



## ♥ DETAILS

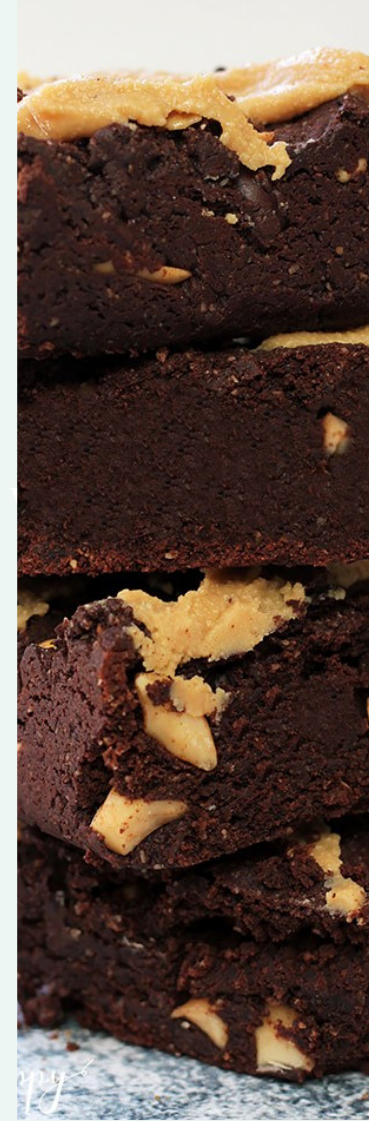
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AROUND THE WORLD  
WITH 

*A Vegan American adventure*





# Popcorn Cauliflower

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 2 cups steamed cauliflower
- 1 cup non-dairy milk
- 1 tbsp apple cider vinegar
- 1 tbsp hot sauce
- 2 C all-purpose flour (or gluten free)
- 2 tsp garlic powder
- 2 tsp smoked paprika (or regular paprika)
- 2 tsp onion powder
- 1 tsp dried oregano
- 1 tsp sea salt
- 1 tsp ground pepper
- 2 C oil (for frying)

## ♥ METHOD

- 1 In a large mixing bowl combine the non-dairy milk, apple cider vinegar, and hot sauce with a whisk and set aside. In a separate mixing bowl combine the flour and spices. Heat your oil to 190C or on the Boiling Plate in a small but deep sauce pan. You want to fry these cauliflower pieces up in small batches and not over crowd them in the pot.
- 2 Using a pair of tongs, take a handful of the bite size cauliflower pieces and toss them in the flour mixture, then without shaking off the excess flour pick them up and submerge them in the liquid mixture, then pick them up again and toss them back in the flour. Pick up one or two pieces at a time and submerge them in the hot oil. They will take 3-4 minutes to get golden and crispy.
- 3 Lay them onto a rack over top of a baking sheet so that the oil drips off and they dry crispy. Letting them sit on paper towels affects how crispy they get. Serve immediately with your favourite bbq sauce or vegan mayonaisse!



# Maple Pecan Corn bread

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 1 tbsp ground flax
- 3 tbsp water
- 1 1/2 C non-dairy milk
- 2 tsp apple cider vinegar
- 2 C fine cornmeal
- 1 C whole wheat flour
- 1/2 tsp sea salt
- 1 tbsp organic cane sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/3 C vegan butter, melted
- 1 tbsp maple syrup (added into the liquid ingredients)
- 1/2 C pecans, finely chopped + extra whole ones for topping
- 1 tbsp maple syrup (drizzled on topping)

## ♥ METHOD

Mix the ground flax and water together in a small bowl and set aside for 10 minutes to thicken. Mix the milk and apple cider vinegar together and set aside for 10 minutes to curdle.

In a large mixing bowl combine cornmeal, flour, sea salt, sugar, baking powder, and baking soda. Melt butter and using a silicone brush lightly coat the bottom and sides of the baking pan or skillet. Then add the rest of the melted butter to the milk and vinegar mixture along with the flax mixture and add 1 tablespoon of maple syrup. Stir to combine well.

Pour the liquid ingredients into the dry. Then add pecans and maple syrup, reserving 1 to 2 tablespoons for placing on the top. Then fold together until well combined. Pour the batter into the pan or skillet and spread out in an even layer out the edges. Place the rest of the pecans and drizzle of maple syrup.

Bake for 20 minutes or until a toothpick comes out clean, the cornbread has slightly come off the edges of the pan and edges are golden brown, and there are a few small cracks on top of the loaf.

# Pulled Jackfruit burgers

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 2 20oz cans young green jackfruit, in brine or water (not in syrup!)
- 1 tablespoon olive oil
- 1/2 yellow onion, sliced
- 3 cloves garlic, minced
- 1/4 cup vegetable broth or water
- 3/4 cup BBQ sauce
- Burger buns
- Lettuce
- Cucumber
- Pickles
- Cheese sauce (see other recipe)

## ♥ METHOD

Preheat your oven to 400F (200C). Lightly grease a baking pan. Drain and rinse the jackfruit. Cut the jackfruit into smaller pieces by cutting it from core to the edge for the most pulled texture.

1

Add the olive oil to a large frying pan or skillet over medium-high heat or the Simmering Plate, and when hot add the onions and garlic. Sauté until the onions are tender and beginning to brown, about 5 minutes. Add in the chopped jackfruit and vegetable broth.

2

Cover and continue to cook another 8 to 10 minutes, until the jackfruit is soft enough that it can be mashed. Mash the jackfruit with potato masher, until it breaks apart and looks pulled or shredded.

3

To finish the jackfruit spread in an even layer across the baking pan and then pop it in the Roasting oven or at 200° for 15 minutes. Remove from oven and pour over 1/2 cup BBQ sauce and stir to combine. Toss it back in the oven for about 10 minutes, until it looks delicious and golden and even a few strands get a bit burnt. Remove from the oven and if desired stir in the remaining 1/4 cup of BBQ sauce to make it even saucier.







# Pretzel bites

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 1 pre-made ball of pizza dough (or use your own homemade dough recipe)
- 5 C water
- 2 tbsp baking soda
- 1 - 2 tbsp coarse sea salt
- 2 tbsp grainy mustard
- 1 tbsp prepared yellow mustard
- 1 tbsp maple syrup
- 2 tsp hot sauce

## ♥ METHOD

- 1 Boil the water in the saucepan on the Boiling Plate with baking soda. Cut the dough in half and in half again to work with 4 smaller balls of dough. Roll them out with your hands on a lightly floured surface and form a 1" wide log shape. Then cut this into 1" pieces. Roll them slightly between your hands to form balls.
- 2 Once the water is at a rolling boil place 10-12 balls in the water at a time. After 20 - 30 seconds they will float to the surface. Remove them with a slotted spoon and onto a parchment lined baking sheet. Add sea salt to the top immediately and create a cross slit on the top of the pretzel with a sharp pairing knife. Do this with all the pretzel bites and then bake in a pre-heated 230C oven or Roasting oven for 15 minutes until golden brown.
- 3 Prepare the mustard dip by combining all the remaining ingredients together in a small dish. This can be pre-made and refrigerated until you want to eat pretzels! They're best eaten warm.

# Mac and Cheese

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 17 ½ oz / 500 g uncooked macaroni
- 3 Tbsp oil
- 1 bigger onion
- 1 huge or 2 medium zucchinis (35 oz / 1 kg)
- 2 x 14 oz / 2 x 400 g full fat coconut milk (fat percentage at least 17 %)
- 2 ½ tsp salt
- 6 Tbsp nutritional yeast flakes
- 1 Tbsp paprika powder
- 1 Tbsp soy sauce

## ♥ METHOD

- 1 Boil the macaroni in slightly salted water until soft. Drain and set aside. Preheat the oven to 200 C. Grease a medium-sized deeper baking pan. Heat up a larger and deeper pan or a thick bottomed pot. Add oil, chopped onions and ½ tsp salt. Cook the onions until slightly golden. Wash the zucchini and grate it with peel left on into medium shreds.
- 2 Add grated zucchini to the cooking onions. Let it simmer for 10-15 minutes until the zucchini has shrunk a lot and there's not much liquids left. Add the coconut milk, rest of the salt (2 tsp), nutritional yeast, paprika powder and soy sauce. Stir and let it simmer for a couple of minutes. Mix the macaroni with the cheesy zucchini sauce and pour everything into a greased baking pan.
- 3 Sprinkle some nutritional yeast flakes on top. Cook for 20 minutes in the hot oven or Baking Oven. Remove and serve immediately.

# Peanut butter and jelly brownies

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 300g (2 cups) plain flour
- 460g (2.5 cups) light muscovado sugar
- 160g (1.5 cups) cocoa powder
- 1 tsp baking powder
- ½ tsp salt
- 30g peanut butter
- 2 tsp vanilla extract
- 220 ml (1 cup) vegetable/olive oil
- 220 ml (1 cup) water
- Extra 1/2 cup peanut butter
- 1/3 cup raspberry jam
- 50g dark chocolate
- Fresh raspberries

## ♥ METHOD

**1** Blend the flour, light muscovado sugar, cocoa powder, baking powder and salt together in a food processor until well combined. Once blended, add the 30g peanut butter, vanilla extract, olive oil and water. Blend again until well combined.

**2** Pour mixture into a baking tray with baking paper and spread mixture out evenly. Add the rest of the peanut butter on top along with the raspberry jam, and spread around with a knife.

Break up the dark chocolate and push down into the brownie mixture along with a few raspberries. Bake at 160C or in the Baking Oven for 45 minutes to an hour. Leave to cool and then serve warm.

**3**

# Tofu Chips

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 1 bricks extra firm tofu drained and pressed
- 2 tablespoons olive oil
- 1/2 teaspoon basil
- 1/2 teaspoon rosemary
- 1/4 teaspoon garlic powder
- Salt and pepper

Serves 4

## ♥ METHOD

**1** Mix olive oil and all the herbs and spices.

**2** Slice tofu into long strips, about 1/4 - 1/2" thick so they resemble fresh fries and coat with marinade.

**3** Place strips on parchment paper, spread out so they aren't touching, this will help them get crispy. Bake at 180° or in the Baking Oven for 20 minutes. Flip, and bake another 15-20 minutes, or until crispy on the outside.

# Cheese sauce

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 2 cups peeled and chopped Yukon gold potatoes
- 1 cup peeled and chopped carrots
- 1/2 cup raw cashews
- 1 cup unsweetened almond milk (or non-dairy milk of choice)
- 1/2 cup nutritional yeast
- 1 chipotle pepper in adobo
- 3 tablespoons fresh lemon juice
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Black pepper to taste, if desired

## ♥ METHOD

- 1 Bring a medium pot of water to a boil, and place the potatoes, carrots, and cashews in once boiling. Simmer for about 20 minutes, or until fork-tender. Drain and transfer to a high-speed blender. Add the remaining ingredients into the blender and blend until completely smooth.
- 2 Serve inside the pulled "pork" jackfruit burgers, or with your favorite crackers and veggies as a dip or use it as a cheese sauce over baked potatoes, french fries, steamed broccoli, etc.!

# Creamy roast garlic sauce

♥ DATE: 21 APRIL 2018

## ♥ INGREDIENTS

- 3/4 C raw cashews (soaked for 20 mins in hot water)
- 1 garlic bulb
- 1 tsp olive oil
- 1/2 C water
- 2 tbsp lemon juice
- 1/2 tsp sea salt + pinch
- 1/2 tsp ground pepper + pinch
- 1/4 tsp smoked paprika
- 1 tsp garlic powder

## ♥ METHOD

- 1 To roast the bulb of garlic, preheat the oven to 400 F. Cut the whole bulb in half lengthwise and coat with 1 tsp olive oil on top of the cloves and a pinch of sea salt and ground pepper. Place on a baking sheet and bake for 30 minutes or until golden brown and soft.
- 2 To make the creamy roasted garlic sauce, take the soft roasted cloves out of the outer skin and place in a high powered blender. Be sure to drain and rinse your cashews from the soaking water before adding to the blender with the fresh water and the remaining ingredients. Blend on high until very smooth. Serve with popcorn cauliflower and tofu chips.