ingredients:

20-24 Whole Wheat Tortillas (depending on the pan and how tight you pack them)

Guacamole

Salsa (optional)

Lettuce (optional)

Fresh Tomato (optional)

Enchilada Sauce Ingredients:

6 Tablespoons chili powder

2/3 cup whole wheat flour

4 teaspoons vinegar

2 teaspoons each:

garlic powder, oregano, sea salt

8 cups water

Prepare enchilada sauce by mixing all ingredients in a LARGE saucepan and then simmering over low heat until thickened. It will not get as thick as the cheese sauce it will just thicken slightly that's okay. Do not cut back on the chili powder in the sauce. It isn't hot tasting, but it is necessary to give the sauce color and flavor.

"Cheese" Sauce: (Thanks to Em for the cheese sauce recipe ;)

½ cup whole wheat flour

½ cup nutritional yeast

1 teaspoon sea salt

1 teaspoon garlic powder

2 cups water

2 teaspoon mustard powder

4 Tablespoons coconut oil

In medium-large saucepan, combine flour, nutritional yeast, salt and garlic powder. Add water and mix thoroughly. Heat on medium heat until bubbling and thick. Remove from heat and add mustard and coconut oil.



Now for the assembly:

Spread a layer of enchilada sauce in the bottom of two 9x13 pans. Fill your tortillas with a good helping of filling roll and place in the pans. After the pans are full pour the enchilada sauce over them. Use all the sauce split it between the 2 pans. Then do the same with the cheese sauce. Sprinkle with sliced olives and green onions if you want. Cover and bake at 350 degrees for 20 minutes or until bubbly. If I'm freezing one I don't bother baking it I just put it in the freezer. Top with Guacamole, salsa, fresh tomatoes, leaf lettuce what ever you want.

<http://www.simplehealthytasty.com/2010/07/mongolian-bbq-and-orange-veggie-stir.html>

Mongolian BBQ and Orange Veggie Stir Fry



Mongolian BBQ (at least that's what we like to call it) is one of my families favorite dishes. And of course it's super Simple, super Healthy, and super Tasty! It's not really a recipe so I will just tell you what we do. Be sure to look below for a great Orange stir fry recipe!

Mongolian BBQ

First we cut up a whole bunch of raw veggies, etc. and set them out on plates.

Veggies we like are:

Broccoli

Asparagus

Cabbage

Snow peas or Sugar snap

Mushrooms

Carrots

Celery

Onion

Bell Pepper

Water chestnuts

Bamboo shoots

Baby corns

Roasted Cashews and/or Peanuts

Pineapple

We cook some whole wheat spaghetti noodles and drain them. We do whatever kind of sauces and oils we want. Usually some olive oil, we like the Orange sauce recipe below Shoyu, Teriyaki (READ INGREDIENTS I get mine through Azure) Pineapple or Lemon juice is also good for those who like spicy chili pastes, sauces or oils, garlic sauce, whatever you want. We fill up our plates buffet style with the noodles and whatever veggies we want then we take it to the stove and put it in a preheated Wok or frying pan and stir fry it all up! So easy and so good!

Prep time: About 15 minutes

Cook time: About 5 minutes



Orange Veggie Stir Fry

2 Tablespoons Olive oil

Favorite stir fry veggies cut up

Cooked Brown Rice or Quinoa

Sauce Ingredients:

2 Tablespoon olive oil

3 cloves garlic, minced

3/4 cup water

2 Tablespoon Orange Juice Concentrate

2-4 Tablespoons Lemon Juice

(depending on how sour you want it start with 2)

3 Tablespoons apple cider vinegar or rice vinegar

4 Tablespoons Nama Shoyu

1/2 cup Sucanat

1/2 teaspoon red pepper flakes

(less or more depending on how spicy you want it)

4 teaspoons arrowroot powder

2 Tablespoons water

2-4 drops [orange essential oil](#) (optional, but I really like the added orange flavor)

Stir Fry Veggies in Olive oil until crisp tender.

In a small saucepan, saute garlic in olive oil. Add water, orange juice concentrate, lemon juice, vinegar, soy sauce, Sucanat and pepper flakes. Bring to a boil. Reduce heat to medium. In a small cup mix together arrowroot powder and water until thoroughly blended. Pour arrowroot mixture into sauce, stirring constantly. Cook, stirring over medium heat until sauce thickens to your liking. Remove from heat and combine with stir fried veggies. Top the Cooked brown rice with the veggie and sauce mixture.

Prep Time: About 20 Minutes

Cook Time: About 45 Minutes (only because brown rice takes that long to cook you can be doing the other stuff while rice is cooking so the time overlaps. It will only take 45 minutes total time if you do this. And only about 20 Minutes of your time!)

<http://herbivoremeals.wordpress.com/2011/02/05/o-k-it-took-twenty-seven-minutes/>

O.K., It took twenty-seven minutes...

but, that did include taking some snazzy photos



and letting the raw potatoes fall where they may.



Though you'd find the action on the floor interesting, 😊 .

Creamy Potato Soup

5 medium/largish Russet potatoes (just regular large, not Idaho large)

1 small sweet potato or 1 large carrot (if using the sweet potato cook it with the Russets)

1/2 onion

1 large clove garlic

1/2 cup cashews

1/4 cup nutritional yeast

1 teaspoon brown rice vinegar

2 3/4 cups water

1 1/2 teaspoons sea salt

1 teaspoon Mountain Rose Herbs Seasoning Salt

1/2 teaspoon white pepper (black could work in a pinch)

Start the water boiling, whether you're steaming or boiling the potatoes (not the 2 3/4 cups, unless you're planning on using the potato water in the soup- which I often do). Then scrub and chop the potatoes into chunks and add them to your cooking apparatus. Here they are in mine, steaming away:



After starting to cook the potatoes, wash and dice the sweet potato and throw it in too. Or... just chop up the carrot and throw it in the blender along with all of the other ingredients. I use the large capacity container on the blender (this makes about 7 cups of soup).



By this time the potatoes should be soft enough to add them in too. If not, just let them cook for a few more minutes (they don't need to be well done).

Blend together well. If using a Blendtec the soup button is sufficient and since the potatoes are already hot, no need to worry about additional blend time to heat the soup.

The finished product is quite thick,



so if you'd prefer a thinner soup just add more water.

http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=2776210

Vegan Avocado Mashed Potatoes

4 medium avocados
3 lbs. potatoes
2 Tbsp. Earth Balance vegan buttery spread (may sub coconut butter)
1 [cup](#) almond milk
1 dash lemon juice
salt, pepper, and garlic powder to taste

Peel and quarter the potatoes, then wash them thoroughly. Place the potatoes in a large pot with enough cold, salted water to cover them.

Meanwhile, prepare the avocados, making sure to remove any brown flesh. Scoop into a [bowl](#) and stir until smooth with lemon juice.

Place the tablespoon of Smart Balance and milk in the microwave until melted and warm.

When potatoes are fork tender, mash them in a large bowl or a stand mixer, slowly adding the milk and butter spread mixture.

When potatoes are mashed to your liking, gently fold in avocado mixture gently, or in a stand mixer - use the lowest setting.

Keep warm and serve!

Number of Servings: 8

Vegan Enchiladas:

Avocado mashed potatoes (from above recipe)

10-12 Ezekiel sprouted grain tortillas

10-15 oz. mild green chili enchilada sauce

Roll equal amounts of filling inside tortillas and place in 9 x 13" baking pan.

Drizzle enchilada sauce over tortillas.

Warm at 350 degrees for 20-25 minutes.

<http://www.joythebaker.com/blog/2009/07/vegan-chocolate-avocado-cake/>

Vegan Chocolate Avocado Cake

July 15, 2009



Ok... first of all, stop looking at me like that.

Yea, I can see that crazy look of your face. But it's me. The same person that brought you amazing [Cream Cheese Cinnamon Rolls](#) and [Perfect Lemon Pound Cake](#). We trust each other. We have an understanding. Just go with me on this.

Something about hot summer weather gets me to thinking (or melts my brain) and brings some strange recipes to the surface. Remember last year's [Blueberry Ice Cream with Homemade Hot Fudge](#)? Yea... I got a few strange looks for that too.

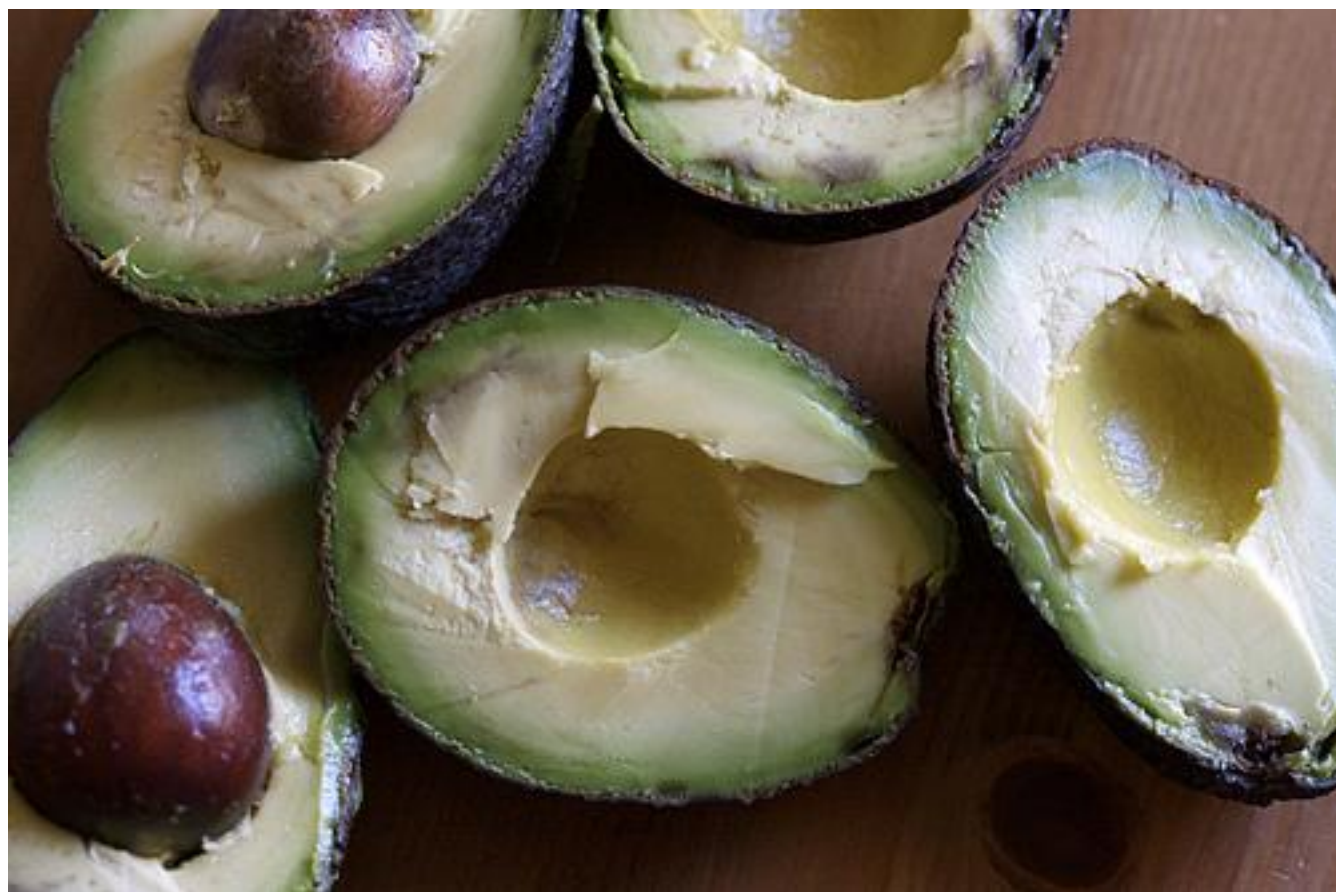
Because I still see those raised eyebrows on your face, let me tell you a little about this beast of a cake. Believe me, I was super skeptical too.

The vegan chocolate cake is dense and moist, and everything you might want from a chocolate cake minus the eggs and butter. The fat in the cake is almond oil (or anything you have on hand) and one whole mashed avocado. It's lovely, and I didn't taste a lick of avocado in the cake.

The avocado buttercream is a dash more strange. Yes, it's bright green. Yes, the only fat in the buttercream is avocado meat. It's sweet with slight hints of citrus. I had my doubts, but when combined with the chocolate cake... holy wow! It actually worked! It was honest-to-goodness delicious! Not to mention vegan and full of healthy fats!

Your thoughts? Have I scared you off?





Vegan Chocolate Cake with Avocado

makes 2 8-inch rounds or 2 thinner 9-inch rounds

from [Vegetarian in the Middle East](#)

[Print this recipe!](#)

3 cups all-purpose flour

6 Tablespoons unsweetened cocoa powder

1/2 teaspoon salt

2 teaspoons baking powder

2 teaspoons baking soda

2 cups granulated sugar

1/4 cup vegetable oil (I used almond oil)

1/2 cup soft avocado, well mashed, about 1 medium avocado

2 cups water

2 Tablespoons white vinegar

2 teaspoons vanilla extract

Preheat oven to 350 degrees F. Grease and flour two 8 or 9-inch rounds. Set aside.

Sift together all of the dry ingredients except the sugar. Set that aside too.

Mix all the wet ingredients together in a bowl, including the super mashed avocado.

Add sugar into the wet mix and stir.

Mix the wet with the dry all at once, and beat with a whisk (by hand) until smooth.

Pour batter into a greased cake tins. Bake for 30 to 40 minutes, until a toothpick inserted comes out clean.

Let cakes cool in pan for 15 minutes, then turn out onto cooling racks to cool completely before frosting with avocado buttercream.

Avocado Buttercream Frosting

from Alton Brown

8 ounces of avocado meat, about 2 small to medium, very ripe avocados

2 teaspoons lemon juice

1 pound powdered sugar, sifted

1/2 teaspoon vanilla extract

Peel and pit the soft avocados. It's important to use the ripest avocados you can get your hands on. If the avocados have brown spots in the meat, avoid those spots when you scoop the meat into the bowl.

Place the avocado meat into the bowl of a stand mixer fit with the whisk attachment. Add lemon juice and whisk the avocado on medium speed, until slightly lightened in color and smooth, about 2-3 minutes.

Add the powdered sugar a little at a time and beat. Add vanilla extract until combined. If not using right away, store in the refrigerator. Don't worry. It won't turn brown!



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<http://www.vegnews.com/web/articles/page.do?catId=10&pageId=40>

Macaroni & Cheese



This is the best mac 'n' cheese on the planet. End of story.

By Allison Rivers Samson

This is VN's signature Macaroni & Cheese, and we absolutely couldn't live without it. Serve it to your omni friends and family members and watch as they convert under the influence of the nutritional yeast-free cheese sauce. We honestly make this recipe at least once a month—it's just that delicious! Oh, and there's the added bonus of sneaking in a few veggies, which makes this comfort food more than just a pretty plate.

Serves 6

What You Need:

Pasta:

4 quarts water
pinch of sea salt
8 ounces whole grain macaroni or pasta of any shape

Bread topping:

4 slices of bread, torn into large pieces
2 tablespoons non-hydrogenated margarine or vegan spread

“Cheese” Sauce:

2 tablespoons shallots, peeled and chopped
1 cup red or yellow potatoes, peeled and chopped
1/4 cup carrots, peeled and chopped
1/3 cup onion, peeled and chopped
1 cup water
1 cup almond milk
1/4 cup raw cashews (or tahini)
2 teaspoons sea salt
1/4 teaspoon garlic, minced
1/4 teaspoon Dijon mustard
1/3 cup margarine or vegan spread (optional)
1 tablespoon lemon juice, freshly squeezed
1/4 teaspoon black pepper
1/8 teaspoon cayenne (omit for less spice)
1/4 teaspoon paprika

What You Do:

1. In a large pot, bring the water and salt to a boil. Add macaroni and cook until al dente. In a colander, drain pasta and rinse with cold water. Set aside.
2. Make breadcrumbs by pulverizing the bread and 2 tablespoons margarine to a medium-fine texture. Use a pastry cutter or food processor. Set aside.
3. Preheat oven to 350 degrees. In a saucepan, add shallots, potatoes, carrots, onion, and water, and bring to a boil. Cover the pan and simmer for 15 minutes, or until vegetables are very soft.
4. In a blender, process the cashews, salt, garlic, 1/3 cup margarine (optional), mustard, lemon juice, black pepper, and cayenne. Drain water from softened vegetables and replace with similar amount of strained nut milk; add to the blender and process until perfectly smooth.
5. In a large bowl, toss the cooked pasta and blended cheese sauce until completely coated. Spread mixture into a 9 x 12 casserole dish, sprinkle with prepared breadcrumbs, and dust with paprika. Bake for 30 minutes or until the cheese sauce is bubbling and the top has turned golden brown.

<http://orangette.blogspot.com/2006/02/public-display-of-chickpeas.html>

Chana Masala

When I'm not hovering next to him with a pen and paper, Brandon makes his chana masala by feel, tasting and tweaking, stirring and sniffing. The recipe that follows is our joint effort to make his rendition reproducible, and to make it user-friendly for those who love a good, prescriptive recipe, myself included. You should feel free, however, to taste and tweak as you see fit. It's the Brandon Way.

This chana masala can be served in two different styles: with a half-cup of whole-milk yogurt to smooth and soften the flavors, or *sans* yogurt, served with a squeeze of lemon and a pinch of fresh cilantro. I prefer the

former, but Brandon leans toward the latter. Either way, this dish is even better the second—or third—day.

Good-quality olive oil

1 medium onion, coarsely chopped

2 medium cloves garlic, minced

1 tsp cumin seeds

½ tsp ground coriander

¼ tsp ground ginger

1 tsp garam masala

3 cardamom pods, lightly crushed

1 28-ounce can whole peeled tomatoes

1 tsp kosher salt, or to taste

1 Tbs cilantro leaves, roughly torn, plus more for garnish

A pinch of cayenne, or to taste

2 15-ounce cans chickpeas, drained and rinsed

~~6–8 Tbs plain whole milk yogurt, optional~~ ½ cup coconut milk or almond milk

A few lemon wedges, optional



Film the bottom of a large saucepan or Dutch oven—preferably not nonstick—with olive oil, and place the pan over medium heat. Add the onion, and cook, stirring frequently, until it is deeply caramelized and even charred in some spots. Be patient. The more color, the more full-flavored the final dish will be.

Reduce the heat to low. Add the garlic, stirring, and add a bit more oil if the pan seems dry. Add the cumin seeds, coriander, ginger, garam masala, and cardamom pods, and fry them, stirring constantly, until fragrant and toasty, about 30 seconds. Add ¼ cup water, and stir to scrape up any brown bits from the bottom of the pan. Cook until the water has evaporated away completely. Pour in the juice from can of tomatoes, followed by the tomatoes themselves, using your hands to break them apart as you add them; alternatively, add them whole and crush them in the pot with a potato masher. Add the salt.

Raise the heat to medium, and bring the pot to a boil. Reduce the heat to low, add the cilantro and cayenne, and simmer the sauce gently, stirring occasionally, until it reduces a bit and begins to thicken. Taste, and adjust the seasoning as necessary. Add the chickpeas, stirring well, and cook over low heat for about five minutes. Add 2 Tbs water, and cook for another five minutes. Add another 2 Tbs water, and cook until the water is absorbed, a few minutes more. This process of adding and cooking off water helps to concentrate the sauce's flavor and makes the chickpeas more tender and toothsome. Taste, and adjust the seasoning as necessary.

Stir in the yogurt, if you like, or garnish with lemon wedges and cilantro. Serve.

Yield: About four servings

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