



VALENTINE TAPAS CLASS

*Marsala Wine and Herb Stuffed Mushrooms
Almond Flour & Herb Heart Cut Crackers & Cheese
Organic Artisan Tofu Heart Skewers with Red Chimichurri*

VEGAN COOKING 101
SUNDAY, FEBRUARY 11TH | 2:00 - 3:30 PM
PACIFIC BEACH TAYLOR BRANCH LIBRARY

INSTRUCTOR LIZ GARY
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PRIVATE STOCK
CALIFORNIA

Marsala

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FAIRFIELD, CALIFORNIA
ALCOHOL 18% BY VOLUME

MARSALA & HERB STUFFED MUSHROOMS

Mushrooms & Marinade:

24 Crimini or Bella whole mushrooms
2 tablespoons olive oil
½ cup Marsala wine

Tofu Stuffing:

4 ounces tofu crumbled
1 tablespoon olive oil
2 tablespoons vegan butter
1 large shallot, diced small
2 stalks celery, diced small
3 cloves garlic, minced
Reserved mushroom stems, chopped fine
4-6 sun-dried tomatoes, diced small
1 cup Italian vegan breadcrumbs
2 tablespoons hemp seed hearts (optional)
2-3 tablespoons fresh oregano, stems removed and chopped
2-3 tablespoons flat leaf Italian parsley, stems removed and chopped
¼ cup plus 2 tablespoons vegetable broth,
Freshly ground salt and pepper to taste

Preheat an oven to 350° Fahrenheit. Line a baking sheet with parchment and it set aside.

Wash the mushrooms then carefully pull out the stems. Set the stems aside and arrange the caps stem side up in a shallow dish. Pour the marinade into the caps and let them sit and marinate while preparing the stuffing.

Heat a large skillet to medium high, add one tablespoon of the olive oil and the crumbled tofu. Sauté stirring occasionally until the tofu begins to lightly brown. Transfer it to a medium bowl and set it aside.

Add the additional tablespoon of oil to the pan. Sauté the shallots, celery, and chopped mushroom stems until softened. Add the garlic, sun-dried tomatoes, fresh oregano and parsley. Continue sautéing an additional 1-2 minutes then stir in the reserved tofu, bread crumbs, and hemp hearts. Pour the vegetable broth over the mixture and stir it to moisten it evenly. Season with salt and pepper to taste.

Fill each mushroom cap with a spoonful of the stuffing. Press the stuffing into the cap then arrange them on the lined baking sheet. Drizzle on any remaining marinade then bake for 20-30 minutes or until they begin to brown. Allow the mushrooms to cool for 10-15 minutes before serving.

Stuffed mushrooms can be made 24 hours in advance. Stuff them then keep them chilled and covered until ready to heat.



TOFU MEDALLIONS WITH RED CHIMMICHURRI

INGREDIENTS:

CHICK'N SKEWERS:

16 ounces of tofu (firmest)
Avocado oil spray
1-2 teaspoons agave or maple syrup
Toomey's Seasoning
Bamboo skewers

RED CHIMMICHURRI:

1 cup roasted red pepper
juice of one lime
2 cloves of garlic
3/4 cup fresh parsley
1/2 cup fresh cilantro
3 tablespoons fresh oregano
1/3 cup olive oil

DIRECTIONS:

Use extra firm vacuum packed tofu. Cut the block into two to three 3/4-inch-thick rectangular slabs. Use canopy cutters to cut desired shapes, then reserve the remaining pieces for later use.

Skewer the marinated medallions. Spray them lightly with the oil and sprinkle on a light amount of seasoning on both sides. Heat a large skillet or flat grill to medium heat then grill the skewers for 4-5 minutes on each side. Drizzle the agave syrup over the skewers during the last minute or two of grilling to help caramelize and brown them on both sides.

Combine all the ingredients for the chimichurri in the jar of a blender. Pulse blend the ingredients to keep them slightly coarse. Transfer the sauce to a small bowl.

Place the skewers on a serving plate and spoon on the sauce. Serve hot.



Skewer Variations:

Skewer medallions with vegetables for kebobs
Use medallions as a center of the plate entree
Experiment with different marinades and sauces
Use the scrap pieces for recipes that require tofu crumbles or blend them into a dessert

ALMOND CRACKERS WITH SIMPLE NUT CHEESE

INGREDIENTS

CRACKERS:

2 cups almond flour
1 cup arrowroot starch
1 ½ teaspoons Cream of Tartar
1 teaspoon baking soda
2 teaspoons garlic powder
2 teaspoons onion powder
1 teaspoon salt
1/2 cup olive oil
1/2 cup water

CHEESE:

2 cups of cashews, or any other white nut
Juice of one lemon
1 teaspoon salt
3 tablespoons nutritional yeast
Water to blend

DIRECTIONS:

Preheat the oven to 350° Fahrenheit. Line a baking sheet with parchment and set it aside.

Place all the dry ingredients for the crackers in a large mixing bowl, then stir to blend. Combine the olive oil and water in a liquid measuring cup, then pour it into the dry mixture. Stir the mixture until it form a dough.

Lightly dust a cutting board and rolling pin with some of the arrowroot starch. Divide the dough into two portions and roll it out to 1/4-inch thickness. Cut the crackers using a cookie cutter or canopy cutters. Gather the scraps and reroll the dough. Continue rolling and cutting until all the dough has been used.

Transfer the crackers to the baking sheet and pierce each with a fork. Bake for 10-12 minutes or until lightly golden brown.

Blend all ingredients for the cheese and serve with the crackers.



Cracker Variations:

Add a tablespoon or two of dried or fresh herbs
Add a tablespoon of poppy or sesame seeds
Add a teaspoon of freshly ground pepper
Add two tablespoons of finely chopped sun dried tomatoes
Add two tablespoons of finely chopped black olives
Add a tablespoon of finely chopped chipotle pepper

Cheese Variations:

Add a tablespoon or two of dried or fresh herbs
Blend in 1/4 cup sun dried tomatoes
Substitute the lemon with lime and blend in two tablespoon of adobo sauce