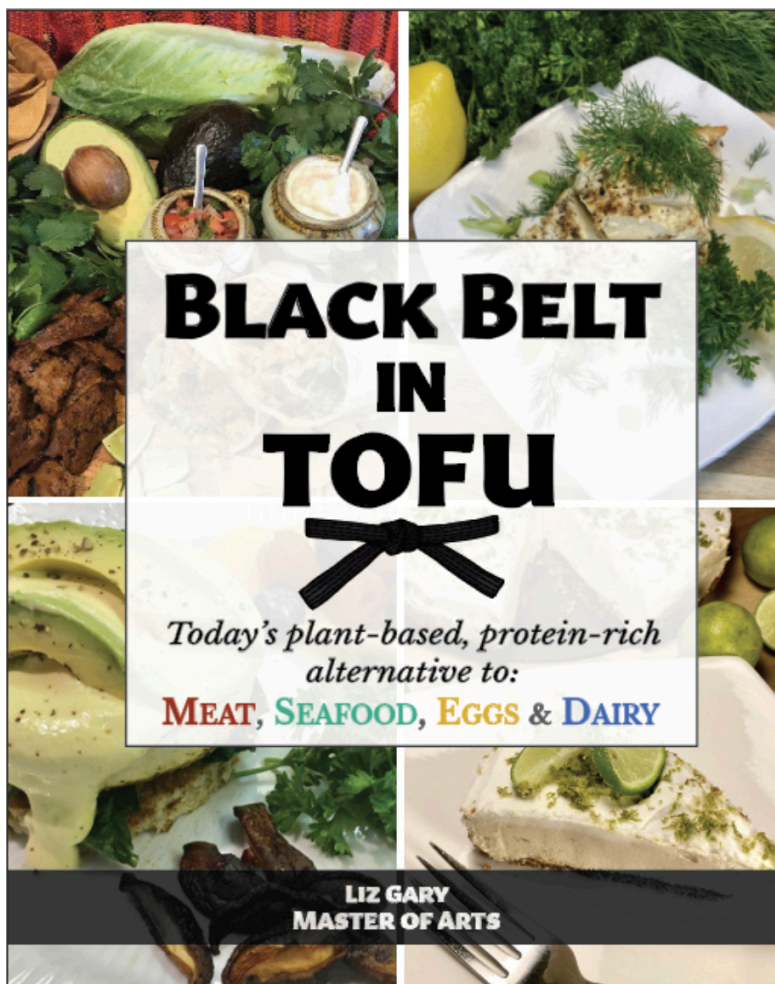


POINT LOMA HERVEY BRANCH LIBRARY  
VEGAN COOKING 101  
SURF & TURF MENU

*Recipes from the upcoming book:*



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**QUICK CREAMED  
HORSE RADISH SAUCE:**

2 tablespoons fresh ground horseradish  
1 cup vegan mayo or sour cream

Whisk together and serve as a side dipping  
sauce and accompaniment to vegan meat,  
baked potatoes, or roasted vegetables.

# VEGAN STEAKS, ROASTS & RIBZ

## WITH ONE BASIC RECIPE

### THE MEAT:

2 cups vital wheat gluten  
1/4 cup nutritional yeast  
2 tablespoons vegan butter, divided  
1/2 large sweet yellow onion, diced  
8 ounces Crimini or Bella mushrooms, chopped  
3 cloves garlic, minced  
8 ounces tofu (firmest), cubed  
1 cup pecan pieces, lightly toasted  
1 cup cubed steamed beets,  
1 cup vegetable broth  
1 teaspoon salt

### STEAMING BROTH:

2 cups vegetable broth  
3-4 cups water  
3 tablespoons tamari  
2 tablespoons molasses

### BROWNING & SEARING:

2 tablespoons high heat oil  
1 tablespoon seasoning or freshly ground salt and pepper to taste

In a large bowl combine the vital wheat gluten and nutritional yeast, stir to combine then set it aside.

Heat a sauté pan to medium high. Add one tablespoon of vegan butter and sauté the onions until they are caramelized and softened. Transfer the onions to a blender jar and set it aside.

Add the remaining tablespoon of vegan butter to the pan and sauté the mushrooms for 2-3 minutes. Add the garlic and sauté until the mushrooms begin to brown and the garlic is fragrant. Transfer the mushrooms and garlic to the blender jar with the onions.

Prepare the beets. Buy them already steamed

(not canned) or steam two fresh beets by simmering them in a little water in a small saucepan.

Cook them until tender. Measure out one cup of the steamed beets and add them to the blender jar with the mushroom and onions.

Heat a clean dry sauté to medium-low heat. Add the pecans and toast them for 2-3 minutes stirring regularly until they begin to lightly brown and become fragrant. Transfer the pecans to the blender jar.

Add the final vegetable broth and salt to the blender jar and blend on high until smooth. Continue blending while adding the tofu one chunk at a time, blending until smooth between each addition. Blend on high until the mixture resembles a thick vegetable smoothie.

Transfer the blended mixture into the bowl with the vital wheat gluten and nutritional yeast. Stir to combine scraping the sides and bottom, the dough should pull away from the sides of the bowl easily once it's well combined. If it sticks, sprinkle on a little additional vital wheat gluten. If it's too dry, sprinkle a little additional vegetable broth. Use a stand-up mixer with the dough hook to knead the dough or use your hands to knead it in the bowl for 2-3 minutes until it feels smooth and elastic.

Shape the dough into one large roast or divide it to make steaks or ribz. (see instructions below).

Wrap the roasts in cheesecloth and tie the ends with string.

Combine vegetable broth, water, tamari and molasses to make the steaming broth. Pour enough broth into the pot to level up with the steam basket. Heat to boiling then place the roasts in the basket and steam for 60 minutes. Add additional broth as needed checking the broth level every 10-15 minutes.

Transfer the steamed roast to a cooling rack. Remove the cheesecloth and season it. Heat two tablespoons of oil in a large sauté pan and brown the roast on all sides.

## VEGAN STEAKS, ROASTS & RIBZ WITH ONE BASIC RECIPE (CONTINUED)

### HOW TO MAKE VEGAN FILLET MIGNON:

Season and sear the steamed roast on all sides until browned. Transfer it to a cutting board and slice into 1 ½” thick fillets. Season the cut sides and sear them for 2-3 minutes on each side. Serve with a balsamic or red wine sauce, a garnish of fresh herbs.



### HOW TO MAKE AN HERB CRUSTED ROAST:

Season and sear the roast on all sides. Press the herb mixture over the outside of the seared roast and sear it again on all sides or place the roast in a 350 oven for 20-30 minutes until the herb coating begins to lightly brown. Slice and serve with creamed horseradish and vegan au jus sauce.

Herb Crust:

- 1/2 cup fresh thyme, stems removed and chopped
- 1/2 cup fresh parsley, stems removed and chopped
- 1/2 cup fresh rosemary, stems removed and chopped
- 4-5 cloves fresh garlic, minced
- 2-3 tablespoons freshly crushed peppercorns
- 1 tablespoon kosher or flake salt
- 1/4 cup plus 2 tablespoons Miyoko's vegan butter (or substitute with olive oil)



### HOW TO MAKE A CELEBRATION WELLINGTON:<sup>👑</sup>

Steam, season, and sear a single large roast. Coat it in a spinach paté then enfold it in chilled puff pastry. Garnish it with additional puff pastry trim and decorations. Finish the pastry with a flax seed egg wash alternative before baking. Bake in a 400° preheated oven for 40 minutes or until the pastry begins to brown. Cool, slice, and serve with au jus, creamed horseradish, and fresh cranberry sauce.

*The Wellington: Ideal for weddings, holidays, or a King's Table!*

*King Charles III is known for being environmentally conscious and vegan friendly, I dedicate this recipe to the royal family and would love to come cook in the castle kitchen!*



## HOW TO MAKE VEGAN RIBZ:

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

**Prepare the Meat.** Divide one batch of the meat dough into two balls. Each ball will make one rack of ribz.

Pinch off ten large walnut sized pieces from the first dough ball and roll each into a four inch strip. Twist ten dough strips around ten sugar cane bonez leaving the top one-inch unwrapped for handling.

Arrange the ribz from largest to smallest, side-by-side on a sheet of parchment. Roll out the remaining dough from the first ball into a ¼-inch thick layer to go over the ribz to form a rack. Brush the wrapped sugarcane ribz with a little water then apply the top layer. Press, trim, shape it into a slightly curved rack of ribz.

Repeat the same process with the remaining portion of the dough.

### Make the Rub:

2 tablespoons garlic powder  
2 tablespoons smoked paprika  
1 tablespoon onion powder  
1 ½ tablespoons dried oregano  
2 teaspoons cumin  
1 ½ teaspoons freshly ground black pepper

Combine all the ingredients for the rub in a small mixing bowl. Generously coat the rub over both sides of each rack before steaming.

Place the seasoned racks on individual sheets of parchment. Double wrap each rack with two layers of parchment pressing and folding in the open edges to seal them.

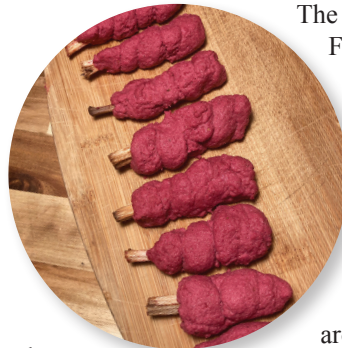


Heat a large pot with a steamer basket and the steaming broth. Place the parchment wrapped ribz in the steamer basket and cook on medium high covered for 60-70 minutes. Check the water level every 15-20 minutes and add liquid or broth more as needed. Turn the racks over every 15 minutes to cook evenly.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

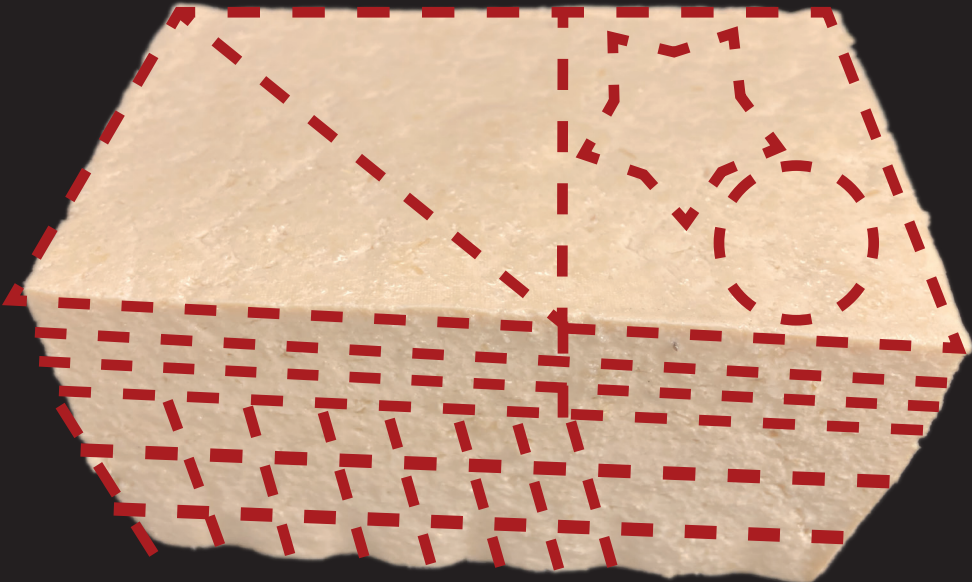
Heat a large skillet with a tablespoon or two of high heat oil. Remove the steamed ribz from the parchment. Sear the racks for 4-6 minutes on each side or until they begin to brown. Transfer to a holding plate and preheat the grill.

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

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



# FRESH CUTS



# TOFU BUTCHERY



17



18



### 17 / Flakey White Fishless Fillet

Slice a full or half block of tofu into 7-8 slabs. Combine two tablespoons of nutritional yeast with one teaspoon of garlic powder and one teaspoon of onion powder. Stir to combine. Sprinkle a small amount of the nutritional yeast mixture over each layer to “glue them together.” Stack the layers, then place them in a tofu press for 20-30 minutes to press the layers together.

As an alternative to using a tofu press , place the stacked tofu on a baking sheet and place a plate on top of it and weight it down with three to four pounds of weight for 30-40 minutes. *Grilled Flakey White Fishless Fillet page XX*

Remove the tofu from the press, trim the edges to give it an organic shape then fringe cut the sides leaving an inch intact through the center.

### 18 / Red Fishless Fillet

To create a red fish, marinate or baste the tofu in beet juice. Create an optional red spine by slicing out a thin wedge down through the center. Lay strips of red beet in the groove then season and grill. Right: *Grilled Mahi Mahi Style Fishless Fillet with Mango Salsa and Coconut Jasmine Rice, page XX*



SAMPLE FRESH CUTS FROM THE UPCOMING BOOK  
**Black Belt in TOFU**

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