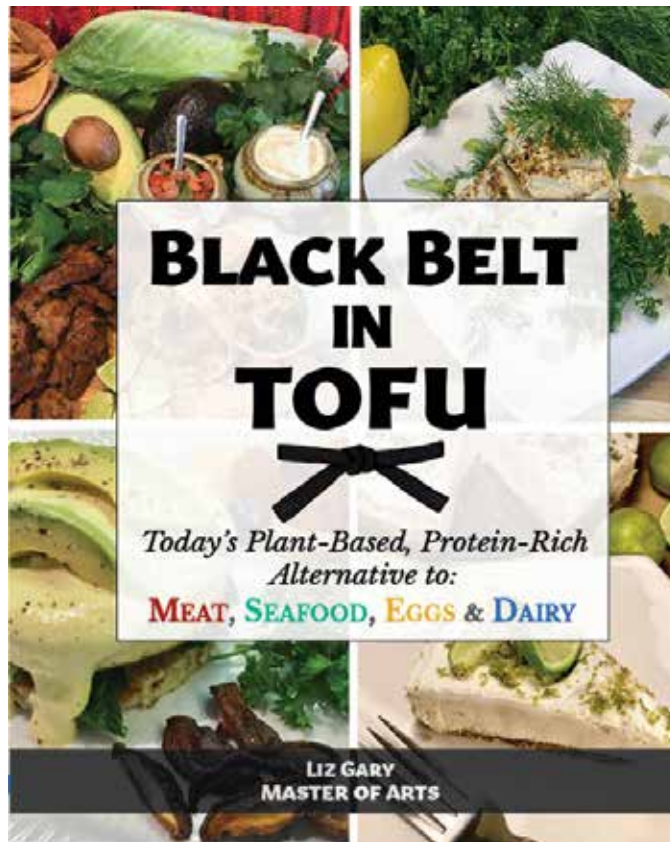


VEGAN COOKING 101

PIZZA AND PASTA

Recipes from the upcoming book:



(Available March 2024)

Point Loma Hervey Brach Library

FRESH EGGLESS PASTA

INGREDIENTS:

- 1 cup tofu, packed (firm-firmer)
- 1/4 cup olive oil
- 1/4 cup + 2 tablespoons water
- 3 cups semolina flour
- 1/2 teaspoon pink salt

DIRECTIONS:

In the jar of a blender, combine the tofu, olive oil and water, then blend until the mixture is creamy. Stop occasionally as needed to scrape down the sides of the blender jar.

Measure the semolina flour and salt in a medium mixing bowl. Transfer the tofu mixture into the semolina and stir to combine the ingredients. The mixture will seem dry. Use clean hands to press the dough into a ball and transfer it to a lightly floured surface. Begin kneading the dough, sprinkle it with just enough extra water to get it to hold together. Continue kneading until the dough is smooth and firm, about 6-8 minutes. Cover it with plastic wrap and allow it to rest for 20 minutes.

Bring a large pot of water to a boil. Add a half teaspoon of salt. Place a pasta basket in the pot or have a strainer ready.

Set up a pasta cutter on a countertop with ample workspace. Divide the dough into six equal portions and flatten each piece into a rectangle.

Set the rollers on the pasta machine to level one, the widest setting. Roll the dough through the lowest setting several times, folding it and shaping it into a smooth even rectangle. Adjust the setting to level two; roll the pasta again. Fold and re-roll it as needed to maintain an even rectangular shape. Increase the setting to level three. Continue rolling the dough and adjusting the setting up a notch until you reach level seven, the setting for fettuccine. Roll the pasta to level eight or nine for ravioli.

Insert the handle of the roller into the cutter. Run the sheet of pasta through the fettuccine cutter, being careful to guide it through evenly. Lightly toss the noodles with extra semolina flour to keep them from sticking together or lay them over a wooden stick to hang.

Drop the noodles into the pot of boiling water. Cook for 3-5 minutes, giving them a stir to keep them from sticking together. Lift the noodles out of the water or drain them. Serve hot. *Makes six to eight serving.*

PASTA VARIATIONS

AVOCADO PASTA:

Reduce the water to 2 tablespoons. Add the pulp of one whole medium avocado and blend it with the tofu mixture.

SPINACH PASTA:

Reduce the water to 2 tablespoons. Add 1/2 cup steamed spinach; squeeze it with paper towels to expel the excess water, then blend it with the tofu mixture.

ROASTED RED BELL PEPPER PASTA:

Reduce the water to 2 tablespoons. Add 1/2 cup of roasted red bell pepper and blend it with the tofu mixture.

CHIPOTLE PASTA:

Reduce the water to 3 tablespoons. Add 3-4 tablespoons of adobo sauce and blend it with the tofu mixture.



THREE CHEEZE VEGGIE PIZZA

INGREDIENTS:

1 fresh ball of commercial pizza dough
1 (13 ounce) jar pizza sauce
1/2 recipe tofu ricotta
1/4 purple onion, sliced
3 oz. sliced mushrooms
1/4 red bell pepper, diced
1/4 yellow bell pepper, diced
1/2 cup cherry tomatoes, halved
1 15 oz. can artichoke hearts, drained
1 cup sliced olives, drained
1 (8 ounce) package of vegan mozzarella
1/2 cup vegan Parmesan
Sliced fresh basil for topping
Drizzle of extra virgin olive oil
Red pepper flakes to taste

DIRECTIONS:

Remove the pizza dough from refrigeration and place it in a warm spot, covered on a lightly flour-dusted cutting board for 30-40 minutes to soften and rise.

Prepare the vegetables and set them aside. Preheat the oven to 425° Fahrenheit. If you have a pizza stone place it in the oven to preheat it or line a baking sheet with parchment, and set it aside.

With clean hands shape the dough by stretching it, but being careful not to tear it. Place it on a sheet of parchment and use a rolling pin to gently continue flattening the dough into an even thickness, either aiming to make it round or free-form and rustic.

Spread the sauce evenly over the dough leaving a one-inch margin around the edges for the crust. Place eight heaping tablespoons of tofu ricotta on the sauce and flatten them with the back of a spoon. Layer all the veggies over the sauce, and then sprinkle on a combination of vegan mozzarella and Parmesan. Top it with a chiffonade of fresh basil, a drizzle of olive oil, crushed red pepper flakes to taste, and an additional sprinkle of vegan Parmesan. Transfer the pizza to the baking stone or baking sheet.

Bake it in a hot oven for 12-15 minutes or until the crust is golden brown and the cheese has melted. Transfer the pizza to a cutting board, slice it with a pizza cutter. Serve with a side of red pepper flakes and vegan Parmesan.



FRESH TOFU RICOTTA

INGREDIENTS:

16 ounce of tofu (firm-firmerst)
Juice of 1 lemon
1½ teaspoons onion powder
1½ teaspoons garlic powder
¼ cup nutritional yeast
¾ cup unsweetened soy milk or creamer
¼ teaspoon freshly ground nutmeg
Freshly ground salt and white pepper to taste

DIRECTIONS:

Break the tofu into chunks. In the jar of a high speed blender, combine the lemon juice, onion powder, garlic powder, nutritional yeast, non-dairy milk, and nutmeg. Start blending at low speed, adding tofu chunks gradually. Blend until smooth after each addition. If necessary, adjust the consistency by adding a small amount of milk or creamer until it resembles ricotta *Makes approximately three to four cups.*



EASY TOFU FETA

INGREDIENTS:

4 ounces of tofu (firm - firmerst)
1 (7 ounce) jar of green olive brine

DIRECTIONS:

Pour the remaining brine from a jar of olives into a liquid measuring cup. Cut the tofu into small cubes and transfer them into the empty olive jar. Pour the brine over the tofu cubes to marinate them for two-three days, allowing the flavor to develop. Use tofu feta just as you would with traditional feta. Store for up to seven days. *Makes four ounces.*