

NATIONAL PECAN DAY

SUNDAY, APRIL 14TH



Explore the history, today's production facts, and the nutritional value of this delectable nut on its special day. We'll sample both sweet and savory recipes that celebrate the pecan's versatility in plant-based cooking. *Recipes include: Maple Oat and Peach Scones, Creamy Chipotle Pecan Pasta, and a Pecan Pie.*

VEGAN COOKING 101
SUNDAY, APRIL 14TH | 2:00 - 3:30 PM
PACIFIC BEACH TAYLOR BRANCH LIBRARY

PECAN PIE

INGREDIENTS:

PIE:

- 1 deep dish frozen pie crust
- 1 ½ cups maple syrup
- 1 cup firm tofu, packed
- 1/2 cup dark brown sugar
- 2 teaspoons vanilla
- 6 tablespoons all-purpose flour
- 1/2 teaspoon pink salt
- 2 cups chopped pecans
- 1 ½ cups pecan halves

TOPPINGS:

- Non-dairy vanilla ice cream
- or whipped cream topping

DIRECTIONS:

Preheat the oven to 350° Fahrenheit.

Combine the maple syrup, tofu, dark brown sugar, and vanilla in the jar of a blender. Blend it until smooth and creamy.

Combine the flour and salt in a medium mixing bowl. Pour the tofu mixture into the flour mixture and stir to combine. Fold in the 2 cups of pecan pieces, then transfer the mixture into the frozen pie crust. Leave just a little of the batter in the bowl and add the remaining 1½ cups of pecan halves. Stir to coat them evenly in the remaining batter. Arrange the pecan halves over the top of the pie in circular rows.

Place the pie pan on a baking sheet and bake at 350° for 30 minutes. Reduce the heat to 325° and continue baking an additional 20 - 30 minutes or until the pie is firm and lightly browned. The pie may still be slightly jiggly in the middle while it's hot but will firm up as it cools.

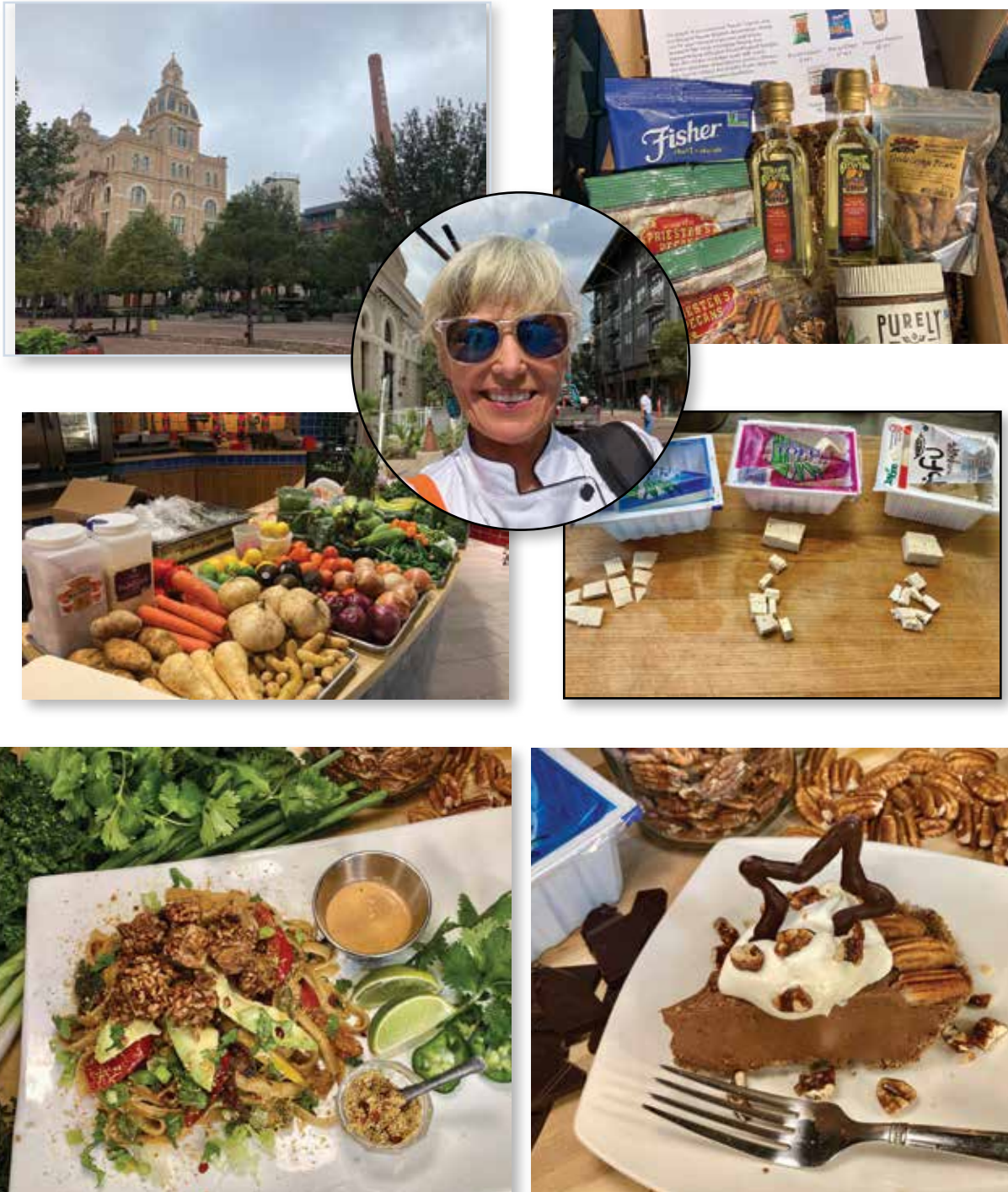
Allow the pie to cool to for 20 -30 minutes before slicing. Serve warm with non-dairy whipped cream or vanilla ice cream. **Serves 8 - 10.**

Traditional pecan pie recipes contain up to four eggs in one pie. Here, tofu does the job in creating a maple and brown sugar rich custard loaded with flavorful pecans. Perfect for the holidays, it's one of the most decadent desserts ever.

Take an online culinary adventure and learn about the incredible world of pecans @ www.ilovepecans.org



PECANS MEET TOFU AT THE CULINARY INSTITUTE OF AMERICA SAN ANTONIO, TEXAS



PECAN CRUSTED TOFU WITH CHIPOTLE PASTA

INGREDIENTS

PECAN CRUSTED TOFU:

3 cups pecans, divided
1½ cups water
1 teaspoon garlic powder
1 teaspoon onion powder
2 teaspoons Tamari or light soy sauce
2 tablespoons nutritional yeast
16 ounces of tofu (firmest)
Freshly ground salt and pepper to taste

SAUCE:

1 cup pecans, lightly toasted
1½-2 cups water
4-6 sun-dried tomatoes
1-2 chipotles en adobo
2 green onions, stem ends removed
3-4 cloves, garlic
¼ cup nutritional yeast
Juice of one lime
Freshly ground salt and pepper to taste

PASTA & VEGGIES:

1 (16-ounce) package of flat noodles
1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1-2 whole fresh jalapeños, cut into strips
1 medium purple onion, cut into slivers
2 tablespoons pecan or avocado oil

FIERY PECAN PARMESAN CHEEZE:

½ cup lightly toasted pecan pieces
½ cup nutritional yeast
1 teaspoon onion powder
1 teaspoon garlic powder
½ teaspoon red chili pepper flakes
½ teaspoon dried Mexican oregano
Pinch of salt to taste

Accompaniments:

Green onions, sliced
Cilantro, chopped
Avocado slices
Lime wedges

DIRECTIONS:

Preheat the oven to 375° Fahrenheit. Line a baking sheet with parchment paper and set it aside.

PECAN CRUSTED TOFU:

In the jar of a blender, combine one cup of the pecans, 1½ cups of water, garlic powder, onion powder, and tamari. Blend until smooth, then pour the mixture into a bowl for dredging the tofu.

Chop the remaining two cups of pecans and place them on a plate for coating. Slice the tofu in ½ inch cubes or desired shapes. Dredge a few pieces at a time in the pecan batter then coat them with the chopped pecans. Transfer them to the baking sheet and bake for 25-30 minutes.

PASTA & SAUCE:

Bring a large pot of water to a boil and cook the pasta according to package instructions.

In the jar of a blender combine all the ingredients for the sauce. Blend on high until smooth, then transfer it to a small saucepan to keep warm until serving.

Heat a large frying pan over medium high heat. Add the pecan or avocado oil and purple onions, sauté 2-3 minutes stirring occasionally. Add the bell peppers and continue stirring and sautéing an 3-4 minutes or until the onions begin to caramelize and the bell peppers have slightly softened.

FIERY PECAN PARMESAN CHEEZE:

Use a clean dry blender jar to combine all the ingredients for the pecan Parmesan. Pulse blend the ingredients briefly to keep it slightly coarse. Transfer the pecan Parmesan to a serving bowl.

ASSEMBLY:

Once the pasta is done, drain it and return the noodles to the warm pot. Stir in the sauce and sautéed vegetables, tossing lightly to combine. Plate servings with a portion of the pecan crusted tofu and top with sliced fresh green onions, cilantro, avocado slices, lime wedges and a sprinkle of the fiery pecan Parmesan.

Recipes were developed with the National Pecan Shellers Association @ ilovepecans.org and product sponsorship from San Diego Soy Dairy.

VEGAN MAPLE OAT PECAN SCONES

INGREDIENTS

SCONES:

1 cup rolled oats
1 ½ cups unbleached all-purpose flour
3 tablespoons organic cane sugar
2 teaspoons baking powder
¼ teaspoon sea salt
¼ cup plus 2 tablespoons cup vegan butter
3 tablespoons maple syrup
¼ cup non-dairy creamer
1 teaspoon maple extract
⅔ cup coarsely chopped pecans
8 pecan halves, lightly toasted

MAPLE GLAZE:

2 cups organic powdered sugar
¾ teaspoon maple extract
2 tablespoons non-dairy creamer
2 tablespoons maple syrup

DIRECTIONS:

Preheat oven to 425 degrees. Line a baking sheet with parchment.

In a medium mixing bowl combine the oats, flour, sugar, salt, and baking powder. Using a pastry blender, cut in the chilled vegan butter until the mixture resembles small crumbs.

Combine the maple syrup, non-dairy creamer, and maple extract in a liquid measuring cup. Pour the liquid into the flour mixture and add the chopped pecans, stir to combine. Do not over mix. If the mixture is too dry drizzle in an additional tablespoon of non-dairy creamer one at a time, until the dough holds its shape.

Place the dough on a floured surface. Pat the dough into an 8 – 10-inch circle and



cut it into 8 wedges. Pull the wedges apart slightly and transfer them to the parchment lined baking sheet. Bake for 13 – 15 minutes or until lightly browned.

Heat a small skillet to medium low, place the pecan halves in the warm skillet stirring continuously for 5-6 minutes until they are fragrant and lightly browned. Transfer the baked scones from the oven to a wire cooling rack.

Combine all the ingredients for the glaze in a medium mixing bowl. Place the wire rack with the scones over a new sheet of parchment and spoon the glaze over the scones. Use a spatula to collect the excess glaze and spoon it over the scones again applying 2-3 coats. Top each scone with one of the toasted pecan halves and let them sit to dry for about 20 minutes. ***Makes eight scones.***

This recipe's measurements have been updated since class.