RIGHTEOUS VEGAN COOKING

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BREAKFAST

Oatmeal

For each serving, cook ⅓ cup oatmeal in 1 cup of water, add a pinch of salt if you like. Bring water to a boil before adding oats, then cook uncovered on medium-low for 5-7 minutes or until desired consistency.

Breakfast Mush

Combine overcooked brown rice, quinoa and other grains, preferably leftover or pre-cooked. Add frozen fruit, heat and enjoy.

Crepes

1 ½ cups all-purpose flour
½ cup chickpea flour
1 tsp salt
2 tbsp olive oil
2 cups water

Combine flours in a medium mixing bowl. Make a well in the centre of the flour and add the water and olive oil. Use an electric hand mixer to blend until completely smooth (if you don't have a mixer, beat it with a fork for a good solid 3 minutes). Cover the batter with plastic wrap and let chill in the fridge for a ½ hour or so. Choose a non-stick, flat bottom pan about 8" across. Preheat your pan on medium. Add a little oil to the pan and use a pastry brush (or paper towel) to spread it into a thin layer, coating the pan. Pout ¼ cup batter into the pan; tilt and rotate the pan so the batter has crept up the sides of the pan just a little bit. When it looks like the top of the crepe has pretty much set and the corners are beginning to brown, flip it over with a spatula and cook the other side for just under a minute. Transfer the crepe carefully to a plate, and cover a stack of cooked crepes with tin foil to keep them warm.

Crepes are awesomely versatile, you can fill them with just about anything – savoury or sweet. They're a great way to make a quick breakfast or to eat up last night's leftovers. If you want sweet crepes, just add a tsp of sugar or honey to the batter.

Fun Up your Breakfast with Toppings

Nuts, seeds, dried fruit, fresh or frozen fruit, honey, maple syrup, spices, soy or rice milk

French Toast

Slightly stale bread (if it's fresh you can leave it out overnight or lightly toast to dry it)
½ cup soy creamer (or rice or soy milk)
½ cup plain rice or soy milk
2 tablespoons cornstarch
¼ cup chickpea flour
Several tbsp canola or vegetable oil

Pour the soy creamer and rice milk into a wide, shallow bowl. Mix in the cornstarch and stir until dissolved. Add the chickpea flour and mix until it is mostly absorbed; some lumps are ok. Heat a non-stick pan over medium heat and add enough oil to create a thin layer on the bottom of the pan (a tablespoon or two). Soak the bread slices in the mixture and transfer to the pan. Cook each side for 2-3 minutes, then flip and cook for another 2-3 minutes until golden brown.

Straight Up Pancakes

1 ¼ cup all-purpose flour
2 tsp baking powder
½ tsp salt
1 tsp cinnamon
2 tbsp canola oil (or another mild oil)
⅓ cup water (use more for thinner or less for thicker batter)
1 to 1 ¼ cups plain rice or soy milk
1 tsp vanilla extract
2 tbsp maple syrup

Sandy Says

"You can just make regular pancakes and use egg replacer instead of eggs."

Sift together the flour, baking powder, salt and cinnamon. In a separate bowl, combine all other ingredients. Adding wet to dry, mix until just combined, but don't overmix or the pancakes will be tough (a couple lumps are ok). Cover a large skillet with a thin coating of oil and preheat over medium-high heat about 2 minutes. Using a circular motion, pour batter onto pan. Cook pancakes until browned on the bottom and bubbles form on the top. When the bubbles on top burst and hold their craters, pancakes are ready to flip. Turn pancakes over and cook until browned on other side and barely firm to the touch.

Variations
Raspberry Lime – fold in 1 cup of raspberries and 1 tbsp of lime juice or finely grated lime zest.
Blueberry – fold in 1 cup of blueberries, don't overmix unless you want blue batter.
Chocolate Chip – add chocolate chips to uncooked side of pancakes just before flipping.
Coconut Nutmeg – add 1 cup unsweetened shredded coconut and add nutmeg instead of cinnamon.

Scrambled Tofu

1 tbsp olive oil
1 medium-size yellow onion
2 cups thinly sliced cremini mushrooms
2 to 3 cloves garlic, minced
1 pound extra-firm tofu, drained
¼ cup nutritional yeast
Juice of ½ lemon
1 carrot, peeled (optional)

Spice blend
2 tsp ground cumin
1 tsp dried thyme (crushed with fingers)
1 tsp paprika
½ tsp turmeric
1 tsp salt

Heat the oil in a pan over medium-high heat. Sautee the onions for 2-3 minutes until softened; add mushrooms, sauté for 5 minutes; add garlic, sauté for 2 minutes. Add the spice blend and mix it up for about 15 seconds. Add ¼ cup water to deglaze the pan, scraping the bottom to get the spices and garlic. Crumble tofu into the pan in big chunks using your fingers (it will break up more as it cooks). Don't crush the tofu with the spatula, gently lift and mix it around. Let cook for about 15 minutes, stirring occasionally and adding a little water if needed to keep it from sticking too much. Add the lemon juice and the nutritional yeast and mix well. Add a little more water if it starts to stick. Grate the carrot and fold into the tofu mixture.

Variations
Tofu Rancheros – Add 1 cup of salsa at the end and heat for another minute
Asian-style – Add 2 tbsp minced ginger with the garlic, and use peanut instead of olive oil. Substitute shitake mushrooms and omit thyme and nutritional yeast. Mix in a cup of thinly sliced scallions at the very end.
Stuff peppers - Mix with a can of black beans and some salsa. Stuff into red peppers, bake and top with a little vegan cheese at the end.

BASICS - Spices

Garam Masala: Coriander, cumin, black pepper, dry ginger, carmdamom, cloves, cinnamon, bay leaves

Italian Seasoning: Basil, oregano, parsley, garlic, onion, thyme, rosemary, black pepper, red pepper flakes

Thai Seasoning: Cumin, sea salt, white and black pepper, dried hot thai chillies, lemongrass, lime zest, garlic, ginger, mint, coconut

Creole: Salt, garlic, black pepper, cayenne pepper, paprika

Montreal Seasoning: Paprika, black pepper, kosher salt, garlic, onion, coriander, dill, red pepper flakes

Basic Vegetables

Steamed Vegetables

Steaming veggies is easiest if you have a steaming basket, but you can get nearly the same result without one as long as you watch the time and don't overcook them. Chop your veggies and place in a pot with a lid. Rinse them thoroughly, then drain all but a ½ inch of water. Cover and heat the pot on a high burner until water boils – you'll have to listen closely to know when it boils, don't take the lid off or you'll lose precious steam. It should take 3-5 minutes, and once it boils, turn the burner down to low. Give the pot a little shake every few minutes while it cooks to make sure the veggies cook evenly and don't stick, but again, don't take the lid off until it's done. When you use just a little water, the veggies retain more of their flavour and nutrients, but they can easily overcook so pay attention.

Steamed Vegetable Cooking Guide

Vegetable	Steam time	Prep
Asparagus	7-12 mins	Remove rough stem bottoms, and if they're thick slice them lengthwise
Brussel sprouts	10-12 mins	Remove rough knobby stems and slice in half lengthwise
Cauliflower, broccoli	10-12 mins	Cut into chunks and remove leaves
Green beans	8-10 mins	Trim ends
Kale	4-6 mins	Trim thick stems and tear into pieces
Potatoes	15-20 mins	Cut into chunks, peeling optional. Cover completely with water
Peppers	5-7 mins	Cut in half lengthwise and quarter if desired
Carrots, beets, turnips, sweet potatoes, parsnips	10-12 mins	Peel and chop, and cook with 1 inch water
Winter squash	15-20 mins	Cut into chunks. Cover completely with water
Zucchini or summer squash	8-10 mins	Cut into chunks and cook with 1 inch of water

Stir Fried Vegetables

Stir frying leaves veggies with a satisfying crunch. Add a little oil to your pan and fry on medium, stirring often, for about the same amount of time as for steaming, above. Stir-frying also allows you to add all sorts of yummy spices and toppings – not to mention some protein – as you go, which make them great for a quick (and sometimes delightfully random) meal. Try different combinations of vegetables and extras with a variety of spices and sauces.

Roasted Vegetables

Most veggies taste great roasted and all you need is a little olive oil (just enough to coast veggies lightly), salt and pepper. And maybe some garlic and onion, or even a few cherry tomatoes. You'll want to chop your veggies into bite sized pieces, unless you're doing something fancy (see Prep notes). Lightly grease your pan, and it's generally a good idea to stir your veggies halfway through if they're cooking for more than 15 minutes. If you plan to mash or puree your veggies once cooked, give them an extra 10-15 minutes in the oven to soften. If they start to burn, cover with tented tin foil.

Roasted Vegetable Cooking Guide

Vegetable	Temp (F)	Roast Time	Prep
Asparagus	400˚	15-20 mins	Remove rough stem bottoms
Brussel sprouts	400˚	15-20 mins	Remove rough knobby stems & slice in half length-wise
Carrots, beets, tur-nips, parsnips, sweet potatoes	400˚	35-45 mins	Peel and chop
Cauliflower	400˚	15-20 mins	Remove leaves and cut into chunks. Or roast cauli-flower sliced in half, cut side down
Garlic	400˚	25-30 mins	Peel off papery outer skin. Cut off the top of the head and pour oil into the individual cloves. Wrap tightly in tin foil. Once cooked, squeeze the garlic out of the skin.
Green beans	400˚	12-15 mins	Trim ends
Onions	400˚	12-15 mins	Peel and chop into large chunks
Potatoes	425˚	45-55 mins	Cut into chunks, peeling optional
Peppers	425˚	20-25 mins	Cut in half lengthwise and cook until skin is dark brown in spots
Winter squash	400˚	45-60 mins	Cut in half and place cut side down on pan
Zucchini, summer squash	425˚	25-30 mins	Turn halfway through cooking

Mashed Potatoes

2 pounds potatoes, cut into 1 inch chunks
3 tbsp margarine
½ cup unsweetened soy milk or cooking water
1 tsp salt (or to taste)
Several dashed fresh black pepper

Place the potatoes in a pot and cover with cold water. Cover and bring to a boil, then add some salt to the water. Re-cover and let boil for 20 minutes or so, until the potatoes are tender. Drain the potatoes, but save about 1 cup of the cooking water if you're not using soy milk. Add the margarine and mash. Add the soy milk or cooking water and mash some more until potatoes are fluffy. Add the salt, pepper and more soy milk or water if desired. Serve with Punk Rock Chickpea Gravy.

Punk Rock Chickpea Gravy

¼ cup all-purpose flour
Approximately 2 ½ cups water
1 tbsp olive oil
1 medium onion, quartered and thinly sliced
2 tsp mustard seeds
3 cloves garlic, minced
2 cups cooked chickpeas, drained (or one 16 oz can, drained and rinsed)
2 pinches each ground cumin and paprika
Pinch each of dried rosemary, thyme, oregano and coriander
3 tbsp soy sauce
Juice of 1 lemon
¼ cup nutritional yeast

Mix the flour with 2 cups of water until flour is mostly dissolved. Heat a large pan over medium heat. Add the olive oil and let heat for about 20 seconds. Add the onions and mustard seeds; cook for about 10 minutes, stirring occasionally, until onions are browned and the mustard seeds are toasted. Add the garlic and sauté 2 minutes more. Add the chickpeas; use a potato masher to mash them – not into a paste, just make sure almost all are broken up. Add herbs and spices, soy sauce and lemon juice. Scrape the bottom of the pan to loosen any browned onions. Lower heat and pour the flour mixture into the pan. Stir in the nutritional yeast. If it looks too thick and pasty, add more water and mix really well. Keep warm until ready to serve.

Basic Grains

Polenta

Combine ½ cup cornmeal and ½ cup of the water in a bowl. Bring another 1 ½ cups of water to a boil in a saucepan and add a pinch of salt. Stir in the wet cornmeal, reduce the heat to low and simmer for 10 to 15 minutes, stirring frequently, until polenta is thick and creamy and not gritty. If it becomes too stiff, add a little more water and keep stirring. When ready, remove from heat, stir in 1 tsp olive oil and serve.

Baked Polenta

Preheat the oven to 375˚F. Spread the hot, cooked polenta onto a plate so that it's about ½ inch thick. When the polenta is cool, cut it into squares or triangles and place the pieces on a greased baking sheet. Brush the polenta with oil and bake for 20 to 25 minutes without turning, until the top is slightly golden.

Couscous

Place 1 cup couscous and a pinch of salt in a pot. Boil 1 ½ cups of water in a kettle and measure out 1 cup. Pour the water on the couscous, cover and let sit for about 5 minutes until soft. Fluff with a fork and serve.

Quinoa

One cup of quinoa contains more calcium than a quart of milk! To prepare, very thoroughly rinse 1 cup of quinoa, drain and place in a pot with 2 cups water and a pinch of salt. Once the mixture is boiling, turn down the heat very low and simmer for about 15 minutes until grains are translucent with a visible ring. Fluff and serve.

Rice

Rinse one cup of rice, then place in a pot with 2 cups water and a pinch of salt. Bring to a boil, stir and reduce the heat to low. Keep it covered and don't stir the rice while it cooks. Once cooked, remove from heat and let sit, covered, for 5 to 10 minutes. Fluff with a fork and serve.

Rice	Cooking Time
Basmati or Jasmine Brown	45 to 50 mins
Basmati or Jasmine White	15 to 20 mins
Short Grain Brown	40 to 45 mins
Wild (Black) Rice	55 to 60 mins
Plain White	15 to 20 mins

Coconut Rice

2 cups jasmine rice (rinsed)
1 (13.5 oz) can coconut milk
1 cup water
1 cinnamon stick (or 1 tsp ground)
¼ tsp salt
Finely grated zest of 1 lime
½ cup unsweetened shredded coconut

Combine rice, coconut milk, water, cinnamon and salt in a saucepan and bring to a boil. Lower heat, cover pot and simmer for 20 minutes. Add the lime zest and stir with a fork. Remove from heat, cover, and let sit 10 more minutes. Meanwhile, heat a pan over low-medium heat. Add the coconut and toast, turning frequently for about 3 minutes or until the coconut is brown and toasty. Remove the cinnamon stick from the rice if used and sprinkle with toasted coconut.

Basic Protein

Cooking Dried Beans

Sort beans and remove any small stones or debris. Rinse beans to remove dust. Soak the beans overnight or during the day (about 8 hours) with enough cold water to cover the beans plus another 2 to 3 inches. To cook, drain the soaking water and transfer beans to a pot. Add enough fresh water to cover the beans by 2 inches. Simmer on low heat, covered, stirring occasionally. Make sure there is enough water in the pot to cover the beans at all times. Add salt or acidic foods (such as tomatoes) when the beans are tender. Adding it earlier will make the beans tough and lengthen the cooking time. Generally 1 cup of dried beans makes about 2 to 2 ½ cups cooked beans. The cooking time will vary depending on the age of the bean.

Soaked Bean	Water	Cooking Time
Adzuki	3 cups	50 mins
Anasazi	3 ½ cups	1 ½ hours
Black	3 ½ cups	1 ½ to 2 hours
Black-eyed pea	3 cups	1 hour
Cannellini	3 ½ cups	1 ½ to 2 hours
Chickpeas (Garbanzo)	4 cups	3 hours
Great Northern	3 ½ cups	1 ½ to 2 hours
Kidney	3 ½ cups	2 hours
Navy	3 ½ cups	1 ½ to 2 hours
Pinto	3 ½ cups	2 hours
Lentils **Don't pre-soak**	3 cups	35 to 45 mins
Split peas **Don't pre-soak**	3 cups	40 to 50 mins

Variations

Stew - Turn a bean pot into a stew by adding chopped vegetables for the last half hour of cooking

Chili - A pot of kidney beans can become a chili when you add chopped onion, green pepper, garlic, chilli powder and ground cumin

Turn up the taste - Add a splash of vinegar or lemon juice to cooked beans to jazz up the flavour

Basic Baked Tofu

Preheat oven to 375˚F. Wrap the tofu in a clean kitchen towel or 3 to 4 paper towels and sandwich the tofu between two plates, resting a heavy book or weight on the top plate. Press for 30 minutes, flip over and press for another 30 minutes, then drain the liquid. Cut the tofu into ½ inch thick slices. Marinate the tofu for an hour, flipping halfway through. Place tofu on a baking sheet and bake for 20 to 30 minutes, turning about halfway through. Broil for 3 more minutes if you want it chewier. Serve warm or let cool and store in a sealed container in the fridge for 3 to 4 days.

Tofu Marinades

Save your marinade and get crafty with it: You can add a little cornstarch and water and heat it up for gravy, or use it to flavour your next stir fry.

Basic Marinade
1 tsp lemon zest
⅓ cup soy sauce
1 tbsp toasted sesame oil
2 tbsp lemon juice
3 tbsp water
2 tbsp finely minced fresh ginger
1 tbsp finely minced garlic
⅛ to ¼ tsp red pepper flakes

Italian Marinade
½ cup white cooking wine
2 tbsp olive oil
2 tbsp balsamic vinegar
2 tbsp tamari (or soy sauce)
2 tbsp lemon juice
2 cloves garlic, smashed
A big pinch each of dried basil, marjoram and thyme

Asian Marinade
½ cup mirin or sherry
3 tbsp tamari or soy sauce
2 tbsp rice wine vinegar
1 tbsp sesame oil
2 tsp Asian chili sauce
A 1-inch chunk of ginger, peeled and chopped
2 cloves garlic, smashed

Tempeh Nuggets

3 to 4 ounces multigrain tempeh
1 tbsp olive oil
1 ½ tsp balsamic vinegar
1 ½ tsp soy sauce
1 garlic clove, minced
¼ tsp red pepper flakes
½ tsp dried thyme
½ tsp dried rosemary

Cut the tempeh into ½ inch cubes. Combine the marinade ingredients in a lidded container. Add the tempeh, cover and shake it around a little to coat all the pieces. Refrigerate for an hour or overnight. Heat a pan over medium-low heat. Add the tempeh, cover, and cook for about 10 minutes, turning occasionally until lightly browned. Try the nuggets on their own, wrapped in a tortilla or lettuce, tossed in salads, stir fries or grain dishes.

CHIPS, SALSA and DIPS

Pita Chips

1 package pocket pita
Olive oil
Salt and pepper
Roasted garlic and peppers shaker

Preheat the oven to 400˚F. Brush both sides of each pita with oil and sprinkle with salt, pepper and RG&P. Cut each pita into triangles (I like to use scissors) and arrange in a single layer on a foil-lined baking sheet. Bake for 7-10 mins, flip the chips over and bake for another 7-10 mins until golden brown.

Fresh Salsa

3 tbsp finely chopped onion
2 small cloves garlic, minced
3 large ripe tomatoes, peeled and seeds removed, chopped
2 hot chile peppers, Serrano or Jalapeno, finely chopped (optional)
2 to 3 tbsp minced fresh cilantro
1 ½ to 2 tbsp lime juice
Salt and pepper

Put chopped onion and garlic in a strainer; pour 2 cups boiling water over them then let drain throughly. Discard water. Cool. Combine onions and garlic with chopped tomatoes, peppers, cilantro, lime juice, salt, and pepper. Refrigerate for 2 to 4 hours to blend flavours.

Red Pepper & White Bean Dip

1 can white navy beans
2 to 3 red peppers
2 tbsp olive oil
Salt and pepper
RG&P shaker

Chop peppers and stir fry in olive oil over medium heat for about 10 mins. Drain beans and add to frying pan. Add salt & pepper to taste and continue cooking for another 5-6 minutes. Let cool and then place in blender and blend until smooth.

Tofu Sour Cream

3 ounces soft silken tofu
2 tsp olive oil
1 ½ tsp rice vinegar (or white wine vinegar with a pinch of sugar)
1 ½ tsp lemon juice
Pinch of salt

In a deep bowl, combine all ingredients with a fork or wire whisk, mashing the tofu against the sides and whipping until it's creamy. It will keep in the fridge for 2 to 3 days.

Creamy Dill Dip

½ cup tofu sour cream
½ cup Vegannaise
1 to 2 tbsp lemon or lime juice
1 tbsp dill weed
1 tsp oregano
1 tsp red pepper flakes
Salt and pepper

Combine sour cream and mayo, then stir in lemon juice. Add spices and mix well. Taste and adjust spices if necessary. Cover and refrigerate for at least one hour.

Cashew Queso Dip

1 cup cashews, soaked in water for at least 2 hours or overnight
2 cups vegetable broth
2 tbsp miso
2 tsp cornstarch or arrowroot
1 tbsp olive oil
1 small yellow onion, diced
1 red bell pepper, diced
1 jalapeno pepper, seeded and sliced (keeps seeds if you want more heat)
3 cloves garlic
2 tsps ground cumin
1 tsp ground ancho pepper (or any mild ground red chili)
2 tbsp nutritional yeast (optional)
¼ tsp salt
1 tbsp lemon juice

Drain the cashews. In a blender or food processor, puree them with vegetable broth, miso and cornstarch until very smooth. This could take anywhere from 5 to 10 minutes depending on your device. Rub between your fingers to test; slight graininess is okay, but try to get it as smooth as possible. In the meantime, preheat a pot over medium heat. Sauté onion, red pepper and jalapeno in oil with a pinch of salt until soft, about 7 minutes. Add the garlic and sauté about a minute more. Transfer vegetables to the blender where the cashew mixture is. Add cumin, ancho, nutritional yeast and salt. Blend again until very smooth, scraping down the sides of the blender with a spatula to make sure you get everything. Transfer mixture back to the pot. Whisking often, turn heat up to medium until the queso comes to a slow rolling boil. Lower heat so that it doesn't burn and cook for about 20 minutes. Whisk often and check to see that it's thickening, if it's not, then turn the heat up a bit. It should become nicely thickened but velvetty and pourable. Stir in the lemon juice at the end. If the queso seems too thick, drizzle in a little water and whisk to desired consistency. Taste for salt, spices and lemon juice and adjust as you like. If you prefer a chunky queso, double the vegetable ingredients (except for the garlic) and set half aside before the pureeing step. You can gently reheat in a small pot, drizzling in a little water and whisking often until it returns to its original creamy state.

ENTREES and SIDES

Quinoa Tabouleh

4 tbsp olive oil
2 tbsp lemon juice
2 garlic cloves, finely minced
2 cups cooked quinoa
¾ cup finely chopped fresh parsley
2 scallions, finely sliced
2 medium tomatoes, finely chopped (about 1 ½ cups)
Salt and pepper
Romaine or red lettuce leaves, cut into ¼ inch ribbons (about 1 ½ cups per serving)

Combine all ingredients in a bowl except lettuce. Add salt and pepper to taste. Put lettuce on plates and top with salad. You can also make a more traditional tabouleh with bulgur or cracked wheat. Try adding sunflower seeds, kalamata olives, pieces of baked tofu or tempeh nuggets.

Bean Salad

1 (15 oz) can chickpeas, drained and rinsed
1 (15 oz) can kidney beans, drained and rinsed
1 (15 oz) can green beans, drained and rinsed
4 green onions, chopped
1 stalk celery, sliced
½ cup cider vinegar
¼ cup vegetable oil
1 tsp honey
½ tsp ground dry mustard
¼ tsp garlic powder
¼ tsp ground black pepper
¼ tsp onion powder (optional)
¼ tsp ground cayenne pepper (optional)

In a bowl, gently mix the beans, onions, and celery. In a separate bowl, whisk together the vinegar, oil, honey, mustard, garlic powder, black pepper, onion powder, and cayenne pepper. Pour dressing over the salad, and toss gently to coat. Cover, refrigerate at least 2 hours, and gently toss before serving.

Dressings

Balsamic Vinaigrette

Whisk together:
⅓ cup oil
⅓ cup balsamic vinegar
1 tsp honey
Pinch of salt and pepper
1 tsp grated fresh ginger
2 cloves grated garlic

Creamy Dressing

Whisk together:
1 (10 ounce) package soft silken tofu
⅓ cup olive oil
¼ cup chopped fresh basil
½ tsp rice vinegar
¼ tsp salt
3 tsp tamari or soy sauce

Tahini Dressing

8 tsp olive oil
3 cloves garlic, chopped
½ cup tahini
2 tsp balsamic vinegar
½ tsp salt
Juice of 1 lemon
Several dashes of black pepper
½ tsp paprika
¼ cup lightly packed fresh parsley
½ cup cold water

Heat the garlic in 6 tsp of the olive oil in a small sauté pan over very low heat for 2 minutes, just until it's fragrant. Place the heated garlic and all the other ingredients except the parsley in the food processor or blender, and blend until smooth. Add the parsley and pulse until the parsley is very finely chopped but not pureed. Refrigerate for at least ½ hour in an airtight container. You may need to mix in a little extra water once it's chilled.

Falafel

2 cups cooked chickpeas (or canned, drained & rinsed)
¼ cup whole wheat bread crumbs
2 tbsp all-purpose flour
1 medium onion, chopped
2 cloves garlic, chopped
½ tsp baking powder
1 tsp each ground cumin and coriander
¼ tsp cayenne pepper
¼ cup chopped fresh flat-leaf parsley
½ tsp salt
A few dashes black pepper
Vegetable oil for frying
4 large pita breads, sliced in half
Lettuce
Chopped tomato, red onion and cucumber
Tahini dressing

In a food processor combine the chickpeas and bread crumbs; pulse for about 30 seconds until the chickpeas are chopped. If you don't have a food processor, just mash them really, really well. Add the remaining ingredients (through to black pepper) and process, scraping down the sides, until relatively smooth but somewhat coarse. The mixture should look fairly green from the parsley. Transfer to a bowl, cover, and refrigerate for at least ½ hour. Shape the batter into 1 ½ inch balls and then flatten into 2 inch wide patties. In a heavy bottomed pan, heat about ½ inch of vegetable oil. Test the oil by throwing in a pinch of the batter; if the oil immediately bubbles up rapidly, it is ready. Cook the patties in the oil in two batches, 2 ½ to 3 minutes per side. Remove with a slotted spoon and transfer to paper towels to drain. Stuff the pitas with falafel, lettuce, tomato, onion and cucumber, and drizzle with tahini dressing.

White Bean and Roasted Garlic Soup

2 tbsp olive oil
1 medium onion, chopped (about 1 ½ cups)
1 tsp salt
A few dashes black pepper
½ tsp fennel seeds, crushed
4 cups vegetable broth
3 cups cooked great northern (white) beans, drained (or canned, drained and rinsed)
3 fresh sage leaves, chopped
1 bay leaf
Juice f ½ lemon, or to taste
2 heads garlic, roasted

In a stockpot over medium-high heat sauté the onions in olive oil for 5 to 7 minutes. Add salt, pepper and fennel seeds and cook for 1 minute. Add the broth, beans, sage, and bay leaf, bring to a boil, then lower the heat and simmer uncovered for 5 minutes. Remove the bay leaf. Add the roasted garlic and puree in batches in a blender or a food processor (if you use a magic bullet, let it cool slightly before blending). Return to the pot, add lemon juice and reheat if necessary. Serve garnished with peeled carrot, parsley or croutons.

Golden Curried Dal

4 tbsp canola oil
2 cooking onions, diced
1 carrot, peeled & diced
4 cloves garlic, minced
3 tbsp minced fresh ginger
2 tsp curry powder
1 tsp ground cumin
½ tsp turmeric
2 ½ cups red lentils (or yellow or white)
8 cups vegetable stock
1 ¾ cups coconut milk
2 green onions, finely sliced
¼ cup chopped cilantro

Heat oil in a large pot over medium heat. Stir in onions, carrot, garlic and ginger. Cook for 5 minutes or until onions are softened. Stir in curry powder, cumin and turmeric; cook for 30 seconds. Add lentils, vegetable stock and coconut milk. Simmer for 20 to 30 minutes or until lentils are soft. Remove from heat. Garnish with green onions and cilantro and serve.

Chickpea and Spinach Curry

1 (12 oz) can whole tomatoes (in juice, not puree)
3 tbsp vegetable oil
2 tsp mustard seeds
1 large onion, diced (about 2 cups)
4 cloves garlic, minced
2 tbsp fresh ginger, minced
3 tsp curry powder
2 tsp ground cumin
1 tsp ground coriander
2 tbsp fresh ginger, minced
⅛ tsp ground cloves
½ tsp ground cinnamon
3 cardamom pods
1 tsp salt
10 cups fresh spinach, well rinsed and chopped
4 cups chickpeas, cooked and drained (or two 2 oz cans, drained and rinsed)

Prepare the tomatoes by removing them one at a time from the can, squeezing out the juice and tearing them into bite-sized pieces. Place the prepared tomatoes in a bowl and reserve the juice in the can. Preheat a saucepan on medium, pour in the vegetable oil and add the mustard seeds. Let the seeds pop for about a minutes (you may want to cover the pot so they can't escape) then add the onion; turn up the heat to medium-high and sauté for 7 to 10 minutes, until the onion begins to brown. Add the garlic and ginger and sauté 2 more minutes. Add spices, salt and ¼ cup of the reserved tomato juice; sauté one minute more. Add tomatoes and heat through. Add handfuls of spinach, mixing each addition until wilted. When all the spinach has completely wilted and the mixture is liquid-y, add the chickpeas. Lower the heat, cover and simmer for 10 more minutes, stirring occasionally. Taste, and adjust the spices if necessary. Simmer uncovered for about 10 more minutes or until a thick, stew-like consistency is achieved.

Macaroni and Cheeze

8 ounces whole-wheat pasta
1 tbsp olive oil
½ cup chopped yellow onion
2 large garlic cloves, minced
12 ounces silken tofu
1 ½ cups soy milk
1 tbsp lemon juice
1 tbsp mellow light miso
½ tsp Dijon mustard
¼ to ½ tsp turmeric
¼ tsp ground nutmeg
¼ tsp cayenne pepper
Salt and Paprika
¼ cup toasted almonds, chopped

Preheat oven to 375˚F. Cook the macaroni in a pot of boiling salted water for 8 to 10 minutes, until al dente. Drain and *do not rinse*. Set aside in a large bowl. Warm the olive oil in a saucepan over medium heat. Add the onion and sauté for 3 to 5 minutes. Add the garlic, cook for a minute more, then remove from heat. Add the tofu, soy milk, lemon juice, miso, mustard, turmeric, nutmeg and cayenne. Whip with a wire whisk or process in a blender until creamy. Salt to taste, pour the mixture over the macaroni and stir well. Transfer the macaroni to a greased baking dish. Cover with foil and bake for 25 to 30 minutes, or until hot. Remove from oven and lightly dust with paprika and sprinkle on nuts. Let sit for 5 minutes before serving.

DESSERTS

Oatmeal Cookies

⅔ cup softened margarine
1 cup brown sugar
1 tsp egg replacer + 2 tbsp water
1 tsp cinnamon
1 tbsp vanilla
1 ½ cups rolled oats
1 cup all-purpose flour
½ tsp each baking soda and powder
¼ tsp salt
1 cup chocolate chips and/or raisins

Preheat oven to 375˚F. Soften margarine and beat in brown sugar. Prepare egg replacer and add to butter and margarine with cinnamon and vanilla, mix well. Combine dry ingredients and mix into wet. Fold in chocolate chips and raisins. Drop by spoonfuls onto a greased baking sheet. Bake for 10 to 12 minutes.

Ten-Minute Brownies

¼ cup canola oil
1 cup semisweet chocolate chips
½ cup unsweetened applesauce
¾ cups sugar or natural sweetener
1 tsp pure vanilla extract
1 cup unbleached all-purpose flour
1 tsp baking powder

Preheat oven to 350˚F. Lightly grease a 6 x 9 inch baking pan. In a small saucepan over low heat, combine the oil and chocolate, stirring occasionally, until melted. Remove from the heat and set aside. To a large bowl, add the applesauce, sugar and vanilla and blend well. Stir in the chocolate mixture, whip and blend well. Add the flour and baking powder and stir just enough to combine. Spoon the batter into the baking pan and bake for 25 to 30 minutes, until the top springs back lightly when touched. Be careful not to over-bake them or they will be dry. Let cool completely before cutting into squares. If you prefer cakelike brownies, use half the amount of chocolate (or you could set half aside and spread it on top when they're done).

Blueberry Coffee Cake

For the topping:

¼ cup all-purpose flour
3 tbsp brown sugar
¼ tsp ground cinnamon
1 tbsp canola oil
1 cup chopped nuts

For the cake:

4 cups all-purpose flour
1 tbsp baking powder
1 tsp baking soda
1 ½ tsp salt
1 ½ tsp ground cinnamon
¼ tsp ground allspice
¼ cup canola oil
1 (6 oz) container vanilla soy yogurt
1 cup pure maple syrup
1 ½ cups plain soy milk
1 tsp vanilla extract
2 cups fresh blueberries

Preheat oven to 350˚F. Lightly grease or spray a 9 x 13 inch baking pan with non-stick cooking spray or margarine. Make the topping by combining the flour, brown sugar and cinnamon. Drizzle in the oil a little at a time and mix with your fingertips until crumbs form. Add the nuts and mix. Prepare the cake by combining the dry ingredients in a large bowl. In a separate bowl, vigorously whisk together the wet ingredients until well combined. Add the wet ingredients to the dry and mix well. Fold in the blueberries. Spread the batter in the greased pan and sprinkle the topping over it. Bake for 45 minutes or until a toothpick or knife comes out clean. You can use frozen blueberries instead of fresh, but keep them frozen until the very last moment (unless you want purple cake).

Mexican Chocolate Rice Pudding

1 cup sushi or Arborio rice, rinsed
1 ½ cups water
2 cups soy milk
¼ cup cocoa powder
¼ tsp ground cinnamon
2 ounces semisweet chocolate
⅓ cup pure maple syrup
1 tsp vanilla extract
Fresh mint leaves

Place the rice, water and 1 ½ cups of soy milk in a small saucepan, cover and bring to a boil. Lower heat and cook at a low simmer for 10 minutes, until the rice is mostly cooked. Add the cocoa, cinnamon and semisweet chocolate and stir until well combined and the chocolate is melted. Add the remaining ½ cup of soy milk, maple syrup and vanilla. Stir constantly for 5 minutes; if it looks too thick add a little more soy milk. Remove from heat and let sit until room temperature, then cover with plastic wrap and chill for an hour before serving. Garnish with fresh mint leaves.

RESOURCES

Vegan with Vengeance by Isa Chandra Moskowitz

Veganomicon by Isa Chandra Moskowitz and Terry Hope Romero

Student's Go Vegan Cookbook by Carole Raymond

Fresh by Ruth Tal Brown and Jennifer Houston

LINKS

Post Punk Kitchen www.theppk.com

Heavy Metal Vegan www.heavymetalvegancooking.com

An Omnivore Cooks the Veganomicon www.omni-vegan.blogspot.com

Vegan Porn www.veganporn.com