

PETA UK - RECIPES FOR VEGAN CATERING

Starters, Salads, and Soups

1. Fresh Asian Noodle Salad
2. Buffalo Fireballs
3. 'Chicken' and Dumplings
4. Carrot-Ginger Soup
5. Coconut-Cabbage Salad
6. Corn Chowder
7. Cuban Black-Bean Stew
8. Hot-and-Sour Soup
9. Vegan Gumbo
10. Leek and Potato Soup
11. Gazpacho Soup
12. Creamy Artichoke-Filled Puff Pastry
13. Vidalia Onion Tart
14. Courgette Boats
15. Tomato-Pesto Platter
16. Mushroom Filo

Mains

17. Tofu with Chili Sauce
18. Black-Bean Cakes with Lime-Peppered 'Mayo'
19. Blackened Tofu with Remoulade Sauce
20. Frittata
21. Endless Summer Vegetable Strata with Cilantro
22. Vegan French Toast
23. Ginger-Baked Tofu
24. Grilled Teriyaki Shiitake Mushrooms and Pineapples with Asian Slaw
25. Hungarian-Style Braised Mushrooms
26. Johnny Cakes
27. Lasagne
28. Pad Thai
29. Potato-and-Soya-Beef Empanadas
30. Potato Torta With 'Sausage' and Chard
31. Vegetarian Riblets with South American Pesto Sauce
32. Tequila-Lime Tofu Wrap with Avocado
33. Tempeh Provençale
34. Texas Grinders
35. Thai 'Chicken' Wraps
36. Tofu 'Scampi' Wraps
37. Tom Yam Kung
38. Walnut-Dusted Artichoke-and-Two-Potato Gratin

39. Quinoa Casserole
40. Millet Casserole
41. Jamaican Tortellini Primavera
42. Tortellini in Roasted Tomato and Rosemary Sauce with Baby Squash
43. Stuffed Shells with Chipotle Tomato Sauce and Mozzarella 'Cheese'
44. Ravioli with Spring Vegetables
45. Cajun-Seared Garden Protein Chicken Breast with Maple-Roasted Sweet Potatoes and Red Onions and Avocado Cream
46. Caribbean-Spiced 'Chicken' on Chipotle Mashed Sweet Potatoes with Garlic Wilted Greens
47. Tofu and Garden Veggie Skewers With Orange-Maple Glaze
48. Tofu and Japanese Aubergine Skewers With Red Curry Coconut Sauce
49. Chipotle Barbecue Tofu Kebabs
50. Seitan Strips and Mushrooms in Beef Gravy with Roasted Peppers
51. Grilled Seitan and Veggie Wraps With Sweet Garlic Aioli
52. Seared Seitan Strips and Veggies with Mushroom Gravy
53. Seitan Strips With Balsamic Caramelized Sweet Onions, 'Buttered' Bliss Potatoes, and Herbed Green Beans
54. Sweet and Spicy Seitan with Baby Bok Choy Over Vegetarian Fried Rice
55. Tempeh Piccata
56. Tempeh with Marsala and Mushroom Sauce
57. Cajun-Rubbed Tempeh with Dirty Rice
58. Grilled Tempeh Focaccia with Veggies and Vegan Pesto Mayo
59. Herb-Rubbed Tempeh over Rice and Corn Pilaf
60. Sweet Pepper- and Onion-Smothered Tempeh over Eggless Noodles
61. Tempeh Cacciatore with Roasted Veggies
62. Coconut Curry Tempeh with Sweet Pea Jasmine Pilaf
63. Chipotle Barbecue Tempeh Sandwiches with Vegan Potato Salad
64. Vegan Eggless Egg Salad
65. Baked Five-Spice Seasoned Tofu
66. Creamy Baked Vegan Macaroni Casserole
67. Vegan Beef Stroganoff
68. Vegan Shepherd's Pie
69. Vegan Spanish Paella
70. Tempeh Creole
71. Tempeh Scaloppini With Lemon-Caper Sauce
72. Enchilada Bake
73. Fattoush (Persian Bread Salad)
74. Vegan Moussaka
75. Asian Turnovers
76. Tofu Breakfast Scramble
77. Vegan Sausage-and-Bean Burritos

Sides

- 78. Couscous Salad
- 79. Macaroni Salad
- 80. Quinoa and Roasted Courgette
- 81. Savory Vegetable Rice Pilaf
- 82. Tortellini Salad
- 83. Vegan Fried Rice

Sauces, Dressings, Marinades and Fillings

- 84. Peanut Sauce
- 85. Creamy Dill Salad Dressing
- 86. Maple-Mustard Dressing
- 87. Balsamic-Poppy Dressing
- 88. Tofu Ricotta
- 89. Sesame-Ginger Dressing
- 90. Vegan Caesar Dressing
- 91. Tofu Sour Cream
- 92. Roasted Vegetable Stock

Desserts/Baking

- 93. German Chocolate Brownies
- 94. Vegan Layered Chocolate-Mousse Cake
- 95. Raspberry Filo Cups
- 96. Poached Pears
- 97. Vegan Oatmeal Cookies
- 98. Peanut Butter-Chocolate Chunk Cookies
- 99. Chocolate-Peanut Butter Pie
- 100. Lemon Tart
- 101. Vegan Pancake Batter
- 102. Polynesian Crisp
- 103. Chocolate-Banana Cupcakes With Peanut Butter Frosting
- 104. Carrot Cake
- 105. Easy Chocolate Crème Dessert Cups
- 106. Berry-Peach Crisp

Starters, Salads, and Soups

Fresh Asian Noodle Salad

For the Noodles:

4 litres boiling water
3 kg thick vermicelli rice noodles

Method:

- Bring the water to a boil. Add the rice noodles and turn off the flame. Let stand for about 5 minutes.
- Drain the noodles, rinse with cold water, and place in a large bowl.

For the Dressing:

18 cloves garlic
675 ml soya sauce
900 ml water
900 ml rice vinegar
900 ml lime juice
600 g brown sugar
12 jalapeño chillies, seeded and chopped

Method:

- Combine all the ingredients in a blender or food processor.

For the Salad:

900 g shredded green cabbage
12 whole scallions, thinly sliced
6 large carrots, cut into thin slivers
400 g spinach leaves, thinly sliced
1.35 kg diced water chestnuts
3 tightly packed cups basil leaves, chopped
3 green papayas or 12 oranges, peeled and thinly sliced (optional)
900 g salted peanuts, coarsely chopped

Method:

- Toss the noodles and the salad ingredients with the dressing and serve.

Makes 24 servings

Buffalo Fireballs

For the Sauce:

450ml hot sauce

450g vegan margarine (using 565g vegan margarine will make the sauce less hot)

Method:

- Combine the hot sauce and the margarine in a medium saucepan and heat over medium heat. Stir until the margarine is melted.

For the meatballs:

4 Tbsp. olive oil

2 small onions, diced

4 green bell peppers, diced

4-8 cloves garlic, chopped

3.5 kg veggie mince (Linda McCartney's "Vegemince", VBites's Meat-Free Mince or Fry's "Veggie Mince" are all good and many supermarkets now stock own brand vegan mince. Dried savoury soya mince can also be used but requires soaking in hot stock before using.)

175 ml (12 Tbsp.) ketchup

125 ml (8 Tbsp.) spicy mustard

175 ml- 250 ml (12-16 Tbsp.) hot sauce

16 Tbsp. wheat germ

150 g (16 Tbsp.) vegan parmesan cheese

Salt and pepper, to taste

Method:

- Preheat the oven to 175°C. Lightly grease a baking sheet.
- In a large saucepan, heat the olive oil over medium heat. Sauté the onion, peppers, and garlic.
- In a large bowl, combine the Ground-Beef-Style Quick Mix with the onion, peppers and garlic. Add the remaining ingredients, except the salt and pepper. Mix with your hands thoroughly, roll into balls, and place on the prepared baking sheet.
- Season with the salt and pepper.
- Bake for 30 minutes, turning after 20 minutes.

To Assemble:

- Top with the vegan-margarine mixture and cook for an additional 20 minutes.

Makes approximately 24 servings

'Chicken' and Dumplings

For the Dumplings:

920 g flour
4 Tbsp. baking powder
2 tsp. salt
225 g vegan margarine, softened
675 ml soya milk

Method:

- Combine the dry ingredients in a bowl.
- Mix the vegan margarine with the dry mixture until crumbly. Add the soya milk, stirring until moistened.
- Add more soya milk, as needed, if the mixture is too dry.
- Knead the dough for 30 seconds on a well-floured surface, then roll to a 3 mm or 1/8-inch thickness and cut into 1.25 cm or 1/2-inch squares.

For the Soup:

225 g margarine
230 g onion, chopped
230 g celery, chopped
230 g flour
1 tsp. celery salt
2 tsp. pepper
8 litres vegetable stock
8 medium carrots, peeled and diced
2 kg faux chicken (for example VBites Chicken Style Pieces, or Quorn Vegan Pieces),
torn into small pieces
4 bay leaves

Method:

- Place the margarine, onion, and celery in a large saucepan and sauté until the vegetables are soft.
- Add the flour, salt, and pepper to make a thick paste. Slowly mix in the stock and bring to a boil.
- Add the carrots, faux chicken, and bay leaves.

To Assemble:

- Add the dumpling squares to the soup one at a time, stirring gently. Reduce the heat and simmer for 20 minutes, stirring often. Serve hot.

Makes 24 servings

Carrot-Ginger Soup

115 g vegan margarine
6 onions, chopped
4.5 kg carrots, peeled and diced
2 Tbsp. fresh grated ginger
150 g coriander seeds, crushed
7 litres vegetable stock or water
Salt and pepper, to taste

Method:

- Heat the vegan margarine and fry the onions for about 5 minutes, or until transparent. Add the carrots, ginger, and crushed coriander seeds and stir over medium heat for 5 minutes.
- Add the stock or water and bring to a boil. Cover and cook until the carrots are tender.
- Purée the soup in a blender and then strain through a sieve.
- Reheat and season with the salt and pepper, ladle into bowls, and serve hot with bread.

Makes 24 servings

Coconut-Cabbage Salad

60 ml vegetable oil
3 tsp. mustard seeds
12 green chillies, chopped lengthwise
48-50 curry leaves (optional)
900 g finely chopped fresh green cabbage
2 tsp. turmeric powder
345 g grated coconut, fresh or dried
Salt, to taste
6 tsp. lemon juice
225 g chopped coriander
10 5-cm coriander sprigs

Method:

- Heat the oil. Add the mustard seeds and heat over medium heat until popped. Add the chillies and curry leaves.
- Add the cabbage and turmeric powder and stir for 1 minute.
- Add the coconut, salt, lemon juice, and chopped coriander. Stir for 2 minutes. Adjust the seasonings as necessary.
- Remove from the heat and cool.
- Serve at room temperature, garnished with the coriander sprigs.

Makes 24 servings

Corn Chowder

15 ears yellow corn
250 g vegan margarine
5 large onions, chopped
1½ Tbsp. fresh minced thyme
3 1/3 Tbsp. paprika
3.5 kg white potatoes, peeled and cut into bite-size cubes
100 g faux bacon bits (for example Schwartz's "Bacon Flavour Bits")
6 litres faux chicken stock (for example in the Kosher section of a supermarket you can find Osem's "Parve Chicken Soup Mix" or Telma's "Chicken Flavour Soup Mix")
1.25 litres non dairy creamer or plain soya milk
Salt and freshly ground black pepper, to taste
115g minced fresh chives

Method:

- Cut the kernels from the ears of corn and set aside.
- In a large pot over medium heat, melt the vegan margarine. Add the onion and thyme and cook about 5 minutes, or until the onion is translucent. Add the paprika and cook 1 minute longer, stirring continuously.
- Add the potatoes, faux bacon bits, faux chicken stock, and reserved corn kernels. Bring to a boil, then reduce the heat, cover, and simmer for 10 to 15 minutes, or until the potatoes are soft but still firm.
- Smash a few of the potato chunks against the side of the pot, stir, and cook for 1 or 2 minutes longer to thicken the chowder.
- Reduce the heat to low. Add the non dairy creamer or soya milk and heat through, but do not boil.
- Season with the salt and pepper.
- Ladle into bowls and sprinkle with the chives.

Makes 25 servings

Cuban Black-Bean Stew

1.2 kg dried kidney beans
2.7 litres water
860 g diced onions
570 g diced carrots
280 g diced red pepper
280 g diced yellow pepper
6½ Tbsp. minced garlic
115 ml sesame oil
1 1/2 Tbsp. salt
5 Tbsp. dried thyme
5 Tbsp. cumin
60 g tamari
2.25 litres water
50 g cornstarch
225 ml water

Method:

- Soak the beans in water for a few hours. Discard the water and cook the beans in the 2.7 litres of fresh water over medium-low heat for about 1½ hours.
- Sauté the onions, carrots, peppers, and garlic in the oil along with the seasonings and the tamari for about 5 to 7 minutes, stirring occasionally.
- Add the cooked beans and the 2.25 litres of water. Continue to cook in a covered pot for another 10 to 15 minutes.
- Dissolve the cornstarch in the remaining water. Add to the stew and stir rapidly to make a smooth sauce. Cook until thickened.

Makes 25 servings

Hot-and-Sour Soup

You can reduce the quantity of dried chilli to make this soup less hot!

For the Chilli-Garlic Paste:

18 dried red chillies, deseeded and soaked for 3-4 hours

18 garlic cloves, peeled

6 tsp. vinegar

175 ml water

Method:

- Using a food processor, grind all the ingredients together to form a paste.

For the Soup:

60 ml oil

180 g minced French beans

180 g minced mushrooms

225 g finely shredded cabbage

345 g minced carrots

6 Tbsp. ketchup

6 tsp. sugar

Salt and pepper, to taste

170 ml soya sauce

115 ml vinegar

75 g corn flour mixed with 675 ml water

7 litres water

Method:

- In a stockpot over medium-high heat, heat the oil. Add the French beans and mushrooms and stir for 2 to 3 minutes.
- Add the cabbage and carrots and stir-fry for 2 minutes.
- Add the Chilli-Garlic Paste and all the other ingredients, stirring well
- Boil for 5 minutes.
- Serve hot.

Makes 24 servings

Vegan Gumbo

5.5 kg (collard, mustard, or turnip), washed and stemmed
250 ml plus 2 Tbsp. vegetable oil
170 g flour
12 large onions, finely diced
6 green peppers, finely diced
24 stalks celery, finely diced
2.7 kg canned plum tomatoes, drained and coarsely chopped
250 ml liquid hot sauce
18 bay leaves
6 tsp. file powder (a Cajun spice)
Cayenne pepper, to taste
3 tsp. thyme
3 tsp. oregano
3 tsp. basil
225 g chopped fresh parsley
18 garlic cloves, minced
Salt and freshly ground black pepper, to taste
10 litres vegetable or faux-chicken stock (for example in the Kosher section of a supermarket you can find Osem's "Parve Chicken Soup Mix" or Telma's "Chicken Flavour Soup Mix")
1.7 kg package frozen okra
2.7 kg canned kidney beans, drained and rinsed
2 kg cooked white rice

Method:

- Place the greens in a large soup pot and just cover with water. Bring to a boil and cook for 15 minutes. Drain, reserving 450 ml of the cooking water. On a cutting board, coarsely chop the greens and set aside.
- In a small saucepan over medium-low heat, whisk 340 ml of the oil and the flour together and cook, stirring constantly, for approximately 15 minutes, or until the roux is a dark reddish-brown. Remove the pan from the heat and set aside.
- In the large soup pot, over medium heat, heat the remaining 2 Tbsp. of oil and sauté the onions, peppers, celery, and tomatoes for about 10 minutes, or until the vegetables are wilted.
- Add the hot sauce, bay leaves, file powder, cayenne, thyme, oregano, basil, parsley, garlic, salt, and pepper and cook for 5 minutes.
- Add the roux (oil and flour mix), vegetable or faux-chicken stock, and the reserved greens-cooking water, stirring well to blend in the roux.
- Reduce the heat and simmer, uncovered, for 15 minutes. Add the cooked collard greens, okra, kidney beans, and rice and cook for 5 minutes.
- Remove the bay leaves and serve warm.

Makes 24 servings

Leek and Potato Soup

20 leeks (white part only), sliced

30 yellow - fleshed potatoes

Water sufficient to cover the leeks and potatoes

10-12 vegetable bouillon cubes

10 spring (green) onions, chopped

Method:

- Place the leeks and the potatoes in a large stockpot. Add the water and bring to a boil. Add the bouillon cubes and simmer, covered, for 20 minutes.
- Remove from the heat. With an immersion blender, blend until thick and smooth.
- Garnish with the spring onions

Makes 25 servings

Gazpacho Soup

8 cucumbers, peeled, seeded, and chopped
1 bunch celery, chopped
4 bunches green onions, chopped
2 red peppers, chopped
4 green peppers, chopped
14 tomatoes, seeded and chopped
5 litres vegetable juice (for example V-8)
5 litres tomato juice
4 garlic cloves, crushed
340 ml olive oil
340 ml red wine vinegar
Hot sauce, to taste
Salt, to taste
4-5 Tbsp. lemon juice
115 g chopped parsley

Method:

- Combine all the ingredients and place in the refrigerator overnight.
- Serve cold in cups.

Optional: If serving the soup in a punch bowl, add an ice ring. To make, cover the bottom of a decorative mould with green onion slivers and thin slices of fresh lemon. Carefully add equal amounts of water and tomato juice. Freeze until solid.

Makes 30 to 35 servings

Creamy Artichoke-Filled Puff Pastry

3 Tbsp. vegan margarine
3 Tbsp. water
170 g finely chopped onion or green onion
3 Tbsp. cornstarch
900 ml soya milk
1.2 kg artichoke hearts
Paprika, to taste
Salt and pepper, to taste
2 sheets puff pastry

Method:

- Preheat the oven to 200°C.
- Heat the margarine and the water in a sauté pan over medium heat. Add the onion and cook for 10 minutes, or until transparent. Stir in the cornstarch and continue cooking for an additional 1 to 2 minutes. Add the soya milk and stir until thickened. If needed, add additional cornstarch to thicken. Remove the pan from the heat and set aside to cool.
- Drain the artichoke hearts and chop coarsely. Add to the creamed mixture and season with the paprika, salt, and pepper. Divide the filling into 2 portions.
- Place half the filling on one pastry sheet.
- Carefully roll and fold the sheet over the filling, then crimp the edges. Using a fork, poke holes in the top. Repeat with the remaining filling and pastry.
- Bake for 15 to 20 minutes, or until golden.

Makes 16 to 20 servings

Vidalia Onion Tart

4 Tbsp. unsalted vegan margarine

2 Tbsp. sugar

24 small onions, peeled and cut in half crosswise

4 Tbsp. fresh thyme, plus more for garnish

Salt and freshly ground black pepper, to taste

1.35 litres roasted vegetable stock or faux chicken stock (for example in the Kosher section of a supermarket you can find Osem's "Parve Chicken Soup Mix" or Telma's "Chicken Flavour Soup Mix")

1 Tbsp. balsamic vinegar

4 sheets frozen puff-pastry dough, thawed

Method:

- Melt the margarine in a large skillet. Remove from the heat and sprinkle with the sugar.
- Fit the onions snugly into the skillet, cut sides facing down. Sprinkle with the thyme, salt, and pepper. Cook over medium heat for 10 minutes, or until deep golden-brown on the cut sides.
- Mix the broth and the vinegar and pour over the onions. Bring to a simmer, cover, and cook over low heat for 25 minutes. Remove the lid, raise the heat, and cook until the liquid is syrupy and almost completely reduced. Remove from the heat, leaving the onions in the skillet.
- Reheat the oven to 190°C.
- Roll the puff pastry to a size slightly larger than the skillet, and then trim into a round shape. Place over the skillet, tucking in the edges and poking a few holes in the top.
- Bake for approximately 30 minutes, or until puffy and golden. Remove from the oven and allow cooling for 10 minutes. Invert onto a serving plate.
- Garnish with the fresh thyme and serve warm.

Makes 32 servings

Courgette Boats

12 medium courgettes

4 medium onions, chopped

60 ml olive oil

1.35 kg veggie mince (Linda McCartney's "Vegemince", VBites's Gourmet Meat-Free Mince or Fry's "Veggie Mince" are all good and many supermarkets now stock own brand veggie mince. Dried savoury soya mince can also be used but requires soaking in hot stock before using.)

100 g nutritional yeast flakes

4 tsp. garlic salt

2 tsp. oregano

3 litres tomato sauce

Method:

- Preheat the oven to 190°C.
- Slice the courgettes lengthwise and scoop out the pulp. Chop the pulp and set aside.
- In a large sauté pan, brown the onion in the olive oil.
- Combine the onion, veggie mince, chopped courgette pulp, nutritional yeast, garlic salt, and oregano in a large bowl.
- Pour the tomato sauce into a hotel pan.
- Place the courgette boats in the sauce, open side up. Fill with the mince mixture.
- Cover with foil and bake for 20 minutes.
- Remove the foil and bake for an additional 15 minutes.
- Serve hot.

Makes 24 servings

Tomato-Pesto Platter

For the Basil Pesto:

3 garlic gloves, peeled

75 g pine nuts

150 g firmly packed fresh basil leaves

1/2-3/4 tsp. salt

1/8 tsp. freshly ground black pepper

115 ml extra-virgin olive oil

35 g soya parmesan cheese (for example “Violife Prosociano”, found in most health food shops)

Method:

- Place the garlic and the pine nuts in a food processor and process until minced. Add the basil, salt, and pepper and process until ground into a paste.
- With the machine running, pour the oil into the feed tube in a slow, steady stream until well blended. Transfer to a bowl and stir in the soya cheese.
- Cover and refrigerate until ready to serve.

For the Platter:

1 bottle Italian dressing or olive oil, red wine vinegar, lemon juice, salt, and pepper to taste

2-3 rounded Tbsp. Basil Pesto

15 ripe medium tomatoes cut into 1/4-inch-thick slices

2 white onions, thinly sliced

2 cucumbers, peeled and sliced into 1/4-inch-thick rounds

1 bunch fresh basil, chiffonade half of the bunch and leave the rest for garnish

Method:

- Mix the Italian dressing and the Basil Pesto. Shake well.
- Arrange a layer of tomatoes on a platter (overlapping approximately one-half). Insert 1 to 2 onion slices between each tomato and 1 cucumber slice between every 2 tomatoes. Repeat until all the vegetables are used. (This can be prepared a few hours ahead of time and refrigerated.)
- Drizzle the pesto vinaigrette over each tomato 20 minutes before serving. Decorate with the basil sprigs.

Makes 30 servings

Mushroom Filo

500 g shiitake mushrooms
500 g common mushrooms
2 onions
2 large garlic cloves
2 Tbsp. vegan margarine
1/2 tsp. thyme
60 ml red wine
790 g vegan cream cheese (for example “Tofutti” non-dairy cream cheese)
Salt and pepper, to taste
1 stick vegan margarine, melted
1 pkg. frozen filo dough, cut into 3.8 cm or 1 1/2-inch-wide strips and covered with a damp towel

Method:

- Preheat the oven to 180°C. In a food processor, combine the mushrooms, onions, and garlic. Pulse for approximately 20 seconds, or until finely chopped.
- Place the 2 Tbsp. margarine and the thyme in a skillet and add the mushroom mixture. Sauté over medium-high heat for approximately 6 to 8 minutes. Add the red wine. Cook for an additional 5 minutes, or until starting to brown. Mix in the vegan cream cheese, salt, and pepper.
- Continue cooking for 3 minutes. Let cool for 20 minutes.
- Add approximately 1 rounded tsp. of the mushroom mixture to the center of each filo strip.
- Wrap in triangles (like a flag), using 2 strips if necessary. These can be frozen ahead of time.
- Brush with the melted margarine. Bake for approximately 20 minutes, or until golden. Serve in a basket with the salad course

Makes 50 servings

Mains

Tofu With Chili Sauce

100 g plus 2 Tbsp. corn flour or plain flour
3 tsp. salt
Water sufficient to form a paste for coating
Vegetable oil for deep-frying
560 g or 1 4/8 lbs. plain tofu, cut into 2.5 cm or 1-inch cubes
60 ml vegetable oil
24-25 green chilies, chopped into long shreds
16 garlic cloves, crushed
3 Tbsp. soya sauce
60 ml plus 2 Tbsp. chili sauce
60 ml tomato sauce
3 tsp. sugar
1 1/2 tsp. pepper
1 1/2 tsp. salt
35 g plus 2 Tbsp. chopped fresh coriander
6 spring onions, shredded

Method:

- Mix the flour and the salt in a bowl with enough water to make a batter that can be poured but that is thick enough to coat the tofu cubes.
- In a heavy skillet over medium heat, heat the oil for deep-frying.
- Dip each piece of the tofu into the batter and then deep-fry until brown and crispy.
- In a wok, heat the 55 ml of oil and stir-fry the green chilies and the garlic. Add the soya sauce, chili sauce, and tomato sauce.
- Add the sugar, pepper, and salt and then add the tofu cubes, stirring well.
- Cook over medium heat until the sauce coats the tofu cubes. Stir in the coriander.
- Garnish with the spring onions and serve immediately.

Makes 24 servings

Black-Bean Cakes With Lime-Peppered ‘Mayo’

For the Black-Bean Cakes:

320 g cooked black beans, rinsed and drained
60 g vegan margarine, softened
100 g chopped cilantro
85 g chopped shallots
4 Tbsp. minced garlic
4 Tbsp. Creole seasoning
170 g breadcrumbs
Salt and pepper, to taste
330 ml canola oil

Method:

- Preheat the oven to 150°C.
- Place the beans on paper towels to soak up the excess moisture. Bake on a cookie sheet for 20 minutes. Let cool.
- In a food processor, combine the beans, vegan margarine, cilantro, shallots, garlic, Creole seasoning, breadcrumbs, salt, and pepper. Refrigerate for 1 to 2 hours.
- Form into patties.
- Heat the oil in a skillet over medium heat. Fry the cakes for 4 minutes, or until browned and crispy, then flip and cook on the other side. Drain on paper towels.
- Serve with the Lime-Peppered “Mayo.”

For the Lime-Peppered ‘Mayo’:

6 cups vegan mayonnaise (for example Plamil’s “Egg Free Mayonnaise”)
3 Tbsp. fresh lime juice
6 jalapeño peppers, minced
Salt and pepper, to taste

Method:

- Mix the vegan mayonnaise, lime juice, and jalapeño in a bowl. Season with the salt and pepper and refrigerate until ready to serve.

Makes 24 servings

Blackened Tofu With Remoulade Sauce

For the Remoulade Sauce:

2 kg vegan mayonnaise
225 g chopped capers
12 Tbsp. chopped chives
12 Tbsp. chopped chervil
12 Tbsp. chopped tarragon
12 tsp. Dijon mustard
3 tsp. salt
Tabasco sauce, to taste

Method:

- Combine all the ingredients.

For the Tofu:

3 tsp. paprika
6 tsp. onion powder
6 tsp. garlic powder
1 1/2 tsp. cayenne pepper
1 1/2 tsp. white pepper
3 tsp. whole black peppercorns
1 tsp. thyme
2 tsp. oregano
Salt, to taste
700 g flour
3 kg extra-firm tofu
675 g melted margarine
Oil for frying

Method:

- Grind all the spices together in a food processor. Mix with the flour.
- Dip the tofu in the margarine and dredge in the flour mixture. Fry in the oil until golden brown and serve with the 'Remoulade Sauce'.

Makes 24 servings

Frittata

4 onions, finely chopped
16 green onions, chopped, with the green and white parts separated
16 cloves garlic, minced
8 medium potatoes, shredded
2 1/2 Tbsp. salt, divided
2 tsp. pepper, divided
4 kg firm tofu
115 ml soya sauce
300 g nutritional yeast (optional)
75 g faux bacon bits (for example Schwartz's "Bacon Flavour Bits")

Method:

- Preheat the oven to 180°C.
- In a large skillet, heat the olive oil over medium heat. Add the onion and the white parts of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds. Increase the heat to medium-high and add the potatoes, 1 1/4 tsp. of the salt, and 1 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until well-browned.
- Blend the remaining salt and pepper, the tofu, soya sauce, and nutritional yeast in a food processor until creamy. Fold in the faux bacon bits, the green parts of the green onions, and the fried potatoes.
- Pour in to a large, oiled pie or tart pan. Bake for 30 to 40 minutes, or until the center is firm.
- Allow to cool for 10 minutes, then invert onto a serving plate.

Makes 24 servings

Endless Summer Vegetable Strata With Cilantro-Lemon Pesto

12 cloves garlic, peeled
3 tsp. salt, plus more for seasoning
1kg plus 800 g chopped fresh cilantro
450 g chopped fresh parsley
1.20 kg cooked white beans, drained and rinsed if canned
225 ml plus 2 Tbsp. olive oil
225 ml plus 2 Tbsp. lemon juice
1 1/2 tsp. cayenne pepper
675 ml vegetable stock
6 onions, chopped
6 red peppers, seeded and chopped
6 bell peppers, seeded and chopped
900 g cubed day-old French or Italian bread, crusts removed
4.5 kg or 9 lbs. courgette or yellow summer squash, trimmed and thinly sliced
Salt and pepper, to taste
6 large russet potatoes, peeled and thinly sliced
24 ripe plum tomatoes, thinly sliced
50 g plus 2 Tbsp. toasted chopped almonds, breadcrumbs, or grated soya parmesan cheese

Method:

- Preheat the oven to 190°C. In a food processor, combine the garlic and 1/2 tsp. of the salt and process until the garlic is minced. Add the cilantro and parsley and process until well-minced. Add the beans, 2 Tbsp. of the olive oil, the lemon juice, cayenne pepper, and vegetable stock and blend until smooth to make a pesto. Set aside.
- In a large sauté pan, heat the remaining 225 ml of oil over medium heat. Add the onion and bell peppers, cover, and cook for 5 minutes, or until softened. Remove the pan from the heat and set aside.
- Spread the bread cubes on the bottom of a lightly oiled hotel pan and layer half the courgette or squash slices on top. Season with salt and pepper, to taste. Spoon about 1/4 of the pesto on the courgette or squash and top with 1/2 of the potato slices. Season with salt and pepper, to taste, and layer with 1/3 of the tomato slices. Layer 1/2 of the onion-and-bell-pepper mixture evenly across the tomato slices.
- Top with a layer of the remaining courgette slices. Season with salt and pepper and top with 1/4 of the remaining pesto. Continue layering in the same order with the remaining ingredients (excluding the almonds, breadcrumbs, or cheese). Season with salt and pepper, to taste.
- Cover and bake about 45 to 50 minutes, or until the vegetables are tender. Remove the cover, top with the almonds, breadcrumbs, or cheese and return to the oven for about 10 minutes, or until the top is browned.

Makes 24 servings

Vegan French Toast

by Chef Tanya Petrovna

7 litres water
115 g plus 2 Tbsp. unbleached flour
60 g melted vegan margarine
6 Tbsp. cornstarch
6 Tbsp. maple syrup
1 1/2 tsp. almond extract
1 1/2 tsp. cinnamon
1 1/2 tsp. turmeric
1/4 tsp. salt
36 2.5 cm or 1-inch slices of French bread
200-225 g shortening

Method:

- In a blender, combine the water, flour, vegan margarine, cornstarch, maple syrup, almond extract, cinnamon, turmeric, and salt.
- Pour in to a pan and cook, whisking constantly, over medium heat until thickened. Remove from the heat and cool to room temperature.
- Soak the bread in the batter.
- While the bread is soaking, melt the shortening in a skillet over medium heat. Cook the bread for 3 to 5 minutes on each side, flipping once the bottom is browned.

Makes 24 servings

Ginger-Baked Tofu

6 blocks firm tofu
225 ml soya sauce
675 ml water
3 Tbsp. minced ginger
3 Tbsp. minced garlic
3 Tbsp. sesame oil
50 g sesame seeds

Method:

- Preheat the oven to 220°C. Spray a baking sheet with cooking spray.
- Slice each tofu block into 4 large rectangular pieces and lay in a single layer on the baking sheet.
- Whisk together the soya sauce, water, ginger, garlic, and sesame oil and pour over the tofu. Sprinkle with the sesame seeds.
- Bake for 30 minutes, then rotate the pan and cook for 15 minutes, or until the liquid is mostly, but not completely, gone.

Makes 24 servings

Grilled Teriyaki Shiitake Mushrooms and Pineapples With Asian Slaw

For the Grilled Teriyaki Shiitake Mushrooms and Pineapples:

300 g firmly packed brown sugar
2 Tbsp. grated fresh ginger
4 Tbsp. minced garlic
1.35 l pineapple juice
675 ml soya sauce
Salt and pepper, to taste
3 kg or 6 lbs. shiitake mushrooms, cleaned and stems removed
12 cups cubed pineapple

Method:

- Whisk together the sugar, ginger, garlic, pineapple juice, soya sauce, salt, and pepper to create a marinade.
- Marinate the mushrooms for 30 minutes. Remove from the marinade and set aside.
- Thread the mushrooms and pineapple onto skewers and grill over an open flame, basting occasionally, until the pineapple caramelizes and the mushrooms are cooked. Serve with the Asian Slaw.

For the Asian Slaw:

300 g rice vinegar
150 ml soya sauce
4 Tbsp. sesame oil
1 1/2 tsp. red pepper flakes
900 g shredded green cabbage
900 g shredded red cabbage
6 large carrots, julienned
500 g snow peas
170 g thinly sliced green onions
50 g chopped parsley
4 Tbsp. toasted sesame seeds

Method:

- Combine the vinegar, soya sauce, sesame oil, and red pepper flakes. Toss with the cabbage, carrots, snow peas, green onions, and parsley. Garnish with the sesame seeds.

Makes 24 servings

Hungarian-Style Braised Mushrooms

The paprika, Cashew Crème, and apple cider vinegar supply the flavor and feel of a typical Hungarian style dish. A mixture of mushroom varieties would work well too.

For the Mushrooms:

2 kg or 4 lbs. sweet onions, sliced
115 ml olive oil
75 g minced garlic
8 cups julienned sweet red peppers
4 kg or 8 lbs white button mushrooms
Salt and ground black pepper, to taste
4 Tbsp. paprika
1/4 tsp. cayenne
150 g flour
150 g tomato paste
5 litres Mushroom Stock (See recipe below)
150 ml soya sauce
600 g Cashew Crème (See recipe below)
4 Tbsp. apple cider vinegar

Method:

- Sauté onions in the olive oil over medium-high heat for 5 minutes. Add garlic and red peppers and sauté for 2 minutes. Add mushrooms and sauté for 5 minutes.
- Stir in the salt, pepper, paprika, cayenne, and flour. Stir in the tomato paste and then slowly stir in the Mushroom Stock and soya sauce and bring to a boil.
- Simmer for 10 minutes, then add the Cashew Crème and the apple cider vinegar. Cook a few minutes longer. Season, to taste.
- Serve with noodles, rice, or some other grain.

For the Mushroom Stock:

600 g dried mushrooms
4.5 litres vegetable stock

Method:

- Simmer the dried mushrooms in the stock for 10 minutes. Remove the mushrooms with a slotted spoon and rinse if needed. Chop coarsely and set aside.
- Strain the stock through a fine sieve or coffee filter to remove any soil. Add the mushrooms and keep warm until ready to use.

For the Cashew Crème:

150 g raw cashews*
675 ml water

Method:

- Place the cashews and the water in a blender. Let sit for 20 minutes. Using pulsing actions, blend until very smooth.

**Note:* Roasted cashews may be used instead of raw cashews. If only salted cashews are available, reduce or eliminate the salt in the mushroom recipe.

Makes 24 servings

Johnny Cakes

6 Tbsp. sugar
3 tsp. sea salt
6 cups corn meal
1.35 litres boiling water
225 ml plus 3 Tbsp. plain soya milk
Vegetable oil sufficient for frying
Vegan margarine

Method:

- In a large bowl, combine the sugar, salt, and corn meal. Add the boiling water and stir well. Thin immediately with the soya milk to achieve a consistency that will drop easily from a spoon. (Additional soya milk may be necessary: The mixture should be the consistency of thin mashed potatoes.)
- Heat the vegetable oil on the griddle. Drop the batter onto the griddle by spoonfuls and cook for 5 to 6 minutes on each side, or until a brown, crunchy crust is formed and the inside is soft.
- Serve hot with the vegan margarine.

Makes 24 servings

Lasagne

1 kg or 2 lbs. lasagne noodles
1.15 g or 80 oz. frozen chopped spinach, thawed and drained
2 kg or 4 lbs. soft tofu
2 kg or 4 lbs. firm tofu
4 Tbsp. sugar
225 ml soya milk
2 tsp. garlic powder
225 ml lemon juice
50 g minced fresh basil
8 tsp. salt
5 litres tomato sauce

Method:

- Cook the lasagne noodles according to the package directions. Drain and set aside.
- Preheat the oven to 180°C.
- Squeeze the spinach as dry as possible and set aside.
- Place the tofu, sugar, soya milk, garlic powder, lemon juice, basil, and salt in a food processor or blender and blend until smooth. Stir in the spinach.
- Cover the bottom of a 9 x 33 cm or 13-inch baking dish with a thin layer of the tomato sauce, then a layer of the noodles (use about 1/3 of the noodles). Follow with 1/2 of the tofu filling. Continue in the same order, using 1/2 of the remaining tomato sauce and noodles and the entire remaining tofu filling. End with the remaining noodles, covered by the remaining tomato sauce. Bake for 25 to 30 minutes.

Makes 24 servings

Pad Thai

4 kg or 8 lbs. soba, rice, or other noodles
600 ml cups tamari or soya sauce
600 ml cups lemon or lime juice
115 g peanut butter
115 g tahini (or omit and use more peanut butter)
16 green chilies, seeded and minced
500 g sugar or other sweetener
8 large onions, chopped
32 garlic cloves, peeled and minced
2 kg or 4 lbs. tofu, cubed (optional)
50 g minced fresh ginger, (optional)
225 ml sesame oil
2.7 kg chopped carrots
2 cans water chestnuts
400 g bean sprouts
8 broccoli stalks, steamed
Limes for garnish (optional)
Chopped peanuts for garnish (optional)
Sliced green onions for garnish (optional)

Method:

- Prepare the noodles, then drain and set aside. In a separate bowl, mix the tamari or soya sauce, lemon or lime juice, peanut butter, tahini, chilies, and sugar and set aside.
- In a wok, stir-fry the onion, garlic, tofu, and ginger in the sesame oil. Add the carrots, water chestnuts, and a little water and stir-fry for a few minutes. Add the tamari mixture, bean sprouts, broccoli, and noodles. Stir and cook over medium heat for about 5 minutes, or until the sauce thickens. Serve with the limes, chopped peanuts, and/or sliced green onions.

Makes 24 serving

Potato-and-Soya-Beef Empanadas

6 medium potatoes, boiled for 5 minutes

3 onions, diced

4 Tbsp. olive oil

1.5 kg or 3 lbs.

veggie mince (Linda McCartney's "Vegemince", VBites's Gourmet Meat-Free Mince or Fry's "Veggie Mince" are all good and many supermarkets now stock own brand veggie mince. Dried savoury soya mince can also be used but requires soaking in hot stock before using.)

3 tsp. chili powder

1 tsp. cumin

Salt and pepper, to taste

Puff pastry sheets sufficient to wrap the filling or 48 vegan wonton wrappers

Method:

- Shred the potatoes.
- Sauté the onions and the potatoes in the olive oil until soft and starting to brown. Add the "beef," chili powder, cumin, salt, and pepper and cook over medium heat for an additional 5 minutes.
- Wrap the filling in the puff pastry or wonton wrappers. Fry until golden.

Makes 24 servings

Potato Torta With ‘Sausage’ and Chard

A mandolin slicer can be used to slice the onions and potatoes—the thinner the slices, the less time this will take to bake. Baby spinach or kale can be substituted for the chard. Breadcrumbs can be sprinkled on with the final sprinkling of cheese, if desired.

115 ml olive oil
4 yellow onions, minced
4 bunches Swiss chard, finely chopped
1.35 kg crumbled vegetarian sausage
Salt and pepper, to taste
4 large ripe tomatoes, thinly sliced
3 kg or 6 lbs. yellow-fleshed potatoes, thinly sliced
910 g or 32 oz. shredded vegan mozzarella cheese

Method:

- Preheat the oven to 200°C. Lightly oil a hotel pan and set aside.
- Heat 1 Tbsp. of the oil in a large sauté pan and add the onion. Cover and cook over medium heat until softened, about 5 minutes. Add the chard and cook until wilted. Stir in the “sausage” and cook until the mixture is well-combined. Season, to taste, with the salt and pepper. Set aside.
- Spread the tomato slices in the bottom of the prepared pan. Top with a layer of slightly overlapping potato slices. Brush the potato layer with some of the remaining olive oil and season with the salt and pepper.
- Spread about 1/2 of the “sausage”-and-chard mixture over the potatoes and sprinkle with 1/2 of the “cheese.” Top with another layer of potatoes, followed by the remaining “sausage”-and-chard mixture.
- Top with a final layer of potatoes, brush on or drizzle with more olive oil, and season with the salt and pepper, to taste. Sprinkle with the remaining “cheese.”
- Cover and bake for 45 minutes to 1 hour, or until the potatoes are tender. Uncover and continue baking for 10 to 15 minutes or until the top is brown.

Makes 24 servings

Vegetarian Riblets With South American Pesto Sauce

For the South American Pesto Sauce:

18 bunches Italian (flat-leaf) parsley

225 ml olive oil

1 l white wine vinegar

Juice of 18 lemons

36 garlic cloves, peeled

150 g salt

3 tsp. coarsely ground black pepper

9 tsp. crushed red pepper flakes

Method:

- Purée all the ingredients in a food processor.

To Assemble:

24 “naked” vegetarian riblets

Method:

- Brush each “riblet” with some of the South American Pesto Sauce and grill over an open flame for 3 to 5 minutes, turning once.
- Spoon 1 tsp. of the remaining sauce over each “riblet” before serving.

Makes 24 servings

Tequila-Lime Tofu Wrap With Avocado

4 Tbsp. olive oil
1kg 20 g or 2 1/4 lbs. Tequila-Lime Tofu Cubes
450 g diced green pepper
450 g diced onion
8 small jalapeño peppers, diced (optional)
900 g canned tomatoes, drained
Salt, to taste
24 flour tortillas
800 g refried beans (optional)
4 avocados, sliced

Method:

- Heat the oil in a nonstick frying pan over medium heat. Add the tofu cubes. Stir gently to prevent the cubes from sticking together.
- Add the green pepper, onion, and jalapeños. Stir-fry for 5 minutes, or until the desired tenderness is reached.
- Add the tomatoes and the salt. Stir-fry until simmering.
- Prepare a flour tortilla by spreading some of the refried beans lengthwise down the middle.
- Add 2 to 3 Tbsp. of the tofu-and-vegetable stir-fry and the avocado. Roll tight. Repeat until the remaining ingredients are used.

Makes 24 servings

Tempeh Provençale

by Chef Tanya Petrovna

For the Tempeh:

36 tempeh patties, sliced 6 mm or 1/4-inch scaloppini
250 ml soya sauce
20 slices fresh ginger
4 2.5 cm or 1-inch pieces kombu (sea vegetable)
1 tsp. sea salt
4 garlic cloves, sliced
7 litres water

Methods:

- In a large pot, combine all the ingredients and simmer for 1 hour. Drain the tempeh and set aside.

For the Sauce:

250 ml olive oil
12 tomatoes, chopped
12 garlic cloves, minced
900 g canned or bottled artichoke hearts, sliced lengthwise
250 g sliced kalamata olives
6 Tbsp. capers
6 tsp. sea salt
1 tsp. black pepper
675 ml white wine

Method:

- Heat the olive oil in a skillet and sauté the tomatoes and garlic for 2 to 3 minutes. Add the artichoke hearts, olives, capers, salt, and pepper. Sauté for another minute.
- Add the white wine and simmer for approximately 3 minutes.

To Assemble:

- Fresh lemon slices for garnish
- 2 Tbsp. chopped parsley
- Spoon the sauce on top of the tempeh and garnish with the lemon slices and parsley.

Makes 24 servings

Texas Grinders

5 peppers, sliced
3 large onions, sliced
4 Tbsp. olive oil
60 g vegan margarine
24 hoagie rolls
24 vegan riblets
680 g or 24 oz. barbecue sauce
680 g or 24 oz. shredded vegan cheese

Method:

- Sauté the peppers and onions in the olive oil until the onions are translucent.
- Spread the margarine on the rolls and toast until lightly browned.
- Cook the “riblets” on a grill until hot. Spread with the barbecue sauce and place on the rolls.
- Top with the grilled peppers and onions and the vegan cheese. Broil for 30 seconds, or until the “cheese” is melted. Serve immediately.

Makes 24 servings

Thai ‘Chicken’ Wraps

For the ‘Chicken’:

4 Tbsp. canola oil
1.5 kg or 3 lbs. vegetarian chicken strips (“Fry’s” do a good variety)
6 Tbsp. tamari or soya sauce
6 Tbsp. grill seasoning

Method:

- Heat the oil in a grill pan or a sauté pan over high heat. Add the “chicken” strips, soya sauce, and grill seasoning.
- Cook for 3 minutes, making sure both sides are seared.
- Set aside and let cool.

For the Filling:

6 tsp. agave nectar or rice syrup
150 g rice wine vinegar
Salt, to taste
3 cucumbers, peeled and cut into 6 mm or 1/4-inch pieces
600 g fresh bean sprouts
700 g shredded carrots
18 scallions, thinly sliced
42 basil leaves, chopped

Method:

- In a medium bowl, combine the agave nectar, vinegar, and salt and mix well.
- Toss with the cucumbers, sprouts, carrots, scallions, basil, and salt, then mix in the cooled “chicken” strips.

For the Thai Peanut Sauce:

3/4 cup freshly grated ginger
340 ml soya sauce
340 ml olive oil
340 g creamy peanut butter
280 ml lemon juice
4 1/2 Tbsp. chopped garlic
6 Tbsp. agave nectar
3/4 tsp. crushed red pepper

Method:

- Combine all the ingredients in a food processor until smooth.

To Assemble:

- 24 flour tortillas
- In a hot skillet, heat the tortillas for 15 seconds on each side. Pile on the “chicken” mixture and drizzle with the Thai peanut sauce, then roll up like a burrito

Makes 24 servings

Tofu 'Scampi' Wraps

4 Tbsp. olive oil
1 tsp. red pepper flakes
4 garlic cloves, crushed
500 g extra-firm tofu, cut into 1.25 cm or 1/2-inch cubes
1 1/2 tsp. vegan steak seasoning
2 hearts romaine lettuce, chopped
3 Tbsp. capers
Juice and zest of 1 lemon
Salt and pepper, to taste
4 spinach tortillas

Method:

- Heat a large sauté pan over medium-high heat. Add 2 Tbsp. of the olive oil, the red pepper flakes, and the garlic. Add the tofu and the steak seasoning. Cook for 10 minutes, stirring frequently, until the tofu is browned. Transfer to a plate and let cool.
- Meanwhile, place the lettuce in a large bowl. Add the cooled tofu, the capers, and the lemon juice and zest. Toss with the remaining oil and season with the salt and pepper.
- Heat the tortillas briefly to soften. Fill with the tofu mixture and wrap up.

Makes 4 servings

Tom Yam Kung

7 litres water
12 stems lemon grass, cut into small pieces
30 thin slices galangal (baby ginger)
18 shallots, finely chopped
24 fresh lime leaves, torn
18 Thai hot chillies, crushed
330 ml lime juice
1.35 kg halved button mushrooms
12 cups chopped tofu
Salt, to taste
100 g chopped coriander leaves

Method:

- Bring the water to a boil.
- Add the lemon grass, galangal, shallots, lime leaves, chillies, lime juice, mushrooms, and tofu. Season with the salt to taste.
- Top with the coriander leaves. Serve hot.

Makes 24 servings

Walnut-Dusted Artichoke-and-Two-Potato Gratin

Crumbled vegetarian sausage or burger crumbles can be added to this recipe, if desired.

3 kg plus 140 g canned white beans, drained and rinsed
3 tsp. dried oregano
675 ml vegetable stock
Salt and pepper, to taste
12 Tbsp. olive oil
12 garlic cloves
6 cups minced scallions
12 tomatoes, chopped
13 1/2 cups frozen artichoke hearts, thawed and chopped
2.25 kg new potatoes, sliced 3 mm or 1/8-inch thick
2.25 kg sweet potatoes, peeled and thinly sliced
345 g ground walnuts

Method:

- Preheat the oven to 190°C. In a blender or food processor, combine the beans, oregano, and vegetable stock. Season with the salt and pepper. Set aside.
- Heat the oil in a sauté pan. Add the garlic and scallions and cook until fragrant and slightly softened.
- Stir in the tomatoes and artichoke hearts and cook 5 minutes longer. Remove from the heat and set aside.
- Lightly oil a 2-quart gratin dish. Seasoning each layer with salt and pepper as you go, layer half of the new potatoes, sweet potatoes, and artichoke mixture in the prepared dish. Pour on half of the bean mixture and repeat the layering with the remaining vegetables, ending with the remaining bean mixture.
- Sprinkle the walnuts on top. Cover and bake until tender, about 45 minutes. Remove and continue to bake, covered, until the top is golden brown, about 15 minutes.

Makes 24 servings

Quinoa Casserole

Serve slices of this loaf with a vegetable side dish and perhaps a leafy green salad. You may also wish to serve it with a sauce, such as a tahini-lemon, carrot, or tomato sauce.

900 g quinoa
2.7 litres water
2 tsp. sea salt
115 ml olive oil
900 g finely diced celery
230 g finely diced fennel
450 g finely diced onions
5 Tbsp. minced garlic
300 g finely diced red bell pepper
4 tsp. sea salt
8 tsp. dried marjoram
2 tsp. cardamom
75 g sesame seeds
1.35 kg cooked pinto beans
225 ml tahini
115 g stone-ground whole-wheat flour
115 g gluten flour

Method:

- Place the quinoa, water, and 2 tsp. sea salt in a medium saucepan. Bring to a simmer and cook, covered, for about 15 minutes, or until all the water is absorbed. Set aside.
- Heat the oil in a medium saucepan. Add the celery, fennel, onions, garlic, bell peppers, 4 tsp. sea salt, marjoram, and cardamom and sauté for about 5 minutes, stirring occasionally to prevent burning.
- Add the cooked quinoa and stir in the sesame seeds, pinto beans, and tahini.
- Mix the 2 flours together and stir into the vegetable and quinoa mixture. Lightly oil a full-size shallow steam pan or oil and flour the pan. Evenly press the mixture into the pan.
- Bake at 200°C for about 45 minutes, or until the loaf reaches an internal temperature of 80-95°C. Remove from the oven and let sit for 10 minutes before serving.

Makes 24 servings

Millet Casserole

Serve this versatile casserole as a lunch or dinner entrée.

675 g millet, rinsed
13 litres water
2 Tbsp. sea salt
500 g peeled and finely diced carrots
345 g diced celery
345 g finely diced onions
3 garlic cloves, minced
6 Tbsp. sesame oil
4 1/2 tsp. dill weeds
3 tsp. dried thyme
450 g pistachio nuts or roasted sunflower seeds (optional)
60 g plus 1 Tbsp. unbleached flour
60 g plus 1 Tbsp. gluten flour

Method:

- Place the millet in a medium saucepan with the water and 1 Tbsp. of the sea salt and cook, covered, over medium heat for about 30 minutes, or until soft.
- Sauté the carrots, celery, onions, and garlic in the oil for 10 to 15 minutes, or until the onions are translucent. Add the dill weed, thyme, remaining salt, and, if using, the pistachio nuts or sunflower seeds. Mix the 2 flours together and add to the millet mixture, blending well so the casserole will hold together.
- Lightly oil and flour a shallow full-size steam table pan. Press the millet mixture into the pan and bake in a preheated 205°C oven for about 1 hour. (If the millet mixture is warm when you put it in the pan, reduce the baking time to about 45 minutes.) Remove from the oven and let cool for 10 minutes.
- Remove from the pan, being careful not to break the casserole. (To avoid doing so, you may wish to slice it while it is still in the pan.)

Makes 24 servings

Jamaican Tortellini Primavera

For the Sauce:

60 ml vegetable oil
500 g onions, chopped
500 g green peppers, chopped
500 g carrots, chopped
500 g celery, chopped
3 Tbsp. garlic, minced
5 kg can diced tomatoes
1.8 litres container Caribbean Style prepared sauce
3 Tbsp. salt
2 jalapeño peppers, seeded and finely minced
3 bay leaves
25 g fresh parsley, chopped
Salt and pepper, to taste

Method:

- Heat the oil in a medium saucepan over medium heat. Add the onions, peppers, carrots, and celery. Sauté for 10 to 12 minutes, or until soft.
- Add the garlic and cook for 3 minutes.
- Add the remaining ingredients, except for the parsley, salt, and pepper.
- Simmer for 45 minutes.
- Add the parsley. Season with the salt and pepper.

For the Pasta:

2.5 kg or 5 lbs. Vegan Tortellini

Method:

- Place the pasta in a large pot of boiling salted water. Cook according to the package directions and drain.

To Assemble:

- Toss the pasta with the sauce and serve immediately.

Makes approximately 20 servings

Tortellini in Roasted Tomato and Rosemary Sauce With Baby Squash

For the Sauce:

115 ml olive oil
5 kg or 10 lbs. plum tomatoes cut in half lengthwise
75 g whole garlic cloves, peeled
5 large white onions, coarsely chopped
3 Tbsp. fresh rosemary leaves, pulled off the stems
3 Tbsp. salt
1 Tbsp. black pepper
1 1/2 tsp. sugar

Method:

- Spread half of the olive oil onto 4 or 5 sheet pans.
- Place the tomatoes, cut side down, onto the pans.
- Sprinkle the garlic cloves and onions around the tomatoes, along with the rosemary, salt, and pepper.
- Sprinkle the remaining olive oil on top of everything and cook in a 220°C oven, uncovered, for 35 to 40 minutes, or until the tomatoes and garlic are browned and cooked through.
- Pour the entire contents of each sheet pan, including all the liquid, into a food processor. Add the sugar and pulse just long enough to liquefy.
- Strain through a mesh strainer.
- Season with salt and pepper, if needed. If too thin, bring to a simmer and then add 3 Tbsp. cornstarch and 3 Tbsp. cold water. Whisk thoroughly and bring to a simmer again, cooking for 2 minutes.

For the Squash:

1.5 kg or 3 lbs. yellow patty pan squash, stems removed and cut into halves or quarters
1.5 kg or 3 lbs. green patty pan squash, stems removed and cut into halves or quarters*

Method:

- Place the squash in a large pot of boiling water and lightly blanch for 3 to 4 minutes, or until almost cooked through but still crunchy.
- Strain and plunge into an ice bath to stop the cooking process.
- Remove from the ice bath after 5 minutes or when completely cooled.

For the Pasta:

2.5 kg or 5 lbs. Vegan Tortellini

Method:

- Place the pasta in a large pot of boiling salted water. Cook according to the package directions and drain.

To Assemble:

Fresh sprigs of parsley for garnish (optional)

- Toss the pasta, sauce, and squash together. Garnish with the parsley, if using, and serve.

**Note:* Courgette and yellow squashes, cut into 1.9 cm or 3/4-inch dice, may be substituted.

Makes approximately 30 servings

Stuffed Shells With Chipotle Tomato Sauce and Mozzarella ‘Cheese’

For the Sauce:

115 ml vegetable oil, preferably pure olive oil
280 g diced white or yellow onion
3 Tbsp. minced garlic
225 ml dry white wine
3 cans diced tomatoes
150 g tomato paste
4 bay leaves
2 1/2 Tbsp. chili powder
2 tsp. cumin
2 tsp. coriander
2 1/2 Tbsp. chipotle in adobo
2 Tbsp. white sugar
50 g freshly chopped basil
75 g freshly chopped flat-leaf parsley
Salt and black pepper, to taste

Method:

- Heat the oil in a medium stockpot. Add the onions and cook until soft, about 5 to 8 minutes.
- Add the garlic and cook for an additional 3 minutes.
- Add the wine and stir well. Cook for 1 to 2 minutes to allow some of the alcohol to cook off.
- Add the remaining ingredients, except for the fresh herbs, salt, and pepper, and stir well. Bring to a simmer, then lower the heat and slowly simmer for 1 1/2 hours, stirring every 10 minutes.
- Add the fresh herbs and season with the salt and pepper.

To Assemble:

5 kg or 10 lbs. Vegan Stuffed Shells, fully thawed
1.25 kg or 2 1/2 lbs. shredded vegan mozzarella
75 g chopped parsley for garnish

- Spread the shells in a single layer in 5 cm or 2-inch-deep hotel pans.
- Pour the sauce on top and bake, covered, at 175°C for 20 minutes.
- Sprinkle the “cheese” on top and bake for an additional 5 minutes, uncovered, or until the “cheese” melts. Sprinkle with the parsley and serve.

Makes approximately 40 servings

Ravioli With Spring Vegetables

For the Sauce:

115 ml vegetable oil, preferably pure olive oil
250 g diced white or yellow onion
3 Tbsp. minced garlic
225 ml dry white wine
60 g dried Italian seasoning
4 bay leaves
2 Tbsp. white sugar
3 cans diced tomatoes
225 ml tomato paste
50 g freshly chopped basil
75 g freshly chopped flat-leaf parsley
Salt and black pepper, to taste

Method:

- Heat the oil in a medium stockpot. Add the onions and cook until soft, about 5 to 8 minutes.
- Add the garlic and cook for an additional 3 minutes.
- Add the wine and stir well. Cook for 1 to 2 minutes to allow some of the alcohol to cook off.
- Add the remaining ingredients, except for the fresh herbs, salt, and pepper, and stir well. Bring to a simmer, then lower the heat and slowly simmer for 1 1/2 hours, stirring every 10 minutes.
- Add the fresh herbs and season with the salt and pepper.

For the Vegetables:

60 ml olive oil
450 g diced red onion
450 g sliced green onion
450 g diced green peppers
450 g diced red peppers
450 g seeded, diced tomatoes
450 g diced yellow squash
450 g diced courgette
1 Tbsp. chopped garlic
50 g chopped parsley
Salt and pepper, to taste

Method:

- Heat the oil in a large flat-bottomed pan.
- Add the remaining ingredients, except for the parsley, salt, and pepper, and sauté for 10 minutes or until the vegetables are softened but still slightly crunchy.
- Add the parsley and season with the salt and pepper.

To Assemble:

- 5 kg or 10 lbs. Vegan Ravioli, prepared according to package directions
- Combine the sauce and the vegetables.
- Ladle over the ravioli and serve immediately.

Makes approximately 35 to 40 servings

Cajun-Seared Quorn Chicken Fillet With Maple-Roasted Sweet Potatoes and Red Onions and Avocado Cream

For the Avocado Cream:

- 4 large avocados, peeled and pitted
- 3/4 cup vegan mayonnaise
- Juice of 2 limes (or more, to taste)
- 2 tsp. salt (or more, to taste)
- 1/4 tsp. ground white pepper (or more, to taste)

Method:

- Place all the ingredients in a food processor and blend until smooth. Adjust the seasonings.
- Place in squeeze bottles and refrigerate.

For the Sweet Potatoes and Red Onions:

- 260 g real maple syrup
- 2 tsp. salt
- 1/4 tsp. cayenne pepper
- 1/2 tsp. ground cinnamon
- 2 kg or 4 lbs. sweet potatoes, sliced into 1.25 cm or 1/2-inch rounds
- 1.5 kg or 3 lbs. red onions, sliced into 1.25 cm or 1/2-inch rounds

Method:

- Combine the maple syrup, salt, pepper, and cinnamon and mix well.
- Line 2 sheet pans with parchment paper. Lay out the sweet potato slices on one and the onion slices on the other. Brush carefully with the syrup mixture.
- Bake in a 190°C oven for about 25 minutes, or until the sweet potatoes are just soft and the onions are soft.
-

For the 'Chicken Breasts':

- 24 Quorn Vegan Fillets, fully thawed
- 170 g vegan margarine, melted
- 75 g prepared Cajun or blackening spice

Method:

- Coat each vegan chicken fillet with the melted margarine.
- Sprinkle the Cajun or blackening spice liberally on both sides.
- Sear for 3 to 5 minutes on each side, or until golden brown and heated through.

To Assemble:

- Place 3 slices each of the sweet potatoes and the onions on a plate.
- Slice one vegan chicken fillet on a bias and fan out opposite of the potato and onion slices. Using the squeeze bottle, apply the avocado cream in a zigzag cross-hatch pattern. Serve immediately.

Makes 24 servings

Caribbean-Spiced ‘Chicken’ on Chipotle Mashed Sweet Potatoes With Garlic Wilted Greens

For the Mashed Potatoes:

2.5 kg or 5 lbs. sweet potatoes, peeled and roughly diced
115 g vegan margarine
1 Tbsp. finely chopped fresh thyme
3 Tbsp. puréed chipotle in adobo
2 Tbsp. salt

Method:

- Boil the sweet potatoes in lightly salted water for 45 minutes, or until tender. Do not overcook. Drain well.
- Add the remaining ingredients and mix well. Be sure to completely break apart all the chunks of sweet potatoes to achieve a smooth texture.

For the Garlic Greens:

115 ml vegetable oil
1 kg or 2 lbs. braising greens, washed, dried, and cut into 3.8 cm or 1 1/2-inch pieces
2 Tbsp. chopped garlic
Salt and pepper, to taste

Method:

- Heat the oil in a pan and add the greens, cooking for 2 minutes.
- Add the garlic and continue cooking for 3 to 5 minutes or until the greens are completely cooked. Season with the salt and pepper.

For the ‘Chicken’:

2 Tbsp. vegetable oil
1.5 kg or 3 lbs. Quorn vegan chicken fillets
Caribbean-style sauce

Method:

- Heat the oil in a pan and sear the “chicken.”
- Coat with the Caribbean-style sauce.

To Assemble:

- Place an approximately 115 g or 4-oz. scoop of the hot mashed potatoes on a plate. Add approximately 55 g or 2 oz. of the hot garlic greens.
- Slice a cooked fillet in half on the bias or into strips and fan out on top of the mashed potatoes. Use a little of the excess sauce from cooking the “chicken” to drizzle on top.

Makes 20 servings

Tofu and Garden Veggie Skewers With Orange-Maple Glaze

For the Glaze:

1.4 litres B-grade maple syrup
Juice of 4 lemons
225 ml fresh orange juice
Zest of 2 oranges
3 tsp. salt
1/4 tsp. cayenne pepper
115 g vegan margarine

Method:

- Combine the maple syrup, juices, zest, salt, and pepper in a saucepan. Bring to a simmer and cook for 15 to 20 minutes, or until reduced by 1/3 and syrupy.
- Remove from the heat and whisk in the margarine 1 Tbsp. at a time.

For the Skewers:

1.5 kg or 3 lbs. extra-firm tofu
4 large onions cut into 1.9 cm or 3/4-inch dice
2 yellow peppers, seeded and cut into 1.9 cm or 3/4-inch dice
2 green peppers, seeded and cut into 1.9 cm or 3/4-inch dice
2 red peppers, seeded and cut into 1.9 or 3/4-inch dice
1.5 kg or 3 lbs. whole cherry tomatoes
1 kg or 2 lbs. whole mushrooms
20 garlic-herb skewers
6-8 Tbsp. olive oil

Method:

- Thread the tofu, onions, peppers, tomatoes, and mushrooms on the skewers.
- Brush with the olive oil and grill for 3 minutes on each side, or until the vegetables are softened and browned.
- Brush with the prepared glaze and cook for 2 minutes on each side, or until caramelized.
- Brush with additional glaze and serve immediately.

Makes 20 skewers

Tofu and Japanese Aubergine Skewers With Red Curry Coconut Sauce

For the Sauce:

375 ml unsweetened coconut milk
12 green cardamom pods, crushed
2 tsp. freshly minced Kaffir lime leaves
2 garlic cloves, chopped
2 Tbsp. brown sugar, packed
1 Tbsp. fresh lime juice
1 Tbsp. Thai red curry paste
1 1/2 tsp. kombu
Salt, to taste

Method:

- Combine all the ingredients in a small saucepan.
- Bring to a simmer and cook for 10 minutes. Turn off the heat and steep, covered, for 15 minutes.
- Strain and reserve the sauce. Adjust the seasonings.
-

For the Skewers:

750 g or 1 1/2 lbs. extra-firm tofu, cut into 1.9 cm or 3/4-inch dice
750 g or 1 1/2 lbs. Japanese aubergine, skin on and cut into 1.9 cm or 3/4-inch dice
375 g or 3/4 lb. whole shiitake mushrooms
500 g red peppers cut into 1.9 cm or 3/4-inch dice
15 coconut-lime skewers
115 ml vegetable oil
1 1/2 Tbsp. toasted sesame oil
Salt and freshly cracked black pepper, to taste

Method:

- Thread the tofu, aubergine, mushrooms, and peppers on the skewers.
- Brush with the oils and season with the salt and pepper.
- Grill on each side for 5 minutes, or until the vegetables are softened and browned.
- Serve with the prepared sauce.

Makes 15 skewers

Chipotle Barbecue Tofu Kebabs

For the Barbecue Sauce:

60 ml vegetable oil
375 g or 3/4 lb. onion, diced
2 tsp. chopped garlic
1/2 tsp. chili powder
1/2 tsp. coriander powder
1/2 tsp. onion powder
1/2 tsp. curry powder
1/2 tsp. ground cumin
1/2 tsp. ground thyme
2 tsp. strong Dijon mustard
1 Tbsp. vegan Worcestershire sauce
2 Tbsp. molasses
2 Tbsp. light brown sugar, lightly packed
60 ml apple cider vinegar
1 Tbsp. salt
2 tsp. chipotle paste
1.8 litres ketchup

Method:

- Heat the oil in a medium saucepan.
- Add the onions and cook for 10 to 12 minutes, or until lightly browned.
- Add the garlic and cook for 2 minutes.
- Add the remaining ingredients, stirring well, and bring to a slow simmer.
- Stirring often, allow to simmer for 45 minutes to 1 hour, or until thickened.

For the Skewers:

1.5 kg or 3 lbs. extra-firm tofu
4 large onions cut into 1.9 cm or 3/4-inch dice
6 red peppers, seeded and cut into 3/4-inch dice
1.5 kg or 3 lbs. whole cherry tomatoes
1 kg or 2 lbs. whole mushrooms
30 Mexican fiesta skewers
115 ml olive oil

Method:

- Thread the tofu, onions, peppers, tomatoes, and mushrooms on the skewers.
- Brush with the olive oil and grill for 3 minutes on each side, or until the vegetables are softened and the seitan is browned.
- Brush with the prepared barbecue sauce and cook for 2 minutes on each side to caramelize.
- Brush with additional sauce and serve immediately.

Makes 30 skewers

Seitan Strips With Balsamic Caramelized Sweet Onions, ‘Buttered’ Bliss Potatoes, and Herbed Green Beans

For the Balsamic Onions:

115 ml vegetable oil
2.5 kg or 5 lbs. white or yellow onions, thinly sliced
50 g dark brown sugar; lightly packed
250 ml balsamic vinegar
1 1/2 Tbsp. salt

Method:

- Heat the oil in a large flat-bottomed pan over medium heat. Add the onions and cook for 30 to 35 minutes, or until golden brown.
- Add the brown sugar and cook for 5 minutes.
- Add the vinegar and salt and cook for 20 to 25 minutes, or until the liquid is reduced by 3/4 and has become very thick and syrup-like in consistency. Allow to cool completely.

For the ‘Buttered’ Potatoes:

2.5 kg or 5 lbs. red skin potatoes, washed well and cut into 3.8 cm or 1 1/2-inch chunks
3 Tbsp. salt
175 g vegan margarine
2 tsp. ground black pepper
Salt, to taste

Method:

- Place the potatoes and salt in a large stockpot filled with water. Bring to a boil, then reduce the heat and simmer for 15 to 20 minutes, or until the potatoes are just tender. Drain well.
- Place in a large mixing bowl and add the margarine and black pepper. Mix well, being careful not to break up the potato pieces. Adjust the seasoning with salt.

For the Green Beans:

60 ml vegetable oil
500 g onion, diced
4 number 10 cans of green beans, drained (reserve 4 quarts of the liquid)
60 g Minor’s Herb de Provence vegetable base (European herbal blend of marjoram, thyme, basil, rosemary and garlic)
1 tsp. ground black pepper
1 Tbsp. salt

Method:

- Heat the oil in a medium stockpot. Add the onions and cook for 5 minutes, or until soft. Add all the other ingredients.

- Bring to a slow simmer and turn off the heat. Serve immediately or hold in hot liquid for up to 1 hour.

For the Seitan:

2.5 kg or 5 lbs. prepared seitan, cut into thin strips

60 ml vegetable oil

Method:

- Heat the oil in a large flat-bottomed pan. Add the seitan strips and cook at a high temperature for 5 minutes, or until browned and crisp.
- Assemble the dish by serving approximately 85 g or 3 oz. of the strips, 115 g or 4 oz. of the potatoes, and 115 g or 4 oz. of the beans.

Makes 24 servings

Grilled Seitan and Veggie Wraps With Sweet Garlic Aioli

For the Aioli:

15 whole garlic cloves, peeled
60 ml olive oil
2 1/2 cups vegan mayonnaise
1 1/2 Tbsp. Dijon mustard
1 1/2 Tbsp. lemon juice
2 tsp. salt
1/4 tsp. ground white pepper

Method:

- Combine all the ingredients in a shallow pan. Cover with foil and bake at 175°C for 35 minutes, or until the garlic is soft and browned. Remove from the oven and let cool.
- Blend in a food processor until smooth.

For the Veggies:

7 courgette, sliced lengthwise
7 yellow squash, sliced lengthwise
3 red peppers, dribbled and cut lengthwise into 4 equal pieces
3 yellow peppers, dribbled and cut lengthwise into 4 equal pieces
6 cloves garlic, sliced
115 ml extra virgin olive oil
1 Tbsp. finely chopped fresh rosemary
1 Tbsp. finely chopped fresh tarragon
25 g chopped fresh parsley*

Method:

- Combine all the ingredients in a large mixing bowl, coating the vegetables well.
- Place on a grill and cook for 3 to 5 minutes on each side, or until cooked through.

To Assemble:

2 kg or 4 lbs. seitan, sliced into 6 mm-by-5 cm or 1/4-inch-by-2-inch strips
4 Tbsp. vegetable oil
1 tsp. salt
1 tsp. black pepper
20 tortillas

Method:

- Combine the seitan, oil, salt, and pepper. Sear the strips on a flat top griddle or in a large flat bottomed pan for 5 minutes, or until slightly crispy and heated through.
- Place 3 or 4 strips, 85 g or 3 oz. of the vegetables, and 55 g or 2 oz. of the aioli in each tortilla and roll up like a burrito.

Makes approximately 20 wraps

**Note: 4 Tbsp. dry Italian seasoning may be substituted for the fresh herbs*

Seared Seitan Strips and Veggies with Mushroom Gravy

For the Gravy:

165 g or 1/3 lb. vegan margarine
60 g all-purpose flour
3 Tbsp. vegetable oil
125 g onion, chopped
750 g or 1 1/2 lbs. white mushrooms, sliced
1 Tbsp. chopped garlic
115 ml white cooking wine
1.5 litres vegetable stock
2 bay leaves
1 tsp. dry thyme
Salt and pepper, to taste

Method:

- Melt the margarine in a saucepan. Add the flour and cook for 5 minutes to form a roux. Set aside.
- Heat the oil in a medium saucepan. Add the onions and sauté for 5 minutes, or until just soft.
- Add the mushrooms and cook for 7 to 8 minutes, or until mostly cooked through.
- Add the garlic and sauté for 3 minutes.
- Add the wine and simmer for about 8 minutes, or until reduced by 2/3.
- Add the vegetable stock, bay leaves, and thyme and simmer for 15 minutes.
- While simmering, whisk in the prepared roux a little at a time to prevent clumping. Bring back to a slow simmer and cook for 10 minutes. If the gravy seems too thin, prepare a small amount of additional roux and repeat the thickening process.
- Season with the salt and pepper.

For the Veggies:

7 courgette, sliced lengthwise
7 yellow squash, sliced lengthwise
3 red peppers, dribbled and cut lengthwise into 4 equal pieces
3 yellow peppers, dribbled and cut lengthwise into 4 equal pieces
6 cloves garlic, sliced
115 ml extra virgin olive oil
1 Tbsp. finely chopped fresh rosemary
1 Tbsp. finely chopped fresh tarragon
60 g chopped fresh parsley*

Method:

- Combine all the ingredients in a large mixing bowl, making sure the vegetables are well coated.
- Place on a grill and cook for 3 to 5 minutes on each side, or until cooked through.

To Assemble:

2.5 kg or 5 lbs. seitan strips

4 Tbsp. vegetable oil

1 tsp. salt

1 tsp. black pepper

3 kg or 6 lbs. cooked white rice

Method:

- Combine the seitan, oil, salt, and pepper. Sear the strips on a flat top griddle or in a large flat bottomed pan for 5 minutes, or until slightly crispy and heated through.
- Place 110 g or 4 oz. of the rice, 115 g or 4 oz. of the grilled vegetables, 3 or 4 seitan strips, and 85 g or 3 oz. of the gravy on a plate and serve.

**Note:* 4 Tbsp. dry Italian seasoning may be substituted for the fresh herbs

Makes approximately 25 servings

Seitan Strips and Mushrooms in Beef Gravy with Roasted Peppers

For the Gravy:

165 g or 1/3 lb. vegan margarine
150 g all-purpose flour
340 ml red cooking wine
3 litres vegetarian “beef” stock
3 bay leaves
1 Tbsp. dry thyme
Salt and pepper, to taste

Method:

- Melt the margarine in a saucepan. Add the flour and cook for 5 minutes to form a roux.
- Add the wine and simmer for about 8 minutes, or until reduced by 2/3.
- Add the vegetable stock, bay leaves, and thyme and simmer for 15 minutes.
- While simmering, whisk in the prepared roux a little at a time to prevent clumping. Bring back to a slow simmer and cook for 10 minutes. If the gravy seems too thin, prepare a small amount of additional roux and repeat the thickening process.
- Season with the salt and pepper.

For the Strips, Mushrooms, and Roasted Peppers:

1.5 kg or 3 lbs. whole red peppers
60 ml vegetable oil
1.5 kg or 3 lbs. white mushrooms, sliced
2 kg or 5 lbs. seitan, sliced into thin strips
3 Tbsp. chopped garlic
25 g chopped fresh parsley
1 Tbsp. salt
1 1/2 tsp. black pepper

Method:

- Place the red peppers either on gas stovetop burners, on a grill, or under a salamander. Cook, turning quickly, until the entire surface of the skin is blistered and blackened.
- Place in a large bowl. Cover with plastic wrap and let steam for 10 minutes.
- Peel away and discard all the blackened skin.
- Cut the pepper flesh into strips approximately 2 inches long by 6 mm or 1/4 inch wide.
- Heat the oil on a flat top griddle or in a large sauté pan.
- Add the mushrooms and seitan strips and cook for about 7 minutes, or until browned and nearly cooked through.
- Add the garlic and cook for 2 minutes.
- Add the parsley, peppers, salt, and pepper. Toss well and place in a shallow hotel pan.

- Add the gravy and serve over rice or noodles or with potatoes.

Makes approximately 35 servings

Sweet and Spicy Seitan with Baby Bok Choy Over Vegetarian Fried Rice

For the Bok Choy:

2.5 kg or 5 lbs. baby bok choy
3 Tbsp. salt

Method:

- Remove any discoloured leaves from the outside of the bok choy. Cut the larger bulbs into quarters and the smaller ones into halves.
- Place the salt in a pot of boiling water. Add the bok choy and cook for 5 minutes, or until softened.
- Remove from the water and plunge into an ice bath for 5 to 7 minutes to stop the cooking process.
- Remove from the ice bath and drain well.

For the Seitan:

60 ml vegetable oil
2.5 kg or 5 lbs. seitan, cut into thin strips
2.7 litres Sweet and Spicy Plum prepared sauce

Method:

- Heat the oil in a large flat-bottomed pan. Add the seitan strips and sauté for about 5 minutes, or until crispy and heated through.
- Add the prepared sauce and the bok choy and simmer for 5 minutes.

For the Rice:

115 ml vegetable oil
375 g or 3/4 lb. chopped onions
225 g chopped carrots
1 Tbsp. minced fresh ginger
7 litres cooked white rice, cold
500 g green onions, sliced on the bias
330 ml soya sauce

Method:

- Heat the oil in a large flat-bottomed pan. Add the onions and carrots and stir-fry for 8 minutes, or until soft.
- Add the ginger and cook for 3 minutes.
- Add the rice and cook, stirring constantly, for 5 minutes, or until heated through.
- Add the remaining ingredients and stir well.
- Serve 170 g or 6 oz. of the cooked rice with a 170 g or 6-oz. ladle of the sauced “beef” and bok choy.

Makes about 25 servings

Tempeh Piccata

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.25 cm or 2 1/2-inch beveled slices
500 ml soya sauce
225 ml orange juice
25 g fresh ginger, sliced
1.35 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Piccata:

345 g unbleached flour
Salt and pepper, to taste
Prepared tempeh
225 ml canola oil
4 garlic cloves, minced
8 finely minced shallots
60 ml olive oil
100 g capers, drained
1.35 litres dry white wine
470 ml vegetable stock
4 Tbsp. vegan margarine
4 Tbsp. (60 ml) fresh lemon juice
10 2/3 Tbsp. freshly chopped parsley

Method:

- Combine the flour, salt, and pepper and dredge the tempeh, coating completely.
- Heat the canola oil in a large pan. Brown the tempeh on both sides. Remove from the pan and set aside.
- Lower the heat and sauté the garlic and shallots in the olive oil for 3 minutes, taking care not to burn the garlic. Add the capers and sauté for 1 minute.
- Add the white wine and reduce by 1/2.
- Add the vegetable stock and reduce by 1/2.
- Return the tempeh to the pan and cook for 5 to 10 minutes.
- Stir in the margarine, lemon juice, and parsley. Serve immediately.

Makes 20 servings

Tempeh with Marsala and Mushroom Sauce

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.25 cm or 2 1/2-inch bevelled slices
500ml soya sauce
250 ml orange juice
4 Tbsp. cup fresh ginger, sliced
1.35 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Marsala Sauce:

750 ml unbleached flour
Salt and pepper, to taste
Prepared tempeh
250 ml canola oil
4 garlic cloves, minced
8 finely minced shallots
60 ml olive oil
1 kg mushrooms, sliced
900 ml Marsala cooking wine
470 ml vegetable stock
12 Tbsp. vegan margarine
4 Tbsp. (60 ml) fresh lemon juice
10 2/3 Tbsp. freshly chopped parsley

Method:

- Combine the flour, salt, and pepper and dredge the tempeh, coating completely.
- Heat the canola oil in a large pan and brown the tempeh on both sides.
- Remove from the pan and set aside.
- Lower the heat and sauté the minced garlic and shallots in the olive oil for 3 minutes, taking care not to burn the garlic. Add the mushrooms and sauté for 5 minutes.
- Add the wine and reduce by 1/2.
- Add the vegetable stock and reduce by 1/2.
- Return the “chicken” to the pan and cook for 5 to 10 minutes.
- Stir in the margarine, lemon juice, and parsley. Serve immediately.

Makes 20 servings

Cajun-Rubbed Tempeh with Dirty Rice

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.25 cm or 2 1/2-inch beveled slices
500 ml soya sauce
225 ml orange juice
25 g fresh ginger, sliced
1.7 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Dirty Rice:

60 ml (4 Tbsp.) cup vegetable oil
115 g chopped onions
115 g chopped celery
150 g chopped green peppers
3 Tbsp. chopped garlic
800 g rice
1.8 litres water
4 bay leaves
3 Tbsp. Cajun seasoning mix
500 g “beef” quick mix
2 Tbsp. salt
4 Tbsp chopped parsley
4 Tbsp. vegan margarine

Method:

- Heat the oil in a medium saucepot. Add the vegetables and sauté for 8 to 10 minutes, or until soft.
- Add the garlic and cook for an additional 3 minutes.
- Add all the other ingredients, except for the parsley, margarine, and “chicken breasts,” and bring to a simmer.
- Cook, covered, for 30 minutes, or until the liquid has been absorbed and the rice is cooked through. Add the parsley and margarine and mix thoroughly.
- Place in a 5 cm or 2-inch-tall hotel pan. Top with the cooked tempeh and serve.

Note: Top the dish with vegetable broth to moisten

Makes 20 servings

Grilled Tempeh Focaccia with Veggies and Vegan Pesto Mayo

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.25 cm or 2 1/2-inch bevelled slices
500 ml soya sauce
225 ml orange juice
60 g fresh ginger, sliced
1.35 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Pesto:

900 ml vegan mayonnaise
60 g chopped basil
3 Tbsp. lemon juice
1 1/2 tsp. salt
1/4 tsp. ground white pepper

Method:

- Mix all the ingredients well and set aside.

For the Veggies:

7 courgette, sliced lengthwise
7 yellow squash, sliced lengthwise
3 red peppers, dribbled and cut lengthwise into 4 equal pieces
3 yellow peppers, de-ribbed and cut lengthwise into 4 equal pieces
6 garlic cloves, sliced
115 ml extra virgin olive oil
1 Tbsp. finely chopped fresh rosemary
1 Tbsp. finely chopped fresh tarragon
50 g freshly chopped parsley

Method:

- Combine all the ingredients in a large mixing bowl, coating the vegetables well.
- Place in a single layer on sheet pans and roast at 190°C for 30 to 40 minutes, or until slightly soft.

To Assemble:

- Prepared pesto
- 20 sandwich-sized pieces of focaccia, cut in half width wise
- Prepared tempeh
- Prepared veggies

- Spread the pesto on both sides of the focaccia.
- Place the tempeh on the bottom half and top with the roasted vegetables. Slice on the bias and serve.

Makes 20 servings

Herb-Rubbed Tempeh over Rice and Corn Pilaf

For the Rice:

115 g diced onion
150 g diced bell peppers (preferably mixed colours)
150 g diced celery
60 ml olive oil
1 qt. white rice, rinsed well
2 cups raw corn kernels
2.25 litres water
5 bay leaves
2 Tbsp. fresh thyme
4 Tbsp. salt
1 Tbsp. black pepper
60 g vegan margarine

Method:

- Cook the onions, peppers, and celery in the oil for 3 minutes, or until tender.
- Add the remaining ingredients, except the margarine if using, and bring to a simmer.
- Reduce to a slow simmer and cook for 30 to 35 minutes, or until the rice is done. Drain any excess water.
- Stir in the margarine, if using.

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.25 cm or 2 1/2-inch bevelled slices
500 ml soya sauce
225 ml orange juice
25 g fresh ginger, sliced
1.35 litres water
60 ml olive oil
25 g chopped parsley
2 Tbsp. chopped thyme (or 2 1/2 tsp. dried thyme)
2 Tbsp. chopped rosemary (or 2 1/2 tsp. dried rosemary)
25 g chopped basil (or 2 1/2 Tbsp. dried basil)

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through. Drain.
- Brush the tempeh with the oil and sprinkle with the herbs.
- Serve over the rice pilaf.

Note: Top the dish with vegetable broth to moisten.

Makes approximately 30 servings

Sweet Pepper- and Onion-Smothered Tempeh over Eggless Noodles

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.25 cm or 2 1/2-inch beveled slices
500 ml soya sauce
225 ml orange juice
50 g fresh ginger, sliced
1.35 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Peppers and Onions:

60 ml vegetable oil
1.5 kg or 3 lbs. white onions, seeded, dribbled, and sliced into thin strips
1.5 kg or 3 lbs. bell peppers (preferably different colours), seeded, dribbled, and sliced into thin strips
150 g chopped celery
3 Tbsp. chopped garlic
2 bay leaves
1 Tbsp. dried thyme
1 Tbsp. dried oregano
225 ml white wine
500 g kg can chopped tomatoes, crushed into small chunks
1 1/2 tsp. sugar
3 Tbsp. salt
1 1/2 Tbsp. coarse ground black pepper
50 g chopped parsley
50 g chopped basil
Prepared tempeh

Method:

- Heat the oil in a large flat-bottomed pan.
- Add the onions, peppers, and celery and sauté rapidly for 3 minutes.
- Add the garlic, bay leaves, thyme, and oregano and cook for 2 minutes.
- Add the wine, tomatoes, sugar, salt, and pepper and bring to a simmer. Cook for 15 minutes, or until the vegetables have softened and the tomatoes are cooked.
- Stir in the fresh herbs. Add the tempeh and cook until heated through. Serve on top of prepared eggless noodles.

Makes approximately 25 servings

Tempeh Cacciatore with Roasted Veggies

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.5 cm or 2 1/2-inch bevelled slices
500 ml soya sauce
225 ml orange juice
25 g fresh ginger, sliced
1.35 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Sauce:

115 ml vegetable oil
230 g diced white or yellow onions
3 Tbsp. minced garlic
225 ml dry white wine
675 g diced tomatoes
115 g tomato paste
230 g diced carrots
25 g dried Italian seasoning
4 bay leaves
25 g freshly chopped basil
75 g freshly chopped flat-leaf parsley
Salt and black pepper, to taste

Method:

- Heat the oil in a medium stockpot. Add the onions and cook until soft, about 5 to 8 minutes. Add the garlic and cook for an additional 3 minutes. Add the wine and stir well. Cook for 1 or 2 minutes, allowing some of the alcohol to evaporate.
- Add all the remaining ingredients, except for the fresh herbs, salt, and pepper, and stir well. Bring to a simmer, then lower the heat and slowly simmer for 1 1/2 hours, stirring every 10 minutes. Add the fresh herbs and season with the salt and pepper.

For the Veggies:

7 courgette, sliced lengthwise
7 yellow squash, sliced lengthwise
3 red peppers, drizzled and cut lengthwise into 4 equal pieces
3 yellow peppers, drizzled and cut lengthwise into 4 equal pieces
6 garlic cloves, sliced
115 ml extra virgin olive oil
1 Tbsp. finely chopped fresh rosemary

1 Tbsp. finely chopped fresh tarragon
25 g freshly chopped parsley

Method:

- Combine all the ingredients in a large mixing bowl, coating the vegetables well. Place in a single layer on sheet pans and roast at 190°C for 30 to 40 minutes, or until slightly soft.

To assemble

- Place the veggies in the bottom of a 2-inch hotel pan.
- Place the cooked tempeh on top and smother with the sauce.
- Serve with cooked pasta.

Makes approximately 30 servings

Coconut Curry Tempeh with Sweet Pea Jasmine Pilaf

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.5 cm or 2 1/2-inch bevelled slices
500 ml soya sauce
225 ml orange juice
50 g fresh ginger, sliced
1.35 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Rice:

60 ml olive oil
115 g diced onion
115 g diced celery
115 g diced carrot
2 kg jasmine rice
2.7 litres water
600 ml unsweetened coconut milk
4 Tbsp. salt
1 Tbsp. black pepper
5 bay leaves
500 g frozen green peas
200 g fresh coconut, toasted

Method:

- Heat the oil in a medium stockpot. Add the onions, celery, and carrots and sauté for 10 minutes, or until soft.
- Add the remaining ingredients, except the peas and coconut, and bring to a simmer. Cook for 30 to 45 minutes, or until the liquid is absorbed and the rice is tender.
- Add the peas and coconut, mixing well.
- Serve heated tempeh over the rice.

Makes 30 servings

Chipotle Barbecue Tempeh Sandwiches with Vegan Potato Salad

For the Barbecue Sauce:

60 ml vegetable oil
750 g or 1 1/2 lbs. onions, diced
1 Tbsp. chopped garlic
2 tsp. chili powder
2 tsp. coriander powder
2 tsp. onion powder
1 tsp. ground cumin
1 tsp. ground thyme
1/4 cup chipotle in adobo, puréed smooth
25 g mustard
3 Tbsp. vegan Worcestershire sauce
80 g molasses
50 g light brown sugar, lightly packed
60 ml apple cider vinegar
3 Tbsp. salt
2 Tbsp. ground black pepper
4.5 litres ketchup

Method:

- Heat the oil in a medium saucepot. Add the onions and cook for 10 to 12 minutes, or until lightly browned.
- Add the garlic and cook for an additional 2 minutes.
- Add the remaining ingredients, stirring well, and bring to a slow simmer. Stirring often, simmer for 45 minutes to an hour, or until thickened.

For the Tempeh:

2 kg or 4 lbs. tempeh, sliced on the bias into 6.5 cm or 2 1/2-inch beveled slices
500 ml soya sauce
225 ml orange juice
25 g fresh ginger, sliced
1.35 litres water

Method:

- Place the tempeh in a single layer in a large flat-bottomed pan.
- Add the remaining ingredients. Bring to a simmer and cook for 45 minutes to 1 hour, or until the tempeh is softened all the way through.
- Drain and set aside.

For the Potato Salad:

175 ml apple cider vinegar
2 Tbsp. salt
4 Tbsp. sugar
3.5 kg or 7 lbs. potatoes, peeled and cut into 1.25 cm or 1/2-inch dice

4 Tbsp. salt
1 1/2 cups vegan mayonnaise
3 Tbsp. Dijon mustard
230 g chopped green onions
55 g chopped chives

Method:

- Mix the vinegar, 2 Tbsp. salt, and sugar in a small bowl. Set aside.
- Place the potatoes and 4 Tbsp. salt in a large pot. Cover with water and bring to a simmer, cooking for 30 minutes, or until cooked through.
- Drain well and spread out onto sheet pans. While still hot, sprinkle with the prepared vinegar mixture.
- Allow to cool, then mix well with the remaining ingredients

To Assemble:

- Brush the tempeh with the barbecue sauce and grill for 1 minute. Remove from the grill and brush liberally with more sauce.
- Serve on hearty, whole-grain bread with 115 g or 4 oz. of the potato salad as a side.

Makes 30 servings

Vegan Eggless Egg Salad

3 kg or 6 lbs. firm tofu, mashed
2 ½ cups vegan mayonnaise
230 g chopped fresh parsley
115 g sweet pickle relish
2 medium onions, diced
4 stalks celery, diced
2 Tbsp. plus 1 tsp. garlic powder
2 tsp. turmeric
75 g prepared mustard
Salt and pepper, to taste

Method:

- Combine all the ingredients in a large bowl.

Makes 25 servings

Baked Five-Spice Seasoned Tofu

5 500 g or 1-lb. blocks firm tofu
2.5 litres vegetable stock
1 cup tamari
175 ml toasted sesame oil
25 g minced garlic
25 g minced ginger
25 g sesame seeds, toasted
1 1/2 tsp. Chinese five-spice powder
1 1/2 tsp. salt
1 1/2 tsp. black pepper
1 Tbsp. sugar

Method:

- Wrap the tofu in a clean towel, place in a colander in the sink, and top with a plate and a heavy can or other weight for 30 minutes.
- Preheat the oven to 175°C.
- Remove the tofu from the towel and cut into 1.25 cm or 1/2-inch slices. Lightly oil 2 sheet pans.
- Place a single layer of tofu slices on each sheet pan and set aside.
- In a bowl or measuring jug, whisk together the remaining ingredients, then pour over the tofu slices.
- Bake for 15 minutes.
- Remove the dish from the oven, carefully turn the tofu, and bake for an additional 10 to 15 minutes, or until all the liquid has been absorbed.
- Serve in sandwiches, salads, and side dishes or add to stir-fries. If refrigerated, the tofu will keep for up to 7 days.

Makes 45 slices

Creamy Baked Vegan Macaroni Casserole

4 kg or 8 lbs. elbow macaroni
550 g vegan margarine
280 g unbleached white flour
5 litres plus 560 ml boiling water
2-3 Tbsp. salt
150 ml soya sauce
2 1/2 Tbsp. garlic powder
1 tsp. turmeric
225 ml canola oil
575 g nutritional yeast flakes
Paprika, to taste

Method:

- Preheat the oven to 180°C.
- Cook the elbow macaroni according to the package directions. Drain and set aside.
- In a stockpot, melt the margarine over low heat. Whisk in the flour. Continue to whisk over medium heat until smooth and bubbly.
- Whisk in the boiling water, salt, soya sauce, garlic powder, and turmeric. Continue beating well to dissolve.
- Once thick and bubbling, whisk in the oil and the nutritional yeast.
- Mix 3/4 of the sauce with the noodles and place in hotel pans. Cover the noodles with the remaining sauce. Sprinkle the paprika on top.
- Bake for 15 minutes.
- Broil for a few minutes until the “cheese” sauce is crisp.

Makes 25 to 30 servings

Vegan Beef Stroganoff

1 2.5 kg or 5-lb. bag egg-free pasta
1 qt. chopped onion
60 ml vegetable oil
2 kg or 4 lbs. vegan mince or “beef” strips
1.3 litres mushroom gravy or vegan brown gravy
1.15 kg or 40 oz. sliced mushrooms, drained
1 tsp. garlic powder
Pepper, to taste
Salt, to taste
680 g or 24 oz. vegan sour cream
675 ml white wine (optional)

Method:

- Cook the pasta in boiling water to the desired tenderness.
- In a large skillet, brown the onion in the oil. Add the remaining ingredients, stir, and cook over medium heat for 15 minutes.
- Drain the pasta and cover with the sauce.

Makes 25 to 30 servings

Vegan Shepherd's Pie

25 medium potatoes, diced

150 g vegan margarine

300 ml soya milk or non-dairy creamer

Salt and pepper, to taste

1.35 kg or 48 oz. vegetarian burger crumbles

900 ml plus 560 ml mushroom gravy or vegan brown gravy

1 qt. mixed peas, corn, and carrots, drained

Garlic powder, to taste

Cayenne pepper, to taste

Method:

- Preheat the oven to 170°C.
- Boil the potatoes for 20 minutes, or until tender. Drain and mash with the margarine and soya milk or non-dairy creamer. Add the salt and pepper.
- In a large bowl, mix the crumbles, gravy, peas, corn, carrots, and spices and pour into a hotel pan.
- Top with the potatoes.
- Bake for 30 to 40 minutes, or until the potatoes are browned and the crumble mixture is bubbling.

Makes 25 servings

Vegan Spanish Paella

175 ml olive oil

1.25 kg or 2 1/2 lbs. sweet Italian vegan sausage, sliced into 1.25 cm or 1/2-inch pieces, optional

6 carrots, sliced into 2.5 cm or 1-inch rounds

6 onions, peeled and quartered

6 celery stalks, cut into 2.5 cm or 1-inch pieces

1.2 kg oyster mushrooms

10 garlic cloves, roughly chopped

950 ml vegetable stock

25 g chopped green olives with pimento

1-2 Tbsp. salt

1 tsp. ground oregano

1 tsp. ground saffron

1 pt. long-grain rice

1 pt. artichoke hearts, drained and quartered

680 g or 24 oz. hearts of palm, sliced into 1.25 cm or 1/2-inch rounds

Method:

- In a large stockpot, heat the olive oil. Add the “sausage” and cook over medium heat for 5 minutes, or until browned.
- Add the carrots, onions, celery, oyster mushrooms, and garlic. Sauté for 5 minutes. Add the vegetable stock, olives, salt, oregano, saffron, and rice. Simmer for 30 minutes.
- Add the artichoke hearts and the hearts of palm.
- Cover and simmer for 10 to 15 minutes.

Makes 22 to 24 servings

Tempeh Creole

For the Marinade:

280 ml soya sauce
3 Tbsp. Creole seasoning
20 slices fresh ginger
1 tsp. sea salt
8 garlic cloves, smashed
7 litres water
15 peppercorns

Method:

- Combine all the ingredients.

For the Tempeh:

910 g or 32 oz. tempeh
115 g Creole seasoning
230 g unbleached flour
225 ml canola oil
900 g diced onion
1 qt. chopped bell pepper
1 qt. chopped celery
1/8 kg peeled, seeded, and chopped tomatoes
50 g chopped garlic
8 bay leaves
1 tsp. dried thyme
1 tsp. dried oregano
1 tsp. dried basil
480 ml dry red wine
Salt, to taste
Cayenne pepper, to taste
Freshly ground black pepper, to taste
50 g chopped green onion
60 g finely chopped parsley

Method:

- Cut the tempeh into thin slices on a bias and simmer in the marinade for a minimum of 1 hour.
- Remove the tempeh, reserving the liquid.
- In a bowl, combine the Creole seasoning and the flour and mix well. Dredge the tempeh, coating completely.
- Heat a large pan and add the canola oil. When hot, brown the tempeh on both sides. Remove from the pan and set aside. (It might be necessary to do this in batches.)
- Place the onions, bell pepper, and celery in the same pan. Cook for 5 minutes, or until wilted. Add the tomatoes and the garlic. Cook for an additional 3 minutes.

- Add the tempeh, bay leaves, thyme, oregano, basil, strained marinade liquid, and wine. Season with the salt, cayenne pepper, and black pepper. Bring to a simmer and cook for 30 minutes.
- Remove the bay leaves before serving.
- Garnish with the green onion and the parsley and serve over rice.

Makes 25 servings

Tempeh Scaloppini With Lemon-Caper Sauce

For the Braising Liquid:

280 ml soya sauce
20 slices fresh ginger
4 2.5 cm or 1-inch pieces kombu (sea vegetable)
1 tsp. sea salt
4 garlic cloves, sliced
7 litres water

Method:

- In a large pot, combine all the ingredients and simmer.

For the Tempeh:

4 225 g or 8-oz. pkgs. tempeh
345 g unbleached flour
Salt and pepper, to taste
225 ml canola oil
4 garlic cloves, minced
8 finely minced shallots
175 ml olive oil
3/4 cup capers, drained
1.3 litres dry white wine
470 ml vegetable stock
175 g cold-pressed no hydrogenated margarine
60 ml fresh lemon juice
75 g fresh chopped parsley

Method:

- Cut each piece of tempeh diagonally into 12 thin slices, add to the braising liquid, and simmer for at least 1 hour. Remove and cool on a dry surface.
- Combine the flour, salt, and pepper and dredge the tempeh, coating completely.
- Heat the canola oil in a large pan. Brown the tempeh on both sides, then remove from the pan, and set aside.
- Lower the heat and sauté the minced garlic and shallots in the olive oil for 3 minutes, taking care not to burn. Add the capers and sauté for 1 minute.
- Add the white wine and reduce the liquid by 1/2.
- Add the vegetable stock and reduce the liquid by 1/2.
- Return the tempeh to the pan and cook for 5 to 10 minutes.
- Stir in the no hydrogenated margarine, lemon juice, and parsley. Serve immediately over pasta.

Makes 20 servings

Enchilada Bake

2 kg or 4 lbs. vegetarian burger crumbles
170 g or 6 oz. taco seasoning
Spray oil sufficient to coat a hotel pan
1.85 kg or 65 oz. enchilada sauce
72 corn tortillas
1.7 kg or 60 oz. canned pinto beans, drained
6 green onions, chopped
900 g vegan cheddar cheese, shredded
450 g or 16 oz. diced green chillies

Method:

- Preheat the oven to 190°C.
- In a large bowl, combine the burger crumbles and the taco seasoning and set aside.
- Spray a hotel pan with the oil.
- In layers, spread generous amounts of the enchilada sauce, corn tortillas, and pinto beans, a handful of the green onions, 1/3 of the shredded “cheese,” and 1/2 of the green chillies in the pan.
- Continue layering with additional enchilada sauce, additional tortillas, all the seasoned burger crumbles, 1/3 of the “cheese,” and the remaining pinto beans, green onions, and green chillies.
- Add an additional layer of the enchilada sauce and the remaining tortillas. Top with the remaining enchilada sauce and the remaining “cheese.”
- Cover in foil and bake for 30 minutes.
- Remove the foil and bake for an additional 15 to 30 minutes, or until browned and bubbling.

Makes 25 servings

Fattoush (Persian Bread Salad)

6 ears fresh sweet corn
4 loaves seeded sourdough bread, diced
6 large heirloom tomatoes, chopped and juice reserved
1 bunch chopped basil
1 onion, finely chopped
50 g fresh chopped garlic
115 ml cider vinegar
60 ml balsamic vinegar
225 ml olive oil
Salt and pepper, to taste

Method:

- Remove the kernels from the corn cobs and combine with the remaining ingredients, including the juice from the tomatoes. Refrigerate overnight.
- Serve hot or cold.

Makes 32 side-dish servings or 26 main-course servings

Vegan Moussaka

For the Aubergine:

4-5 aubergine, peeled and cut into 6 mm or 1/4-inch slices

Heavily salted water sufficient to cover the aubergine

1.25 cm or 1/2 inch olive oil

Method:

- In a large bowl, soak the aubergine in the water for 20 minutes.
- Drain and rinse, then drain for an additional 10 to 15 minutes. Pat dry.
- Heat the olive oil in a large sauté pan over medium heat. Sauté the aubergine for a couple of minutes on each side.

For the 'Beef' Sauce:

3 large onions, finely chopped

4 large garlic cloves

1 kg or 2 lbs. mushrooms, sliced

225 ml red wine

225 ml vegetable broth

2 kg or 4 lbs. vegetarian beef crumbles

1 tsp. dried rosemary

1 tsp. allspice

4 tsp. cinnamon

4 tsp. oregano

1-2 tsp. salt

2 tsp. black pepper

345 ml tomato sauce

Method:

- In a large saucepan, cook the onions, garlic, mushrooms, and wine over medium heat for 15 minutes.
- Add the remaining ingredients and cook for 5 minutes. Set aside.

For the Custard:

910 g or 32 oz. silken tofu

2 heads roasted garlic

3/8 cup light miso

2 Tbsp. nutritional yeast

2 Tbsp. egg-replacement powder

1/2 tsp. nutmeg

1 tsp. salt

85 ml soya milk

Method:

- In a food processor, blend all the ingredients until smooth. Set aside.

To Assemble:

- Seasoned bread crumbs
- 2 cups marinara sauce
- Preheat the oven to 180°C.
- In a large, oiled 680 g or 24-inch casserole dish, layer 1 cup of the marinara sauce, 1/2 of the aubergine, and 1/2 of the vegan “beef” sauce. Repeat. Top with the custard.
- Bake for 30 minutes. Top with the bread crumbs. Bake for an additional 15 minutes.

Variation:

Substitute 12 large cooked potatoes, sliced (leave the skins on), for the aubergine. Follow the same directions, but do not soak the potatoes in salted water.

Makes 16 to 20 servings

Asian Turnovers

For the Turnovers:

2-3 Tbsp. sesame oil

500 g Napa cabbage or pak choi, sliced into thin strips approximately 1.25 cm or 1/2-inch long

115 g peapods, cut diagonally into small pieces

1 bunch green onions, chopped

225 g or 8 oz. shiitake mushrooms, thinly sliced

1 Tbsp. sesame seeds

1 Tbsp. fresh minced garlic

1 Tbsp. fresh minced ginger

1 Tbsp. soya sauce

1 Tbsp. dry sherry

Salt and pepper, to taste

2 boxes puff pastry

Method:

- Preheat the oven to 190°C. Heat the oil in a frying pan. Add the cabbage, peapods, onions, and mushrooms. Stirring occasionally, sauté for 3 to 4 minutes or until the cabbage begins to wilt.
- Combine the sesame seeds, garlic, ginger, soya sauce, sherry, salt, and pepper and add to the cabbage mixture. Cook for 4 to 5 minutes, then cool.
- Open the pastry sheets and cut into 5 cm or 2-inch circles. Roll out slightly.
- Fill with the cabbage mixture. Seal the edges with water, then press to close.
- Bake for 15 minutes, or until golden brown. Serve with the dipping sauce.

For the Dipping Sauce:

225 ml soya sauce

100 g rice wine vinegar

1 1/2 tsp. sugar

1/2 tsp. red pepper flakes

150 g finely chopped cilantro

Method:

- Combine all the ingredients 60 minutes before serving.

Makes approximately 30 to 35 pieces

Tofu Breakfast Scramble

This is also great when stuffed in a tortilla as a burrito.

175 ml extra-virgin olive oil
3 medium onions, diced
12 garlic cloves, minced
2 tsp. ground ginger
3 kg or 6 lbs. firm tofu, drained
3 Tbsp. tamari
3 yellow or green bell peppers, seeded and chopped
700 g sliced mushrooms (optional)
15 freshly diced tomatoes
3 Tbsp. nutritional yeast flakes
Salt and freshly ground pepper, to taste
Freshly chopped chives, to taste

Method:

- Heat the olive oil over medium heat in a large skillet and sauté the onions for 5 minutes, or until softened. Add the garlic and the ginger, stir, and cook for 1 minute, then crumble in the tofu with your hands. Add the tamari, peppers, and mushrooms and continue stir-frying until tender-crisp. Add the tomatoes and nutritional yeast flakes and gently stir-fry for an additional 3 to 4 minutes.
- Season with the salt and pepper and garnish with the chives.

Makes 24 servings

Vegan Sausage-and-Bean Burritos

For the Tomatillo Sauce:

8 tomatillos
3 jalapeño peppers, stems removed
1/2 bunch cilantro
Garlic salt, to taste
1 ripe Hass avocado (optional)

Method:

- Remove the wrappers from the tomatillos.
- Immerse the tomatillos and the peppers in boiling water until soft. In a blender, purée the remaining ingredients until smooth. Combine with the tomatillo mixture.

For the Burritos:

1 Tbsp. vegetable oil
30 15.25 cm or 6-inch soft flour tortillas
2 cans spicy vegetarian refried beans
1.02 kg or 36 oz. vegan sausage crumbles
6 cooked potatoes, sliced
Yellow, green, or red peppers sautéed (optional)
1 white onion, sliced and sautéed (optional)
230 g shredded vegan cheddar cheese
150 g chopped cilantro
2 cups vegan sour cream
2 cups guacamole
2 cups salsa

Method:

- Preheat the oven to 180°C. Warm the oil in a sauté pan over medium heat. Quickly heat 1 tortilla on each side.
- Immediately fill with 2 to 4 Tbsp. of the tomatillo sauce and small amounts of the refried beans, sausage crumbles, potato slices, peppers, and onions, then wrap. Place seam-side-down in a large, oiled casserole dish. Fill the remaining tortillas and place side-by-side in the casserole dish (do not stack).
- Top the entire casserole with 1/2 to 3/4 cup of the tomatillo sauce, leaving a 1.25 cm or 1/2-inch border sauce free.
- Top with the vegan cheese.
- Bake, covered, for 15 minutes. Uncover and cook for an additional 15 minutes, or until hot.
- Remove from the oven and top with the cilantro. Serve with the vegan sour cream, the guacamole, and the salsa.

Makes 30 servings

Sides

Couscous Salad

850 g couscous
7 litres boiling water
1 kg chickpeas
4 red bell peppers, roasted, peeled, and chopped
300 g black olives, pitted
300 g onions, chopped
75 g fresh mint, chopped
225 ml olive oil
170 ml lemon juice
Salt, to taste
Freshly ground pepper, to taste
Lettuce leaves for garnish
Fresh mint leaves for garnish

Method:

- Add the couscous to the boiling water. Cover and let stand for 2 minutes. Drain and place in a dish.
- Add the chickpeas, bell peppers, olives, onions, and mint. Toss with the olive oil and lemon juice and season with the salt and pepper.
- Lay the lettuce leaves in a serving dish and pile the salad on top. Make a flower in the center with the mint leaves.
- Refrigerate until ready to serve.

Makes 24 servings

Macaroni Salad

by Chef Tanya Petrovna

12 cups cooked elbow macaroni
6 cups corn kernels
450 g chopped celery
450 g chopped carrots
3 cucumbers, peeled, seeded, and cut into quarters
900 g chopped red bell peppers
100 g chopped parsley
100 g chopped chives or green onions
330 ml lemon juice
6 cups vegan mayonnaise
3 Tbsp. salt
3 tsp. pepper

Method:

- Toss all the ingredients together until combined.

Makes 24 servings

Quinoa and Roasted Courgette

6 courgette, chopped
6 yellow squash, chopped
6 bell peppers, seeded and chopped
6 carrots, chopped
450 ml olive oil, plus more for drizzling on the vegetables
Salt and black pepper, to taste
Rosemary, to taste
5 onions, chopped
10 garlic cloves, minced
1.35 kg or 48 oz. prepared quinoa

Method:

- Preheat the oven to 205°C. Place the courgette, squash, peppers, and carrots on a baking sheet. Drizzle with olive oil and season with the salt, pepper, and rosemary. Cook until golden, about 15 minutes.
- Heat the 450 ml of olive oil in a large pan and sauté the onions and garlic until caramelized.
- Combine the quinoa, roasted vegetables, and caramelized onions in a large bowl.

Makes 24 servings

Savory Vegetable Rice Pilaf

by Chef Ron Pickarski, CEC

1.8 litres water
1 kg 60 g short-grain brown rice
2 tsp. salt
115 ml olive oil
700 g julienned carrots
700 g julienned onions
4 Tbsp. minced garlic
2 1/2 Tbsp. dried savory
2 1/2 Tbsp. dried basil
4 tsp. cumin
1 tsp. black pepper
700 g thinly sliced celery

Method:

- Bring the water to a boil in a medium saucepan. Add the rice and 1/2 tsp. of the salt. Cook, covered, for about 1 hour.
- Heat the oil in a large skillet. Sauté the carrots, onions, garlic, savory, basil, cumin, and pepper for 5 minutes. Add the celery and continue cooking for an additional 3 to 4 minutes. Stir in the cooked rice and pour into a baking dish. Cover and bake at 180°C for 1 hour.

Makes 24 servings

Tortellini Salad

For the Dressing:

100 g finely chopped parsley
6 garlic cloves, minced
170 ml olive oil
6 Tbsp. vegan Parmesan cheese
3 Tbsp. red wine vinegar

Method:

Whisk all the ingredients together.

For the Salad:

1.5 kg tofu-filled tortellini
170 ml olive oil
1 kg vegetarian pepperoni, julienned
450 g frozen peas, thawed
6 carrots, grated
1 1/2 large red bell peppers, thinly sliced
3 celery stalks, diced
3 small red onions, chopped
24 cherry tomatoes, halved

Method:

- Cook the tortellini according to the package directions. Drain and toss in the olive oil.
- Toss all the ingredients together with the dressing.

Makes 24 servings

Vegan Fried Rice

by Chef Tanya Petrovna

115-170 ml olive oil
2 Tbsp. toasted sesame oil
250 g diced carrots
250 g diced red bell peppers
3 kg cooked rice, cooled
3 cups diced seitan or vegetarian chicken
300 g green peas
300 g chopped green onions
2 Tbsp. salt
85 g toasted sesame seeds

Method:

- Heat the oils in a skillet over medium heat. Sauté the carrots and bell peppers for 1 minute. Add the cooked rice and stir-fry for 1 minute.
- Add the remaining ingredients, except the sesame seeds, and stir-fry for 1 to 2 minutes. Garnish with the sesame seeds.

Makes 24 servings

Sauces, Dressings, Marinades, and Fillings

Peanut Sauce

This tasty sauce is great as a dip for fresh spring rolls or on Thai-style noodles.

1.8 kg peanut butter
225 g sugar
500 ml tamari
500 ml apple cider vinegar or rice wine vinegar
15.25 cm or 6-inch piece of ginger, peeled and chopped
12 garlic cloves, chopped
60 g chilli powder
1.8 litres hot water
1 bunch cilantro, chopped
225 ml sesame oil

Method:

- Using an immersion blender, purée all the ingredients until smooth.

Makes approximately 6 litres

Creamy Dill Salad Dressing

This ranch-style dressing is perfect for salads and sandwiches or as a dip.

4 cups vegan mayonnaise
225 ml water
4 Tbsp. wet mustard
4 Tbsp. dried dill
1 Tbsp. salt
1 tsp. pepper
115 ml lemon juice
115 ml apple cider vinegar

Method:

- Whisk together all the ingredients until combined. Refrigerate until ready to use.

Makes approximately 1.35 litres

Maple-Mustard Dressing

This dressing is great as a marinade for tofu or veggies. Also try it as a salad dressing.

500 ml safflower oil
150 g Dijon mustard
125 g maple syrup
115 ml apple cider vinegar
1 Tbsp. salt
1 Tbsp. pepper
2 Tbsp. dry mustard
225 ml water

Method:

- Whisk all the ingredients together until combined.

Makes approximately 1 litre 125 ml

Balsamic-Poppy Dressing

225 ml balsamic vinegar
225 ml safflower oil
60 ml lime juice
50 g poppy seeds
1 Tbsp. salt
1 Tbsp. pepper
1 Tbsp. rosemary
225 ml water

Method:

- Whisk all the ingredients together until combined.

Makes approximately 1 litre

Tofu Ricotta

Use this in lasagna or stuffed shells.

2 pkgs. silken tofu
2 pkgs. water-packed firm tofu
175 ml olive oil
25 g chopped garlic
25 g nutritional yeast
2 Tbsp. salt
1 Tbsp. pepper
1 Tbsp. mixed herbs (basil, parsley, oregano)
60 ml lemon juice

Method:

- Blend all the ingredients together until combined.

Makes approximately 1.35 litres

Sesame-Ginger Dressing

Toss this dressing with an Asian noodle salad or use it as a sauce for tofu.

150 g tahini
25 g chopped garlic
25 g chopped ginger
60 ml apple cider vinegar or rice wine vinegar
115 ml sesame oil
175 ml tamari
225 ml water
2 Tbsp. maple syrup

Method:

Purée all the ingredients until combined.

Makes approximately 900 ml

Vegan Caesar Dressing

910 g or 32 oz. soft tofu, drained

225 ml lemon juice

3 Tbsp. water

17 garlic cloves, crushed

115 ml tahini

25 g fresh parsley

Salt and pepper, to taste

3 tsp. Dijon mustard

1/2 cup capers

565 ml olive oil

Method:

- In a blender, combine the tofu, lemon juice, water, garlic cloves, tahini, parsley, salt and pepper, Dijon mustard, and capers.
- While blending, slowly add the olive oil and process until the mixture is smooth.

Makes 25 servings

Tofu Sour Cream

910 g or 32 oz. silken tofu

225 ml safflower oil

2 Tbsp. cider vinegar

115 ml lemon juice

1 tsp. sugar

1 Tbsp. salt

1 Tbsp. pepper

Method:

- Combine all the ingredients in a blender until smooth.

Makes 36 28 g or 1-oz. servings

Roasted Vegetable Stock

This stock really enhances the flavour of vegan dishes—it is great to use in sauces and is a wonderful replacement for beef or veal stock in traditional meat-based dishes.

150 g white beans, soaked and drained
4.5 litres water
2 large carrots
4 stalks celery
3 medium onions
4 medium shallots
2 large garlic cloves
2 medium parsnips
2 medium potatoes
3-4 Tbsp. olive oil
3 large plum tomatoes, seeded and chopped
1 *bouquet garni* (5 parsley stems, 2 bay leaves, 12 peppercorns, 2 springs fresh thyme, 2 cloves)
60 ml red wine

Method:

- Preheat the oven to any temperature between 230°C and 250°C.
- In a medium stockpot, combine the beans and the water. Bring to a boil. Reduce the heat, cover, and simmer.
- Meanwhile, peel and evenly slice the carrots, celery, onions, shallots, garlic cloves, parsnips, and potatoes and mix with the oil. Place on a well-oiled baking sheet and roast until well-browned, stirring occasionally and adding the tomatoes toward the end of the roasting time.
- Add the roasted vegetables and the *bouquet garni* to the stockpot.
- Deglaze the baking sheet with the red wine, and then scrape to loosen any hardened bits.
- Add the hardened bits to the stockpot. Simmer for 1 1/2 hours. Strain using a cheesecloth or fine sieve.

Makes 5 litres

Desserts/Baking

German Chocolate Brownies

For the Brownies:

500 g Vegan Chocolate Brownie

225 ml water or soya milk

Method:

- Preheat the oven to 180°C.
- In a mixing bowl, combine the brownie mix with the water or soya milk and mix until evenly dispersed. Be careful not to over mix.
- Pour into an oiled and floured 10 6 mm or 1/4 x 6 1.25 cm or 1/2 x 1 6mm or 1/4-inch baking pan. Bake for approximately 15 to 20 minutes, or until the centre springs back when gently pressed.

Variation: For a fudge brownie, add 1 oz. of sugar. For a cake-like brownie, add 28 g or 1 oz. of flour.

For the Icing:

115 g or 4 oz. Instant Vanilla Soya Pudding

280 g hot water

1/4 cup melted vegan shortening

1 Tbsp. molasses

2 tsp. pure vanilla extract

55 g chopped sweetened coconut*

55 g coarsely chopped roasted pecans

Method:

- In a 2-quart mixing bowl, combine the pudding mix with the hot water and whip until evenly dispersed.
- Add the shortening, molasses, and vanilla extract and mix with a hand-held mixer on medium speed for 20 to 30 seconds. Add the coconut and pecans and stir to incorporate.
- Spread over the cooled brownies.

**Note:* Toasted coconut can also be used.

Makes 24 servings

Vegan Layered Chocolate-Mousse Cake

For the Cake:

170 g unbleached all-purpose flour
225 g sugar
3 Tbsp. cocoa powder
1 tsp. baking soda
1 tsp. vanilla extract
1 Tbsp. distilled white vinegar
5 Tbsp. oil or melted vegan margarine
225 ml cold water
1/2 cup semisweet chocolate chips (optional)

Method:

- Preheat the oven to 180°C.
- Using a fork, combine the flour, sugar, cocoa powder, and baking soda in a 9-inch square baking pan.
- Stir in the vanilla extract, vinegar, and oil or margarine.
- Add the water and mix well.
- If desired, top with the chocolate chips.
- Bake for 30 to 35 minutes, or until a knife inserted in the centre comes out clean. Cool.

For the Tofu Mousse:

1 pkg. silken tofu
75 g sugar
1/4 tsp. salt
1 tsp. vanilla
1 cup semisweet chocolate chips, gently melted

Method:

- In a food processor, blend the tofu until very smooth.
- Combine with the sugar, salt, and vanilla and mix until smooth.
- Add the melted chocolate and stir until combined.

For the glazing

1 cup semisweet chocolate chips
115 ml soya milk
2 Tbsp. vegan margarine, optional

Method:

- In a double boiler, combine all the ingredients and slowly melt until smooth. Cool for 10 minutes.

To Assemble:

- Cut the cake in half, creating 2 layers. Frost the top of 1 layer with the tofu mousse. Top with the remaining layer.
- While the glazing is still warm and soft, pour over the cake. Let cool.

Note: An additional frosting can be made by beating 2 cups of non-dairy Whipping Cream until stiff peaks form.

Makes 8 servings

Raspberry Filo Cups

1 packet low-fat pudding mix (chocolate, vanilla or lemon-flavoured)

1-2 Tbsp. Kahlúa (optional if using chocolate-flavoured pudding)

Soya cream in French-vanilla flavour (optional)

1 packet silken or extra-firm tofu

Water as needed for consistency

40 mini filo-dough shells

3 pints large fresh raspberries

Mint leaves for garnish

Method:

- Prepare the pudding according to the package directions, substituting the Kahlúa or the soya cream for the water if desired. (Avoid making too thin.) Blend with the tofu.
- Fill each shell 1/2 full with the pudding mix. Top with the raspberries. Refrigerate.
- Serve within 4 to 5 hours. Garnish with a mint leaf.

Makes 40 servings

Poached Pears

For the Pears:

15 whole, firm pears, peeled, stems attached
450 ml red or white wine
450 ml pear or apple juice
225 g sugar
2 cinnamon sticks
60 ml lemon juice
1 5 cm or 2-inch piece vanilla bean, split in half, pods and seeds scraped
900 ml - 1.8 litres water

Method:

- Preheat the oven to 180°C. Using a melon baller, core each pear from the bottom.
- Slice 6 mm or 1/4 inch off the bottom of each pear (to create a flat surface).
- Place in a deep pan.
- In a large pot, combine the wine, pear or apple juice, sugar, cinnamon, lemon juice, vanilla bean, and water. Bring to boil.
- Pour over the pears. Cover and bake for 15 to 25 minutes, or until just tender.
- Remove the pears to a serving dish. Cool in the refrigerator.

For the Fruit Sauce:

2 340 g or 12-oz. pkgs. frozen, sweetened raspberries
2 Tbsp. sugar
1 Tbsp. lemon juice
Fresh raspberries for garnish
Fresh mint sprigs for garnish

Method:

- Purée all the ingredients in a blender until smooth. Pour through a fine sieve.

To Assemble:

- Spoon a small amount of the fruit sauce onto a plate, top with a pear half, and garnish with the fresh raspberries and the mint. Repeat with the remaining fruit and sauce.

Makes 30 servings

Vegan Oatmeal Cookies

225 g vegan margarine, softened
300 g tightly packed brown sugar
200 g sugar
1 ripe, mashed banana*
3-5 tsp. vanilla extract
2 Tbsp. water
170 g all-purpose or whole-wheat flour
1 tsp. baking powder
300 g rolled oats (try quick-cooking oats)
2 1/2 cups vegan chocolate chips

Method:

- Preheat the oven to 190°C.
- Cream the margarine and the sugars together. Add the well-mashed banana and mix well. Add the vanilla and the water. The water will try to separate; continue mixing in a “figure-eight” motion and add the dry ingredients in the order above in 1/2-cup increments.
- The final batter should be almost too dry to hold the chocolate chips. If it isn’t, adjust the amount of the flour or the oats. Drop the batter in rounded teaspoonfuls on an ungreased cookie sheet.
- Bake for 9 to 10 minutes.
- Leave on the cookie sheet for a few minutes before moving to a plate or a wire rack to cool.

**Note:* If the banana peel isn’t spotted black, cover the mashed banana with the juice of half a lemon for 15 minutes before incorporating it into the mix.

Makes approximately 3 dozen cookies

Peanut Butter-Chocolate Chunk Cookies

8 Tbsp. unsalted vegan margarine, chilled and cut into pieces

100 g granulated sugar

115 g firmly packed light brown sugar

1/4 cup soft, silken tofu

1/2 tsp. vanilla extract

175 g all-purpose flour

3/4 tsp. baking soda

1/4 tsp. salt

115 g smooth peanut butter

225 g semisweet chocolate chunks

Method:

- Preheat the oven to 200°C.
- In a large bowl, cream the margarine with an electric mixer until smooth and fluffy. Add the sugars and blend well. Add the tofu and vanilla and blend again.
- In a medium bowl, sift the flour, baking soda, and salt. Add 1/3 of the flour mixture to the margarine mixture and mix well. Add an additional 1/3 of the flour mixture and mix well. Repeat with the remaining flour. Add the peanut butter and mix well. Fold in the chocolate chunks.
- Roll the cookie dough into 2.5 cm or 1-inch balls and place on a greased cookie sheet, allowing room for the cookies to spread. Press each twice with the back of a fork, flattening and making a crisscross pattern on top.
- Bake for 5 to 8 minutes, or until light golden brown. Allow to cool on the sheet.

Makes 4 dozen cookies

Chocolate-Peanut Butter Pie

For the Shortbread Crust:

225 g vegan margarine
225 g sugar
1/4 tsp. salt
115 g cocoa powder
345 g barley flour
2 tart shells

Method:

- Preheat the oven to 180°C. Using a mixer, combine the margarine, sugar, salt, and cocoa powder.
- Slowly add the barley flour.
- Press into the tart shells. Bake for 10 to 15 minutes, or until light brown. Cool.

For the Peanut Butter Filling:

225 g peanut butter
175 g sugar
1/4 tsp. salt
1 pkg. silken tofu

Method:

- Combine all the ingredients until smooth.

For the Chocolate Filling:

1 cup vegan chocolate chips, gently melted
75 g sugar
1/4 tsp. salt
1 tsp. vanilla
1 pkg. silken tofu

Method:

- Combine all the ingredients until smooth.

To Assemble:

- Swirl the fillings into the prepared crusts.
- Refrigerate for 1 hour, or until the filling sets.

Makes 2 pies (approximately 16 to 20 pieces)

Lemon Tart

For the Crust:

300 g coconut
115 g barley flour
1/4 tsp. salt
75 ml maple syrup
2 Tbsp. safflower oil
1 tart shell, greased

Method:

- Preheat the oven to 180°C. Mix all the ingredients, except the tart shell, until thoroughly combined.
- Press into the tart shell.
- Bake for 10 to 15 minutes, or until golden brown.

For the Filling:

225 ml lemon juice
115 ml water
1 can coconut milk
115 g sugar
3 Tbsp. plus 1 tsp. agar-agar
1/4 tsp. salt
1/4 tsp. turmeric
50 g arrowroot
175 ml water

Method:

- Combine the lemon juice, 125 ml water, coconut milk, sugar, agar-agar, salt, and turmeric in a heavy pot and simmer, stirring often.
- Combine the arrowroot and the remaining water. Set aside.
- When the agar-agar is no longer lumpy, add the arrowroot mixture to the coconut-milk mixture.
- Return to a simmer. Remove from the heat. Cool slightly.
- Pour into the tart shell.
- Chill for 1 hour, or until set.

Makes 10 servings

Vegan Pancake Batter

460 g all-purpose flour
460 g barley flour
175 g sugar
5 Tbsp. baking powder
1/2 tsp. salt
175 ml safflower oil
900 ml soya milk
900 ml water

Method:

- Whisk together the flours, sugar, baking powder, and salt. Set aside.
- In a separate bowl, combine the safflower oil, soya milk, and water.
- Slowly whisk the wet ingredients into the dry ingredients until smooth.

Makes approximately 20 cakes

Polynesian Crisp

For the Crisp:

115 g unsweetened coconut
23 l fresh pineapple, diced
225 g sugar
175 g whole-wheat pastry flour
8 tsp. vanilla
Topping (see recipe below)

Method:

- Mix together all the ingredients and press into a lightly oiled 25 x 30 x 5-cm or 10 x 12 x 2-inch pan. Spread the topping evenly on top. Bake in a preheated 190°C oven for about 45 minutes, or until the top is crispy and the fruit mixture is bubbly.
- Cool for about 10 minutes. Serve warm or cold with non-dairy ice cream.

For the Topping:

175 g whole-wheat pastry flour
300 g rolled oats
225 g sugar
155 g chopped walnuts
1 tsp. ginger powder
225 ml canola oil

Method:

- Combine the dry ingredients in a small bowl. Cut in the oil until the mixture resembles coarse crumbs.

Makes 24 servings

Chocolate-Banana Cupcakes With Peanut Butter Frosting

For the Cupcakes:

340 g sugar
115 g plus 1 Tbsp. vegan margarine, softened
2 tsp. vanilla
2 bananas, mashed well
230 g all-purpose flour
75 g unsweetened cocoa
1 tsp. baking soda
1/2 tsp. salt
225 ml soya milk

Method:

- Preheat the oven to 180°C. Line a muffin pan with paper liners.
- Using a hand-held mixer, combine the sugar, margarine, and vanilla in a large bowl. Add the bananas, stirring well to combine.
- In a separate bowl, combine the flour, cocoa, baking soda, and salt, stirring well with a whisk.
- Alternating with the soya milk, add the flour mixture to the sugar mixture a little bit at a time, beginning and ending with the flour mixture and mixing after each addition.
- Spoon into the paper liners. Bake for 20 minutes or until the cupcakes spring back easily when touched lightly in the centre.
- Allow to cool completely before frosting.

For the Peanut Butter Frosting:

565 g chunky peanut butter
115 g powdered sugar
Dash of pure vanilla extract

Method:

- Using a hand-held mixer, combine all the ingredients in a bowl.
- Spread onto the cooled cupcakes.

Makes approximately 2 dozen

Carrot Cake

For the Cake:

1 cup silken tofu, puréed
225 ml vegetable oil
400 g sugar
230 g flour
2 tsp. baking soda
1/4 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. salt
450 g shredded carrots
75 g chopped walnuts

Method:

- Lightly grease a 38 x 25-cm or 15 x 10-inch baking pan. Preheat the oven to 180°C.
- In a large bowl, combine the tofu, oil, and sugar until incorporated.
- In another bowl, combine the dry ingredients. Add to the tofu mixture and beat to combine. Stir in the carrots and walnuts.
- Pour the batter into the prepared pan and bake for 35 minutes, or until a toothpick inserted in the centre comes out clean. Let cool before frosting.

For the Frosting:

225 g or 8 oz. vegan cream cheese, softened
115 g margarine at room temperature
1 tsp. vanilla
900 g powdered sugar
2/3 chopped walnuts (optional)

Method:

- Using a mixer, combine the vegan cream cheese, margarine, and vanilla until smooth. Beat in the sugar.
- Ice the cake and top with the walnuts, if using.

Makes 25-30 servings

Easy Chocolate Crème Dessert Cups

2 pkgs. chocolate pudding mix
1.35 litres soya milk
3 cups semisweet chocolate chips

Method:

- In a saucepan over medium heat, whisk together the pudding mixes and the soya milk. Continue to whisk until boiling. Remove from the heat.
- Add the chocolate chips and whisk until they have melted and the mixture is smooth.
- Spoon into individual serving cups, cover in plastic wrap, and refrigerate for 4 to 6 hours, or until cooled.
- Serve cold and top with Rich's non-dairy whipped cream or fresh fruit.

Makes 24 servings

Berry-Peach Crisp

300 g rolled oats
600 g brown sugar
1 tsp. cinnamon
300 g flour, divided
340 g margarine
12 cups mixed berries
6 cups sliced peaches

Method:

- Preheat the oven to 180°C. Lightly grease a hotel pan.
- In a large bowl, combine the oats, sugar, cinnamon, and 1 3/4 cups of the flour. Cut in the margarine until moist enough to form a ball.
- Place the berries in the prepared hotel pan and toss with the remaining flour. Add the peaches.
- Sprinkle the crumb mixture over the fruit until evenly covered. Bake for 35 to 40 minutes, or until golden brown.

Makes 24 servings