

Comfort Foods Remakes – Part I

Taquitos

Servings: about 6-12

Ingredients:

12 corn tortillas

2-3 cups of very warm filtered water

1½ cups cooked black or pinto beans, drained

1 14oz block Extra Firm tofu, rinsed and shredded

½ cup each of corn, diced tomatoes, diced green bell pepper or Poblano (deveined and deseeded), diced red onion

2 large cloves of garlic, minced

1 TBS sliced green onion

1 packet organic taco seasoning

Instructions:

1. Preheat oven to 425°F. Prepare a baking sheet with parchment paper
2. Place red onion and garlic in a large skillet over medium heat stirring as needed for 2-3 minutes.
3. Add bell pepper and sauté with a little water, if needed, for at least 1 minute.
4. Add beans, corn, tomatoes, shredded tofu and taco seasoning. Stir to combine. Cook until mixture comes together nicely and most excess moisture has evaporated.
5. Add green onions and remove from heat.
6. Allow to cool for about 5 minutes
7. Meanwhile, place warm water in a shallow dish.
8. Dip the corn tortillas in the water for 2-3 minutes at a time to make tortillas more pliable and help prevent breaks or cracks
9. Place about ¼ to ⅓ cup of filling in each tortilla then roll tightly in a jelly roll fashion.
10. Place the tortilla with sealed ends down on the baking sheet. Repeat steps 8-10 until all tortillas have been filled.
11. Bake for 20-25 minutes, turning over after 10 minutes, or until golden and crispy.
12. Serve immediately with salsa, vegan sour, and guacamole as a starter or a side.
13. Unused portions keep well in the freezer for up to 6 weeks.

Cauliflower “Buffalo” Wings

Ingredients:

1 medium head cauliflower, cut into florets
½ cup non-dairy milk
½ cup of any flour
garlic powder to taste
onion powder to taste
1 tsp nutritional yeast
1-2 pinches sea salt
sauce of your choosing or see ours below

Homemade Buffalo sauce:

In a blender process the following until smooth: 1½ cups roasted bell pepper, ½ cup broth or filtered water, ⅛-¼ tsp cayenne pepper, ¼ cup lime juice, 2 TBS lemon juice, ½ cup-soaked cashews, 1½ tsp sea salt, 1 TBS agave syrup or raw honey

Instructions:

1. Preheat oven to 450°F. Line a baking tray with parchment paper.
2. Place all ingredients, except cauliflower, in a small to medium bowl and whisk together until smooth.
3. Dip florets into the batter one at a time. SHAKE OFF ANY EXCESS.
4. Place onto prepared baking tray. DO NOT OVERLAP PIECES.
5. Bake until golden brown, about 18-20 minutes or so.
6. Lightly heat sauce and add it and the cauliflower wings to a bowl and stir to coat.
7. Serve immediately with celery sticks and carrots with Ranch or Blue Cheez dressing (see below).

Blue Cheez

Ingredients:

1 cup-soaked cashews
½ cup non-dairy, unsweetened milk
⅓ cup brine from green olives
2 TBS freshly squeezed lime juice
2 TBS nutritional yeast flakes
1 tsp capers, variety stored in water
1 tsp onion powder
½ tsp garlic powder
1-2 pinches sea salt, if needed

Instructions:

1. Blend everything except capers and sea salt until smooth.
2. Add capers and pulse a few times to incorporate.
3. Adjust for taste by adding salt.

Pizza, Pizza!

Ingredients:

Crust:

3 cups Whole Wheat Pastry Flour
2 TBS nutritional yeast flakes
1½ TBS Ener G baking powder
2 tsp Italian Blend seasoning
1 tsp sea salt
1 tsp garlic powder
½ tsp onion powder
¼ cup unsweetened yogurt
¾ - ⅘ warm water
½ - ⅔ cup pizza sauce, or vegan pesto or alfredo sauce
Your choice of toppings

Mozzarella Cheez:

1 cup soaked cashews, rinsed and drained
1½ plain, unsweetened cashew or coconut yogurt
½ cup non-dairy milk
1 TBS each of lemon juice, lime juice and nutritional yeast
4 TBS tapioca or arrowroot starch
¼ tsp each of onion and garlic powder
1½ tsp sea salt (plus extra for brine mixture)
½ cup water
2 tsp agar agar powder
Ice water for brine

Instructions:

1. In a large mixing bowl place all the dry ingredients for your crust. Whisk well to combine. Add your yogurt and warm water. Bring the dough together adding warm water a tablespoon at a time if too dry or flour a teaspoon at a time if too wet.
2. Knead the dough for 1-3 minutes to develop the gluten. Then cover and allow to rest for 10-15 minutes.
3. Meanwhile prepare your mozzarella cheez. Start by setting up your brine. Place 6-8 cups of water, 1-2 cups of ice and 2 TBS kosher salt into a large stainless steel bowl.
4. Place a saucepan over medium heat with the ½ cup water. Have the agar powder and a whisk ready for step 6.
5. While this is warming up. Blend all other ingredients for 1-2 minutes until the mixture is completely smooth. Set aside until next Step.
6. Whisk in the agar agar powder. Whisk continually for about 3-4 minutes until the mixture becomes gel-like. As soon as this happens, pour the cashew mixture into the pot. Stir well to combine. Use a spatula to scrape the sides and bottom of the saucepan well to prevent sticking or burning.
7. Using an ice-cream scoop, scoop balls of the mixture into the brine until all the mixture is used up. Place the bowl in the freezer for 30 minutes or in the refrigerator for 2 hours.
8. While your mozzarella is setting up preheat your oven to 400°F and gently press out your pizza dough on to a prepared pan to your desired thickness.
9. Spoon on your pizza sauce of choice, spread it out evenly
10. Remove a ball or 2 from the brine and slice each thinly. Top your pizza.
11. Add any additional toppings
12. Bake for 20-25 minutes or until the crust is golden brown. Enjoy!

Carrot Cake

serves 4

Ingredients:

2 cups Whole Wheat pastry flour, sifted
1 cup finely shredded carrots
½ cup coconut palm sugar
1 cup each of carrot puree or crushed pineapple in juice or combo of each
½ cup non-dairy milk
1 flax egg: 1-2 TBS flax seed meal with ¼ cup water (allow to sit for 10-15 minutes)
2 TBS each of unsweetened shredded coconut, crushed walnut, raisins
2 TBS organic cane sugar, optional
2 tsp freshly squeezed lemon or lime juice
1½ tsp “Not cinnamon blend” or sub coriander-cardamon mix
2 tsp EnerG baking powder
1 tsp EnerG baking soda
Scant ¾ tsp sea salt

“Cream Cheese” frosting (see our recipe below)

Frosting: Blend 1½ cup soaked cashews, ⅓ cup of agave syrup, 2-3 TBS freshly squeezed lemon juice, to your taste, 1½ tsp nutritional yeast flakes and ¼ tsp sea salt. Stop often to scrape down the container. Store for up to 2 weeks.

Instructions:

1. Preheat oven to 350°F. Grease 2 6-inch round or 12-inch square pan or avoid oil and use silicone bakeware.
2. Sift all dry ingredients in a large mixing bowl. Whisk well to combine.
3. Place all wet ingredients in a medium mixing bowl. Use a wooden spoon to mix.
4. Pour the wet into the dry ingredients and use the wood spoon to mix until combined. It is a dry dense batter, but if it seems too dry add 1-2 TBS more of non-dairy milk.
5. Divide batter evenly between the two pans then use a silicone spatula to gently press the batter into the corners of the pans.
6. Bake uncovered for 30-40 minutes or until a toothpick inserted in the center comes out clean.
7. Remove from oven and allow to cool completely before removing the cakes from the pans.
8. Apply frosting to suit your taste and serve immediately.