

4TH OF JULY *PARTY FOODS*



VEGAN COOKING 101
POINT LOMA HERVEY BRANCH LIBRARY

BASIC RED MEAT ALTERNATIVE VEGAN STEAKS, ROASTS, RIBZ & MORE...

INGREDIENTS

THE MEAT:

- 2¼ cups vital wheat gluten
- ¼ cup nutritional yeast
- ½ teaspoon salt
- 1 cup fresh beets, cubed and simmered
- ½ cup beet juice (liquid from simmering)
- 1 cup pecan pieces, lightly toasted
- 2 tablespoons premium vegan butter, divided
- ½ large sweet yellow onion, chopped
- 8 ounces Crimini or Bella mushrooms, chopped
- 3 cloves garlic, minced
- 8 ounces of tofu (firmest), cubed

STEAMING BROTH:

- 2 cups vegetable broth
- 3 cups water
- 2 tablespoons tamari
- 1 tablespoon molasses

BROWNING & SEARING:

- 2 tablespoons avocado oil
- Freshly ground salt and pepper to taste

DIRECTIONS:

In a large bowl, combine the vital wheat gluten, nutritional yeast, and salt. Mix well, and set aside.

Peel and cube one large or two small beets. Place them in a small saucepan with 1 cup of water and simmer them for 8-10 minutes or until tender. Transfer 1 cup of the beets plus ½ cup of the simmering liquid to a blender jar and set aside.

Place a large sauté pan over medium-low heat. Add the pecan pieces and toast them stirring frequently for 2-3 minutes or until they begin to brown lightly and become fragrant.

*Top Row: Try-Tip and Wellington Roast
Middle Row: Ribz, Cane Asada, Vegan Filet Mignon
Bottom Row: Prime Roast, Sausages & Vegan Corned Beef*

Transfer the toasted pecans to the blender jar with the beets and set it aside.

Using the same sauté pan, increase the heat to medium high. Add one tablespoon of the vegan butter and sauté the onions for 6-8 minutes, stirring occasionally until they are softened and lightly caramelized. Transfer the onions to the blender jar with the beets and pecans, then set it aside.

Add the remaining tablespoon of vegan butter and mushrooms to the sauté pan, and sauté them for 3-4 minutes. Add the minced garlic and continue sautéing until the mushrooms begin to brown and the garlic is fragrant. Transfer the mushrooms and garlic to the blender jar with the beets, pecans, and onions. Blend the beet mixture on high speed until smooth.

Break the tofu into chunks. Reduce the blender speed and add the tofu a few chunks at a time. Blend until smooth between each addition. Finish blending on high speed for a minute or two, or until the mixture is completely smooth.

Transfer the blended mixture into the bowl with the vital wheat gluten, nutritional yeast, and salt. Stir well, scraping the sides and bottom of the bowl to combine the ingredients. The dough should pull away from the sides of the bowl and form a ball. Knead the dough by hand for 2-3 minutes until it feels smooth and elastic.

Shape the meat dough into a full-size roast, divide it into two roasts, or shape it according to the desired use. Wrap the meat in cheesecloth (or parchment for sausages) and tie the ends with string.

Combine the vegetable broth, water, tamari, and molasses in a large deep skillet or stock pot. Heat the skillet or stock pot over medium high heat. When the broth begins to boil, reduce the heat to a simmer and place the roasts in the simmering broth. Turn the roasts every 10-15 minutes and simmer for 60 minutes or until firm.

Transfer the roasts to a cooling rack. Remove the cheesecloth then season and sear it, or prepare it according to the desired recipe. **Makes eight to ten servings.**



BLACK BELT IN TOFU

HOW TO MAKE VEGAN RIBZ:

Use cut fresh or packed in syrup cane sugar for the bonez (available in most Latino Markets). Cut the sugar cane into twenty ¼-inch thick by 5-inch long strips. (Freeze any remaining for up to six months). Roast sugar cane bonez on a baking sheet in a preheated 375° degree oven for 40-50 minutes, turning them halfway through to brown them evenly. Remove from the oven and let cool.

Prepare a batch of the Basic Red Meat.

Divide the meat dough into two balls. Each ball will make one rack of ribz. Pinch off ten large walnut-sized pieces from the first dough ball and roll each into a four-inch strip.

Twist each dough strip around a sugar cane bone, leaving the bottom one-inch unwrapped for handling. Arrange the ribz from largest to smallest, side-by-side on a sheet of parchment paper, then press them together.



Roll out the remaining dough from the first ball into a ¼-inch thick layer. This will go over the ribz to form a rack.

Brush the wrapped sugar cane ribz with a little water, then apply the top layer of dough. Press, trim, and shape it into a slightly curved rack of ribz.

Repeat the same process with the remaining second half of the meat dough.

MAKE THE RUB:

2 tablespoons garlic powder
2 tablespoons smoked paprika
1 tablespoon onion powder
1 ½ tablespoons dried oregano
2 teaspoons cumin
1 ½ teaspoons Toomey Seasoning or salt and pepper to taste

Combine all the ingredients for the rub in a small mixing bowl. Generously coat the rub over both sides of each rack before steaming. Place the seasoned racks on individual sheets of parchment.



Double wrap each rack with two layers of parchment pressing and folding in the open edges to seal them.

Heat a large pot with a steamer basket and the steaming broth. Place the parchment wrapped ribz in the steamer basket and cook on medium high covered for 60-70 minutes. Check the water level every 15-20 minutes and add liquid or broth more as needed. Turn the racks over every 15 minutes to cook evenly. Once the meat on the racks feels firm remove them from the steamer basket and allow them to cool. Ribz can be made in advance up to this point and refrigerated until ready for the grill.

Heat a large skillet with a tablespoon or two of high heat oil. Remove the steamed ribz from the parchment. Sear the racks for 4-6 minutes on each side or until they begin to brown. Transfer to a holding plate and preheat the grill.

THE BBQ FINISH: Heat a barbecue grill to 550° Fahrenheit. Place an optional small smoke box containing wood chips to one side of the grill for the flavor and essence of smoked wood.

Brush the seared ribz with a generous coating of barbecue sauce. Finish cooking them on the hot grill for about 4-6 minutes on each side or until the sauce begins to caramelize around the edges. Serve hot with your favorite veg-anized side dishes. *Serves six.*



ELOTE MEXICAN STREET CORN

INGREDIENTS:

6 ears of corn with husks*
2 tablespoons vegan butter, melted
1 tablespoon high heat oil
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon smoked paprika or chili powder
½ teaspoon salt
Juice of one lime

Accompaniments:

Vegan mayo
Crushed vegan croutons
Grated vegan parmesan cheese
Lime wedges
Chopped cilantro, stems removed
Salt to taste

DIRECTIONS:

Preheat a barbecue grill. Peel back the husks on each ear of corn and tie them at the base to create a handle. Remove the corn silk and rinse each ear. Place the prepared corn on a serving platter.

Combine the vegan butter, oil, garlic powder, onion powder, paprika or chili powder, salt, and juice of one lime in a small bowl. Use a basting brush to coat each ear with the basting sauce.

Place the corn on the grill with the husks hanging out over the edge of the grill. Use the husks as a handle for turning and turn each ear every 2-3 minutes to brown them lightly on all sides. Cook for 8-10 minutes or until lightly charred on all sides. Transfer the grilled corn back to the serving platter.

Use a basting brush to coat each ear with vegan mayonnaise. Sprinkle on the crushed croutons and vegan parmesan cheese. Serve with a sprinkle of chopped fresh cilantro and a wedge of lime.

*Use short thick wooden skewers for corn without the husk. Insert the skewer into the bottom of the corn to create a handle. Skewers can be found at restaurant supply stores.



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DELI-STYLE MACARONI SALAD

INGREDIENTS:

SALAD:

- 1 (16 ounce) package elbow macaroni
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- ½ purple onion, diced
- 4 stalks celery, diced
- 1 large carrot, peeled and shredded

DRESSING:

- 1 ½ cups vegan mayonaise
- ¼ cup apple cider vinegar
- 2 teaspoons maple syrup
- ¼ cup fresh parsley, chopped
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh thyme, stems removed and chopped
- Freshly ground salt and pepper to taste

GARNISH:

- Green leaf lettuce
- Fresh parsley

DIRECTIONS:

Fill a large stockpot with six quarts of water, bring it to a boil and add a teaspoon of salt. Stir in the pasta and boil for five minutes or until al dente. Drain the pasta, transfer it to a large mixing bowl and let it cool for 15-20 minutes.

Chop and prepare the vegetables then add them to the cooled macaroni.

In a large liquid measuring cup combine the vegan mayo, apple cider vinegar, maple syrup, fresh herbs and salt and pepper, whisk to combine.

Pour the dressing over the macaroni mixture and toss it gently with salad tongs to coat it evenly with the dressing. Adjust the seasonings to taste then cover and chill for 2-3 hours before serving.

Line a serving bowl with fresh lettuce leaves then top it with the chilled macaroni salad, garnish with a sprig of fresh parsley. Makes 20 servings. Leftovers keep for up to five days covered and chilled.



EASY STRAWBERRY SHORTCAKE

INGREDIENTS

- 2 ½ cups Bisquick Pancake & Baking Mix
- 3 tablespoons unbleached cane sugar
- 3 tablespoons vegan butter, melted
- ½ cup non-dairy milk or creamer

- 1 pint fresh strawberries, sliced
- ½ pint fresh blueberries (optional)
- 1 (9 ounce) frozen tub Cocowhip Coconut Whipped Topping
- Mint sprigs for garnish (optional)

DIRECTIONS:

Preheat the oven to 400° Fahrenheit. Line a baking sheet with parchment and set it aside.

Combine the Bisquick mix and sugar in a medium bowl. Add the melted butter and non-dairy milk, stir just until combined. Spoon the dough into six equal rounds spaced evenly apart.

Bake for ten minutes or until the tops begin to lightly brown. Transfer the shortcakes to a wire rack for cooling.

When ready to serve place a cooled shortcake on a dessert plate and slice off the top and reserve it. Layer the shortcake with sliced strawberries, add a generous spoonful of softened whipped cream then garnish the top with additional sliced strawberries, blueberries, and the option sprig of mint.

Makes six. Store extra shortcakes in an airtight container refrigerated for up to three days.