

SAINT PATRICK'S DAY COOKING CLASS



Celebrate St. Patrick's Day with plant-based versions of traditional favorite recipes. The menu includes: *Spinach Irish Soda Bread with Herb Butter*, *Grilled Ruben Sandwich*, and an *Irish Mint Chocolate Cheezecake*.

VEGAN COOKING 101
SATURDAY, MARCH 16TH | 2:00 - 3:30 PM
POINT LOMA HERVEY BRANCH LIBRARY

CLASS RECIPES

INSTRUCTOR: LIZ GARY

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GREEN SPINACH & HERB IRISH SODA BREAD

INGREDIENTS

BREAD:

1 1/2 cups artisan bread flour
1 1/2 cups whole wheat flour*
1 teaspoon baking soda
3/4 teaspoon baking powder
1 teaspoon salt
1 leek, sliced thin
2 tablespoon vegan butter
1 1/2 cups baby spinach, packed
1/4 cup fresh parsley, chopped
1 cup soy milk
1 tablespoon apple cider vinegar

TOPPING:

2 tablespoons soy milk
1/2 cup oats
1/2 cup sunflower seeds

HERBED BUTTER:

1/2 cup vegan butter
3 tablespoons fresh dill, chopped
2 tablespoons fresh chives, chopped
2 tablespoons fresh parsley, chopped
1/2 teaspoon garlic seasoning

DIRECTIONS:

Preheat the oven to 425° Fahrenheit.

Rinse the leek well and slice it thin. Heat a medium sauté pan over medium-high heat. Add the vegan butter then sauté the leeks for 8-10 minutes stirring frequently until they soften and begin to caramelize. Transfer the leeks into the jar of a blender and set it aside.

Combine one cup of soy milk with a tablespoon of apple cider vinegar and set it aside to curdle for 2-3 minutes.

Measure the spinach by packing it into a dry measuring cup. Place the spinach and 1/4 cup parsley into the blender jar with the leeks. Add the curdled soy milk and blend until smooth.

Place the flour, baking soda, baking powder and salt in a large mixing bowl or the bowl of a stand-up mixer and stir to combine. Use the kneading paddle and gradually add the blended spinach mixture. Stir the dough until it is combined and knead it briefly. Divide it into to three our four pieces.

Shape each piece of dough into a one-inch thick disk. Place the dough on a parchment lined baking sheet and baste it with the remaining two table-spoons of soy milk. Sprinkle and press on a mixture of the dry oats and sunflower seeds. Cut an X through the top of each loaf and bakethem for 30-40 minutes. Serve warm. Slice and freeze any leftover bread for toasting later.

HERBED BUTTER:

Combine the butter, herbs, and garlic seasoning in a small bowl and chill until ready to serve. Butter can be molded into shapes, scooped into balls, and served as a spread.

*Whole wheat flour can be substituted with additional artisan bread flour

CHOCOLATE MINT CHEEZECAKE

INGREDIENTS

CRUST:

1½ cups nut meal (almond, hazelnut, pecan or walnut)

¼ cup cocoa powder

⅓ cup maple syrup

Pinch of pink salt

FILLING:

16 ounces of tofu (firmest)

1¼ cup cashew pieces

1 (12 ounce) package of non-dairy dark chocolate chips

2 tablespoons cocoa powder

1¼ cups non-dairy milk

½ cup maple syrup

1 teaspoon vanilla extract

2 teaspoons mint extract

Pinch of pink salt



DIRECTIONS

CRUST:

Combine all the ingredients for the crust in a medium mixing bowl. Mix well with a fork until it becomes fudge-like in texture. Spread the mixture evenly over the bottom of an 8-inch spring form pan. Use the back of a spoon dipped in water to help press the crust down evenly.

FILLING:

Combine the drained cashews, non-dairy milk, maple syrup, salt, vanilla, mint extract, cocoa powder, and chocolate chips in the jar of blender. Blend on high speed for 2-3 minutes or until smooth. Break the tofu into chunks. Continue blending while adding the tofu a few chunks at a time and blend until it's smooth and glossy.

Pour the contents into the prepared mold and cover it with plastic wrap. Freeze it overnight. Remove it from the freezer 20 minutes before serving. Store it chilled. *Serves ten to twelve.*

CLASSIC VEGAN REUBEN

INGREDIENTS

1 package of vegan deli meat*
 Drizzle of olive oil and agave syrup
 Sliced rye bread
 Sliced vegan Swiss or Provolone cheese
 Sauerkraut
 Vegan Thousand Island Dressing

VEGAN THOUSAND ISLAND DRESSING:

1/2 cup vegan mayonnaise
 2 tablespoons ketchup
 2 tablespoons sweet or dill relish
 2 teaspoons onion, finely minced
 1/2 teaspoon garlic powder
 1 teaspoon white vinegar
 Freshly ground sea salt and black pepper to taste

ACCOMPANIMENTS:

Deli pickles
 Chips



Heat a flat grill or large skillet to medium high. Add a drizzle of olive oil and a touch of maple or agave syrup to the hot pan. Grill the slices of the deli meat or vegan corned beef and sauté them for 2-3 minutes turning occasionally until they begin to brown.

*Make a homemade vegan corned beef with the Black Belt in TOFU Red Belt recipes,

*

Lightly toast two slices of artisan rye bread. Spread each slice with one tablespoon of Thousand Island Dressing. Layer on some of the browned meat alternative. Spread a few tablespoons of sauerkraut over the meat and top it with a slice of vegan white cheese. Spread dressing over the second piece of bread and top the sandwich.

Heat the flat grill or a skillet over medium heat. Transfer each sandwich to the hot surface and heat it thoroughly on both sides until the cheese begins to melt and the bread is lightly browned. Transfer the sandwich to a plate. Serve hot with a side of kettle chips and fresh deli pickles.