



# MOTHER'S DAY TEA RECIPES

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Invite your mom, or come join us in celebrating all moms with a Mother's Day Plant-Based High Tea Cooking Class. **Recipes include:** *Persian Cucumber Canopies, Spring Veggie Pinwheel Sandwiches, Herbed Chick'n Salad Sandwiches, Berry Fruit Tarts, and a Cup of Tea.*

VEGAN COOKING 101  
SUNDAY, MAY 12TH | 2:00 - 3:30 PM  
PACIFIC BEACH TAYLOR BRANCH LIBRARY



## HERBED CHICK'N SALAD SANDWICH

### INGREDIENTS:

16 ounces of tofu (firmest)  
½ cup sliced almonds  
3-4 stalks celery, diced  
4 green onions, sliced  
3 tablespoons fresh parsley, chopped  
3 tablespoons fresh dill, chopped  
3 tablespoon fresh tarragon, chopped  
¾ cup vegan mayo  
1 teaspoon Dijon mustard  
½ teaspoon onion powder  
½ teaspoon garlic powder  
Freshly ground salt and pepper to taste  
Artisan rolls  
Green leaf lettuce

### DIRECTIONS:

Break the tofu into small pieces by hand. Next, chop it with a large knife until it resembles small chunks and crumbles. Transfer it to a medium bowl.

Heat a small frying pan on medium-low. Place the almonds in the pan and stir them for one minute. Turn off the heat and stir occasionally for 2-3 minutes until they become fragrant and lightly toasted. Transfer the toasted almonds into the bowl with the tofu.

Add the celery, green onions, parsley, dill, tarragon, vegan mayo, mustard, onion powder, and garlic powder to the crumbled tofu and almonds. Stir, folding the ingredients lightly to blend. Season with freshly ground salt and ground black pepper to taste.

Heat the pan or grill again. Spread vegan mayo on the inside of each roll or piece of bread and place it mayo side down to toast for 2-3 minutes or until lightly golden brown. Transfer the rolls or bread to a serving plate.

Mound a scoop of the salad on the bottom half, top it with a piece of lettuce and the second half of the roll. Secure the sandwich with a toothpick and serve it with a side of green grapes and a sprig of fresh herbs for garnish. ***Makes eight to ten small sandwiches.***

*This deli style chick'n salad has all the flavor and satisfaction; no chickens required! Serve it as a sandwich, scooped on top of a salad, stuffed into an heirloom tomato, or with a side of assorted crackers and fresh grapes. Delicious!*



## BERRY TARTS

### INGREDIENTS:

#### CRUST:

2 cups almond meal  
 1/2 cup coconut sugar  
 1/2 teaspoon ground cinnamon  
 1/3 cup vegan butter, melted  
 Pinch of pink salt

#### FILLING:

8 ounces of firm tofu  
 1 1/2 cups raw cashews, soaked for 4 hours  
 1/2 cup maple syrup  
 3/4 cup non-dairy vanilla milk  
 1 1/2 teaspoons vanilla extract  
 Pinch of pink salt

#### TOPPING:

2-3 cups assorted fresh berries  
 Fresh mint for garnish  
 Shredded coconut (optional)

### DIRECTIONS:

#### CRUST:

Combine the ingredients for the crust in a medium mixing bowl. Use a fork to blend it well, the mixture will be slightly dry. Press the crust into 10-12 individual cheesecake molds or ramekins. Or, create a full-size tart by pressing the crust into a 10" tart pan or spring-form pan with a removable bottom.

#### FILLING:

Combine the cashews, maple syrup, non-dairy milk, vanilla extract, and sea salt in the jar of a blender. Blend the ingredients on high-speed until smooth and creamy. Gradually add a few chunks of tofu at a time, blending until smooth and glossy between each addition.

#### ASSEMBLY:

Pour the creamed mixture over the crust, cover it and let it chill for 4 -6 hours. Just before serving, arrange the fresh fruit over the filling and garnish with a sprig of mint and optional shredded coconut. Serve chilled. ***Makes one 10-inch tart or 10-12 mini tarts. Serves ten to twelve.***



*Always a winner. This tart is easy to make and beautiful! Packed with protein from the nuts and tofu, a small serving will fill you up and not fill you out.*

## PERSIAN FACINATORS

### INGREDIENTS:

5 Persian Cucumbers, cut into 1/2 inch thick pieces  
1 (8 ounce). wheel of Miyoko's Cheese

### GARNISH:

3-4 ounces grape tomatoes, ends removed and sliced thin  
Persian cucumber wedges, sliced thin  
Fresh herbs

### DIRECTIONS:

Remove the cheese from refrigeration and let it sit at room temperature for 20-30 minutes to soften.

Prepare the cucumber slices hollowing the center with a knife.

Transfer the softened cheese into a pastry bag with a star tip. Pipe a swirled mound of cheese into the center of each cucumber base and transfer to a serving platter.

Garnish the top of each canapé with a slice of tomato, wedge of cucumber, and spring of fresh herbs. Sprinkle additional loose leaf fresh herbs over the plate and serve.



## THE VEGAN GLAMOUR ROLL

### INGREDIENTS:

3 pieces lavash flatbread  
1 (8 ounce) tub vegan cream cheese  
3 Persian cucumbers, sliced thin  
6 dried figs, chopped fine  
Drizzle of fig balsamic oil

### GARNISH:

Edible Micro-Flowers  
Chives

### Directions:

Lay the flatbreads on a cutting board. Divide the cheese wheel into thirds. Spread one-third of the cheese on each piece of flatbread. Spread evenly and all the way to the edges.

Use a mandolin or food processor to thinly slice the cucumbers. Use one whole cucumber per flatbread, spread the slices evenly over the first half. Finely chop two figs per roll, sprinkle them over the cucumbers then begin rolling the edge closest to you. Fold the flatbread over and use a firm grip to roll it tightly and firmly away from you. Place the roll seam side down on a cutting board, use a serrated knife and cut one-inch slices. Transfer the rolls to a serving platter and garnish with freshly cut chives and edible micro-flow-ers.

