

## Grilled Cauliflower Steaks with Mole

1 head of cauliflower cut into 1/3 to 1/2 inch thick slices  
Peanut, or other nut or seed oil  
Garlic and onion powder to taste  
Salt and Pepper to taste

### Mole Sauce

Sesame seeds for garnish  
Chopped cilantro for garnish

Clean and slice cauliflower into 1/3 inch slabs. Lightly coat with oil, salt and pepper.

Place seasoned cauliflower on a heated grill on medium high heat flipping to cook both sides until tender, slightly toasted and golden.

Heat mole sauce and spread over grilled cauliflower. Top with sesame seeds and serve.

### Mole

6 ancho chilies	1/2 teaspoon freshly ground pepper
4 tablespoons coconut oil	1/2 teaspoon salt
1/4 cup raw sesame seeds	1/4 teaspoon ground cloves
4 corn tortillas cut into 1/2 inch strips	1/2 teaspoon ground cumin
1 cup finely chopped onion	1/2 teaspoon cayenne pepper
1 cup cashews, soaked	1/2 teaspoon oregano
1 cup chopped seeded tomatoes	4 oz bittersweet chocolate, chopped
1/2 cup chopped fresh cilantro	3 1/2 cups vegetable stock
1 bay leaf stemmed and crushed	1/2 cup cashews, toasted and chopped
1/2 teaspoon ground cinnamon	

Cover the ancho chilies with hot water and soak for 30 minutes. Reserve 1/3 cup of the soaking water. Stem and seed the chilies.

In a medium skillet, heat 1 tablespoon of the coconut oil over medium heat. Fry the chilies for 30 seconds on each side. Remove the chilies from the skillet and add the sesame seeds, stir until toasted lightly, about 1-2 minutes. Remove the sesame seeds from the skillet and set aside. Add 1 tablespoon of the coconut oil to the skillet and when hot, add the tortilla strips and fry until soft, about 2 minutes then set aside.

Place the chilies, sesame seeds, tortilla strips and reserved soaking water in a blender and puree to a paste. Set aside.

In a large skillet, heat the remaining 2 tablespoons coconut oil over medium high heat; sauté the onions until translucent, about 3 minutes. Add the tomatoes and cilantro and cook for 2 minutes. Add the bay leaf, cinnamon, pepper, salt, cloves, cumin, cayenne and oregano and cook stirring for 2 minutes or until well blended. Add the chopped chocolate and continue

cooking and stirring until the chocolate is melted, about 2 minutes. Add the vegetable stock and cashews and bring to a boil. Add the pureed chili mixture and stir well. Lower the heat and simmer, uncovered, stirring occasionally, for 15-20 minutes or until the mixture thickens and the flavors have blended.

## Mexican Rice

12 ounces tomatoes, very ripe and cored  
1 medium white onion, diced  
1 medium jalapeno, diced  
2 cups long grain white rice  
1/3 cup sunflower oil  
4 minced garlic cloves  
2 cups vegetable broth  
1 tablespoon tomato paste  
1 1/2 teaspoons salt  
1/2 cup fresh cilantro, minced  
1 lime



Adjust rack to middle position and preheat oven to 350.

In a medium pan sauté the onion, and garlic until caramelized. Combine the tomatoes and caramelized onion mixture in the blender and blend until smooth, transfer to a liquid measuring cup measuring to 2 cups and reserve the rest.

Measure 2 cups rice and transfer to a strainer, rinse until the starch is removed and the water is clear. Shake rice vigorously to remove excess water.

Heat oil in a heavy bottomed oven proof sauté pan or Dutch oven with tight fitting lid. Add the rice and fry stirring until rice is light golden and translucent, about 4-5 minutes. Stir in the diced jalapeño and continue stirring cooking 1-2 minutes more.

Reduce the heat and add the 2 cups of blended tomato mixture, 2 cups of vegetable stock and the tomato paste. Increase the heat again and bring to a boil. Cover the pan and transfer to the oven to bake. Bake covered for 30-35 minutes or until the liquid is absorbed. Stir well halfway through cooking. Remove from the oven after baking, stir in cilantro, additional minced jalapeño to taste, and serve with lime wedges.

## Chocolate Cake

3 cups organic unbleached wheat flour  
1 1/2 cups organic cane sugar  
2/3 cup dark cocoa powder  
2 teaspoons baking soda  
2 teaspoons baking powder  
1 teaspoon salt  
2 1/2 cups soy milk  
1 tablespoon apple cider vinegar  
2/3 cup coconut oil, melted  
2 teaspoons vanilla

### Frosting:

2 3/4 cups organic powdered sugar  
1/2 cup dark cocoa powder  
1/2 teaspoon sea salt  
1/2 cup butter substitute, slightly softened (Earth Balance)  
1 teaspoons vanilla  
2-3 tablespoons soy milk

Preheat the oven to 350 degrees. One recipe makes a six inch layer cake plus 6-8 cupcakes, or a nine-inch two-layer cake, a single 9x13 sheet cake, or three dozen cupcakes. Prepare muffin tins with paper liners or lightly grease, flour, and prepare cake pans, set them aside.

Measure the soy milk into a liquid measuring cup, add the apple cider vinegar and stir it well. Set it aside to allow it to curdle for a few minutes.

Using a medium mixing bowl measure the flour, cocoa powder, baking soda, baking powder and salt, stir until blended.

Measure the cane sugar and place it into a large mixing bowl. Add the curdled soy milk, vanilla, and melted coconut oil, whisk until blended and the sugar dissolves.

Gradually add the flour mixture stirring and scraping the sides of the bowl. Beat for two to three minutes until blended then transfer the batter into the prepared pans filling them three-quarters full.

Place the pans in the center of the oven to bake. Baking Times: cupcakes 18-20 minutes, layer cakes 30-35 minutes or until the tops spring back lightly when touched and a toothpick inserted into the center of the cake comes out clean. Cool completely before frosting.

Chocolate Frosting:

Combine the powdered sugar, salt and cocoa in a medium mixing bowl, stir to blend.

Place the butter in a large mixing bowl, begin beating on a low speed using an electric mixer. Gradually add the powdered sugar mixture, alternate with additions of one tablespoon of soy milk at a time until the desired consistency is reached. Add the vanilla and a pinch of sea salt, increase the speed to high and continue beating 3-5 minutes until smooth and the icing holds it's shape.