

VEGAN COOKING 101
TAMALES & EMPANADAS

BLACK BEAN EMPANADAS WITH CHIMICHURRI

INGREDIENTS

EMPANADA FILLING:

2 tablespoons avocado or sunflower oil
1 medium yellow onion, diced
1 red bell pepper, diced
2-3 cloves garlic, minced
2 teaspoons fresh oregano, chopped
1 teaspoon cumin
1 teaspoon paprika
2 tablespoons tomato paste
1 (15 ounce) can black beans, drained
1 cup fresh or frozen corn
1/4 cup cilantro leaves, chopped
3 green onions, sliced
Freshly ground salt and pepper to taste

PASTRY:

1 package puff pastry*
2 tablespoons unbleached all-purpose flour

EGGLESS WASH:

3 tablespoons whole flax seeds
1 1/4 cups water
1 tablespoon agave syrup

CHIMICHURRI:

1 1/2 cups fresh cilantro, packed
1/2 cup fresh parsley, packed
2 tablespoons fresh oregano, stems removed
3 clove garlic
1 chipotle jalapeño plus 2 teaspoons chipotle sauce
1/3 cup olive oil
Juice of 3 limes
Freshly ground salt and pepper to taste

DOUGH FROM SCRATCH:

2 1/2 cups flour
pinch of salt
1/2 cup vegan butter
1/4 cup tofu
1/4 cup water

DIRECTIONS:

Remove the pie crust or puff pastry from the freezer and set it aside to soften enough to handle.

Heat a large sauté pan to medium high. Add the oil and onion and cook stirring frequently until the onion is translucent and begins to caramelize.

Add the bell pepper, and continue sautéing an additional 3-4 minutes. Add the garlic, oregano, cumin, and paprika. Saute an additional minute or two until fragrant then add tomato paste, black beans, corn, cilantro, and green onion. Season to taste then set it aside.

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

Combine the flax seed and water in a small saucepan, bring it to a simmer and stir until viscous. Strain the seeds then add one teaspoon of agave syrup. Set the eggless wash aside.

Lightly dust a large cutting board and rolling pin with flour. Use a glass or 3-inch round circle to cut 6-7 pieces from each crust. If using puff pastry unfold it, roll it out slightly, and cut each sheet into 9 circles.

Place a heaping tablespoon of filling in the center of each circle. Use a pastry brush or a finger dipped in water to moisten the outside edge of the dough. Carefully fold the dough over the filling and press the sides together. Scallop the edges by hand or use a fork to press them together. Coat each empanada by brushing with eggless wash. Bake for 30 minutes.

Combine all the ingredients for the chimichurri in the jar of a blender and blend briefly leaving the mixture slightly coarse. Transfer to a serving bowl.

Serve freshly baked empanadas with the chimichurri sauce and garnish with freshly chopped cilantro, parsley, oregano, and green onion. Empanadas can be made in advance and refrigerated for up to two days before baking.

* DOUGH FROM SCRATCH:

Place the flour and salt in a medium mixing bowl.

Combine the vegan butter, tofu, and water in the jar of a blender and blend until smooth. Transfer the mixture to the flour mixture and stir to form a dough. Shape it in a ball and chill it for 30 minutes before rolling and cutting.



Liz Gary @ www.veganculinarymemoirs.com

TAMALE PARTY!

INGREDIENTS

THE MASA:

4 cups masa harina
2 teaspoons onion powder
2 teaspoons cumin
1 teaspoon chili powder (optional)
2 teaspoons baking powder
1/2 teaspoon salt
3 1/2 cups vegetable or vegan chicken broth
1/2 cup avocado, sunflower or other neutral oil
1/2 package dried cornhusks*

FILLING OPTIONS:

Assorted vegan meats (grilled soyrito, jackfruit, shredded tofu, or beefless grounds)
Assorted vegan cheeses (cheddar, jack, pepper jack)
Assorted chopped and diced fresh vegetables (rainbow carrots, zucchini, butternut squash, fresh green beans, cubed potato)
Roasted peppers (Anaheim and pasilla)
Red or green enchilada sauce

ACCOMPANIMENTS:

Red or green salsa or enchilada sauce, heated
Spanish rice
Beans
Lime wedges
Fresh cilantro
Chopped lettuce
Sliced radishes
Sliced jalapeños
Vegan parmesan (a vegan queso seco alternative)

DIRECTIONS:

Place the corn husks in a large bowl, cover them with warm water and weight them down to submerge them. Soak for 30 minutes or until pliable. Prepare the fillings and arrange them in bowls around a work surface.

In a large mixing bowl combine the masa harina, seasonings, baking powder and salt. Measure the vegetable broth and oil in a large liquid measuring cup. Stir well to combine then pour into the masa mixture.

Using a large mixing spoon scrape the sides of the bowl and stir to combine the ingredients. The mixture will thicken as it absorbs the liquid and should become the consistency of peanut butter dough. Adjust the consistency by adding more masa or broth as needed.



Using the largest husks, lay one out at a time on a cutting board and spread a heaping spoonful of the masa mixture in the center upper 1/3 of each husk. Spread it out evenly then add a few tablespoons of the fillings. Place a second spoonful of masa on top of the filling and press it into place using the left and right edges of the husk.

Fold the bottom of the husk over the filling then the left and right sides in to seal it. Place the tamale seam side down on a second corn husk and repeat the same fold. Fold up the bottom then the left and right sides and transfer the tamale to a steamer basket open end up.

Prepare a large pot with a steaming basket and a few inches of water. Line the basket with any remaining soaked husks. Place the tamales in the steamer basket standing open end up. Bring the water to a boil and steam the tamales covered on medium high for 60 minutes checking the water level occasionally and adding more water as needed. The tamales will be done when the masa peels easily away from the husk.

Serve hot tamales topped with additional sauce and a side of beans and rice. Makes 12 large or 18-20 small tamales.

*Dried corn husks are available year round at restaurant supply stores

Liz Gary at www.veganculinarymemoirs.com