

Happy Sunday



EGGLESS SUNDAY BRUNCH CLASS

You can just about have it all again plant-based. Recipes include:
Green Chili and Cheese Casserole, Easy Waffles, and a Tofu Benedict

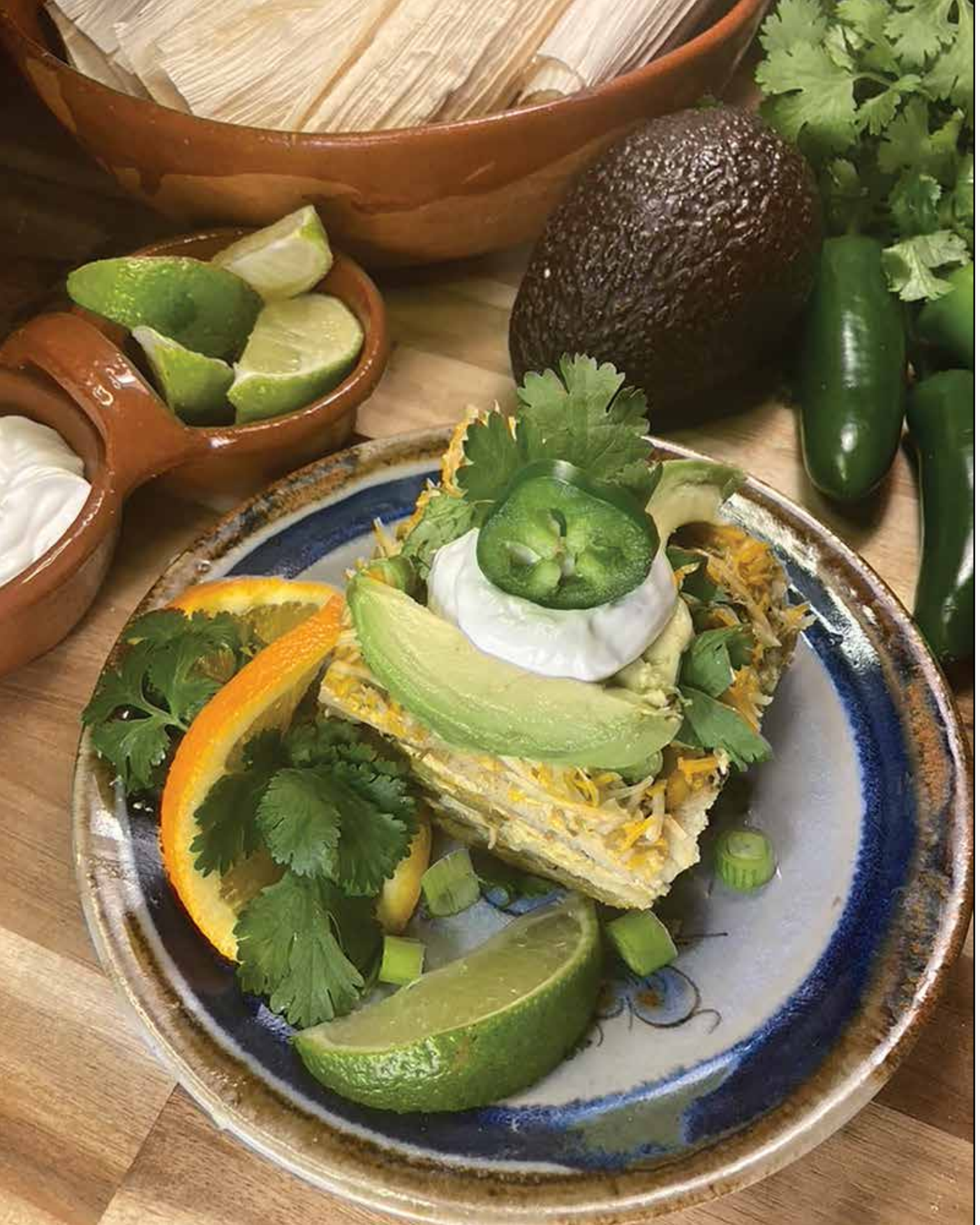
VEGAN COOKING 101
SUNDAY, MARCH 10TH | 2:00 3:30 PM
PACIFIC BEACH TAYLOR BRANCH LIBRARY

Recipes from the upcoming book, *Black Belt in TOFU: Today's Plant-Based, Protein-Rich Alternative to Meat, Seafood, Eggs & Dairy*

Instructor: Liz Gary | www.veganculinarymemoirs.com



VEGAN CULINARY MEMOIRS
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GREEN CHILI & CHEESE BREAKFAST CASSEROLE

INGREDIENTS:

16 ounces of tofu (firm-firmerst)
 1½ teaspoons onion powder
 1½ teaspoons garlic powder
 ½ teaspoon turmeric
 ¼ cup nutritional yeast
 1 cup unsweetened soy milk or creamer
 Freshly ground salt and white pepper to taste
 12 corn tortillas
 ½ cup oil
 8-10 Fresh Anaheim Chilies, blackened and skins removed

TOMATILLO SALSA:

24 tomatillos, husked and stemmed
 6 serrano chilies, seeded and chopped
 1 small white onion, chopped
 4 cloves of garlic
 ¾ bunch of fresh cilantro, stems removed
 Juice of two limes
 Freshly ground salt and pepper to taste
 1½ cups grated jack and cheddar vegan cheese

ACCOMPANIMENTS:

1-2 avocados sliced
 Vegan sour cream
 1-2 fresh jalapeños, sliced for garnish
 2-3 green onions, sliced for garnish
 Fresh cilantro leaves
 Lime wedges

DIRECTIONS:

Fill a medium suacupan halfway with water. Place it over medium high heat, when it boils add the tomatillos, serrano chiles, and onion. Reduce the heat and simmer for about five minutes until the tomatoes are tender. Drain the mixture and

transfer it to the jar of a blender. Add the garlic, cilantro lime juice, season it with salt and pepper then blend pulsing the ingredients leaving them slightly coarse. Set it aside.

Break the tofu into chunks. Place the onion powder, garlic powder, nutritional yeast, and non-dairy milk or creamer in the jar of a high speed blender. Begin blending and add the tofu a few chunks at a time, blending until smooth between each addition. If needed, add a little extra milk to adjust the consistency until it resembles a smooth ricotta cheese. Set it aside.

Roast the chilies over an open flame or place them under a hot oven broiler. Turn them every few minutes with tongs to blacken the skin evenly all over. Transfer the blackened chilies into a bowl and over it to let them sweat for about ten minutes. Once cooled, peel off the blacked skin and remove the seeds inside. Set the chilies aside.

Heat a small frying pan over medium high heat with the oil. Line a plate with paper towels. Once the oil is hot, dip the tortillas into the oil one at a time using tongs. Submerge them in the oil and cook them for about one minute each. Transfer them to the paper towel lined plate to drain. Layer an additional paper towel between each tortilla to absorb the excess oil.

Preheat the oven to 375° Fahrenheit. Spread a half cup of the tomatillo salsa in the bottom of a 9x13 inch glass baking dish. Cover the salsa with a layer of the fried tortillas. Spoon on a third of the blended tofu mixture, spreading it evenly over the tortillas. Layer on 3-4 of the fresh chilies and spread an additional cup of the tomatillo sauce over the chiles. Repeat the layers, stacking the tortillas, top them with the tofu mixture, green chilies, and salsa. Sprinkle the grated cheese over the top of the casserole, then cover the dish with foil and bake it for 45 minutes. Remove the foil and continue baking an additional 15-20 minutes until the cheese melts and a knife inserted into the casserole comes out clean. Allow the casserole to cool for 15 minutes before cutting. Serve warm topped with sliced avocado, sour cream, a garnish of fresh jalapeño, sprig of cilantro, sliced green onions, and a side of lime wedges.

Makes eight servings.

TOFU BENEDICT

INGREDIENTS:

SHIITAKE BACON:

4 ounces shiitake mushrooms, sliced
2 tablespoons olive oil
2 teaspoons maple syrup
1/4 teaspoon liquid smoke
Freshly ground salt and pepper to taste

HOLLANDAISE:

1½ cups raw cashew pieces, soaked 4 hours
¾ cup filtered water
2 teaspoons Dijon mustard
Zest and juice of 1 lemon
1 teaspoon garlic powder
¾ teaspoon turmeric
Pinch cayenne (optional)
Pinch of pink salt

WILTED SPINACH OR KALE

4 cups fresh spinach or kale, stems removed and coarsely chopped
3-4 tablespoons vegetable broth or water

TOFU ROUNDS:

16 ounces of tofu (medium-firm)
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon celery salt
½ teaspoon ground black pepper
1 tablespoon neutral high heat oil
Pinch of black salt (optional)

ADDITIONAL ACCOMPANIMENTS:

6 English muffins
2 tomatoes, sliced
1 avocado, sliced
Side of fresh fruit
Fresh parsley for garnish

DIRECTIONS:

Preheat the oven to 375° Fahrenheit. Line a baking sheet with parchment paper and set it aside.

SHIITAKE BACON:

Toss the sliced shiitake mushrooms with the olive oil, maple syrup, and liquid smoke. Season them with salt and pepper, then spread them evenly over the baking sheet. Bake for 10-12 minutes, stir, then continue baking an additional 10-12 minutes or until crispy and brown. Set the baking sheet aside to cool.

SPINACH OR KALE:

Remove the stems from the spinach or kale and chop it coarsely. Heat a small saucepan to medium high with a few tablespoons of vegetable broth or water. Add the spinach or kale and sauté for a few minutes until softened and wilted. Season with salt and pepper, then set it aside.

HOLLANDAISE SAUCE:

Drain the soaked cashews. Combine all ingredients for the Hollandaise sauce in the jar of a blender and blend on high-speed until smooth. Add a few tablespoons of filtered water at a time until the desired consistency is reached; set it aside.

TOFU ROUNDS:

See the Fresh Cuts TOFU Butchery technique on [page XX](#) for tofu rounds. Use a biscuit cutter or glass to cut the tofu into rounds. Brush each piece lightly with oil on both sides. Combine the seasonings in a small bowl then sprinkle the seasonings on both sides of each round. Heat a flat grill or large skillet to medium high and grill the rounds for 3-4 minutes on each side until lightly golden brown.

ASSEMBLY:

Toast the English muffin halves, top each piece with a spoonful of the hollandaise sauce, add the optional steamed kale or spinach, layer on a slice of tomato, add an additional spoonful of the sauce and a sprinkling of shiitake bacon, and top it all with the grilled tofu round. Spoon a generous amount of the Hollandaise sauce over the top and garnish with sliced avocado and freshly ground black pepper. *Makes six servings.*





STONEWALL KITCHEN
Creators of Specialty Foods
Raspberry Syrup
GLUTEN FREE • 100% PURE
Net Wt. 4.2 Fl. Oz. (120 mL)



EASY VEGAN WAFFLES

INGREDIENTS:

1/4 cup firm tofu, packed
1 cup plus two tablespoons non-dairy milk
2 cups Original Bisquick Pancake Mix*
1 tablespoon vegan butter, melted

ACCOMPANIMENTS:

Sliced fresh strawberries, raspberries,
blueberries
Sliced almonds
Vegan whipped cream (next page)
Maple or raspberry syrup
Vegan butter
Sprinkle of powdered sugar
Fresh mint for garnish (optional)

DIRECTIONS:

Preheat a waffle iron according to the manufacturer's settings.

Place the tofu and non-dairy milk in the jar of a blender and blend on high until smooth. Gradually add the dry mix and blend just until combined.

Melt the vegan butter in a small dish and use a pastry brush to lightly coat the inside of both sides of the hot waffle iron.

Pour enough batter into the bottom half of the iron to cover the surface being careful not to over fill it. (Getting to know the right amount of batter and cooking time will vary according to the iron being used). Close the lid and cook 5-7 minutes or until the waffle is golden brown. Use a fork to pull the waffle from the iron and transfer it to a serving plate. Top with vegan butter, syrup, and your choice of toppings.

*Veganize pancake or waffle mix. Just substitute each egg in the recipe with 1/4 cup of tofu and blend it with the non-dairy milk until smooth. Works well with gluten-free mixes too!

Waffle-making takes a little practice. Do a test run to master the amount of batter and length of cook time required with your waffle iron. Great for a Sunday brunch; offer a buffet of toppings and syrups and wow your family and friends, vegan style!