



THE  
CLASSICAL  
*vegetarian*  
COOKBOOK





*“Chef Ron is a true pioneer and leader through his creative innovative approach to outstanding world-class vegetarian cuisine! The heart of this book reflects his passion, showcasing vegan dietary principles with basic cooking fundamentals along with modern techniques and methods that are dedicated to vegetarian culinary excellence for all to enjoy and savor.”*

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THE  
**CLASSICAL**  
*vegetarian*  
**COOKBOOK**  
*For Professional Chefs and Inspired Cooks*



RON PICKARSKI

ECO-CUISINE  
BOULDER, COLORADO





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#### **DISCLAIMER:**

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*Chapter Seven*

**VEGAN SALADS &  
DRESSINGS**





*Salads by their  
very nature are  
vegetarian so why  
address them in  
this book?*

The answer is simple. Many components used in salad recipes are not vegan. Salads are an area where vegan should be the standard and not the exception. In this salad section I focus on salads that are generally not vegan or even vegetarian in order to show the alternative.

This section includes my favorite creamy dressings and side salads, such as Dijon Potato Salad and Asian Coleslaw. Another favorite, Vegan Chicken Cranberry Salad, is found on page 378. These dressings and salads complement a protein to become a complete meal. The Tofu “Egg” and Asian Chicken-style salads can be integrated into a luncheon sandwich menu. A few salads, like the Pineapple Raisin Waldorf, are traditional salads that, with minor changes, become vegan. Some salad recipes are vegan replications of classical salads. Making a vegan salad isn’t complicated but converting some of the classical salads can be challenging. There are two versions of the carrot salad; the traditional or classical version and the natural foods version. I have presented the classical version in this section. The natural is made with tahini.

The salad dressings in this chapter can be refrigerated for up to three months.

While I have kept dressings in the refrigerator for longer, three months is a safe number.

All the dressings can be used with pasta salads. The pasta salads can incorporate the various vegetarian proteins (beans, tempeh, seitan, and analogues) to make the salad a complete meal. I will leave it to your imagination to creatively utilize the vegan proteins in salads. Included here are a variety of the salads that can become entrée salads or accompany a protein as a balanced meal.

**NOTE:** The Sauce Niçoise (page 230) with its Mediterranean flavors also makes a superb salad dressing for hot or cold pasta salads.





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## SALAD DRESSINGS

Soy Mayonnaise

Variation: Sweet Mayonnaise

Thousand Island Dressing

Yellow Pepper Vinaigrette

Tofu Herb Dressing

Basic French Vinaigrette Dressing

Variation: Lorenzo Dressing

Creamy Ginger Dressing

Tahini Dressing

Lemon Tahini Cream Dressing

Cranberry Port Vinaigrette

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## PROTEIN & TRADITIONAL SALADS

Penne Pasta Salad with Tempeh or Chicken-Style Protein

Lentil Salad with Olives

Roasted Vegetable Salad

Sea Vegetable Bean Salad

Salad à la Russe

Quinoa Bean Salad with Sundried Tomatoes

Tofu "Cottage Cheese"

Tofu "Egg" Salad

Carrot Salad

Dijon Potato Salad

Pineapple Raisin Waldorf Salad

Salad Beatrice with Artichokes

American-Style Potato Salad

Tempura Vegetable Nori Roll Salad

Asian Coleslaw

Variation: Asian Coleslaw with Tempeh

Variation: Asian Chicken-Style Salad

Pasta Salad Niçoise



## Salad Dressings

### SOY MAYONNAISE

The vegan mayonnaise I prefer to make is essentially an oil, emulsified with tofu. It is high in fat. The blending of oil with tofu gives this dressing a rich, smooth, creamy texture with a little protein.

**YIELD:** About 1 ½ cups

**TIME:** 10 minutes prep

1 (12.3-ounce) package firm silken tofu  
 ¼ cup canola oil  
 1 tablespoon lemon juice  
 1 teaspoon yellow mustard  
 ½ teaspoon salt

1. Place all of the ingredients in a blender, and blend until smooth.
2. Use immediately, or place in a covered container and refrigerate.

**VARIATION:** *Sweet Mayonnaise*

Replace the mustard with 2 tablespoons sugar.

### THOUSAND ISLAND DRESSING

**YIELD:** 4 ½ cups

**TIME:** 25 minutes prep

2 ½ cups Soy Mayonnaise or commercial vegan mayonnaise  
 ¾ finely diced cup onions  
 ¾ cup chili sauce  
 2 tablespoons chopped capers  
 6 tablespoons chopped dill pickles  
 ¾ finely diced cup tofu  
 ¾ cup finely diced green bell peppers  
 1 tablespoon finely chopped parsley  
 ¾ cup catsup

Mix all ingredients together until evenly dispersed. Refrigerate until ready to use.

### YELLOW PEPPER VINAIGRETTE

**YIELD:** 1 ⅓ cups

**TIME:** 10 minutes prep and 5 minutes blending time  
 (add 20 minutes to roast the pepper)

½ cup chopped roasted, yellow bell pepper  
 ½ cup canola oil or oil of choice  
 ½ cup rice vinegar  
 ½ teaspoon salt  
 2 teaspoons sugar  
 ½ teaspoon fresh minced garlic  
 ¼ cup firmly packed fresh cilantro

Put all ingredients in a blender and blend until smooth.





## TOFU HERB DRESSING

A very popular dressing in all of the restaurants where I have worked, this high-protein dressing gives a rich robust flavor.

**YIELD: 1 quart**

**TIME: 15 minutes prep**

$\frac{3}{4}$  pound tofu, drained for 15 minutes

1  $\frac{1}{8}$  cups water

1  $\frac{1}{4}$  cups canola oil or oil of choice

$\frac{1}{4}$  cup chopped onion

5 tablespoons cider vinegar

2 tablespoons agave syrup or sugar

1  $\frac{1}{8}$  teaspoons salt

1  $\frac{1}{8}$  teaspoons dill weed

$\frac{3}{4}$  teaspoon dried basil

1  $\frac{1}{8}$  teaspoons yellow prepared mustard

$\frac{2}{3}$  teaspoon cayenne pepper

1. Blend all ingredients together until smooth.
2. Refrigerate until ready to serve.
3. Pour over the fresh vegetable salad of your choice and enjoy.

## BASIC FRENCH VINAIGRETTE

This dressing is a vegan modification of a French vinaigrette. The oil, vinegar, and salt are the essential ingredients. The remaining ingredients give the dressing character with flavor, texture, and eye appeal that stand out if used in a simple pasta or grain salad. It combines well with roasted vegetables for a superb salad or side dish.

**YIELD: 2  $\frac{1}{2}$  cups**

**TIME: 30 minutes prep**

1  $\frac{1}{2}$  cups canola oil or oil of choice

$\frac{3}{4}$  cups cider vinegar

2 teaspoons minced garlic

2 teaspoons chopped basil (or 2 tablespoons fresh chopped)

1  $\frac{1}{8}$  teaspoons black pepper

1  $\frac{1}{2}$  tablespoons minced red bell pepper

1 teaspoon sugar (optional for lighter acidity)

$\frac{1}{4}$  cup finely chopped scallions or chives

1 tablespoon chopped pitted black olives

2 teaspoons salt

Mix all the ingredients together and refrigerate until chilled. Mix well before using.

### FRENCH VINAIGRETTE VARIATION:

*Lorenzo Dressing*

**YIELD: 2  $\frac{1}{2}$  cups**

**TIME: 10 minutes prep**

1  $\frac{1}{2}$  cups Basic French Vinaigrette

$\frac{3}{4}$  cup vegan chili sauce

$\frac{3}{4}$  cup catsup

$\frac{1}{4}$  cup horseradish

$\frac{1}{4}$  cup chopped fresh parsley

To the Basic French Vinaigrette, add chili sauce, catsup, horseradish, and parsley. Place all ingredients in a blender and blend until smooth. Refrigerate until cold.



## CREAMY GINGER DRESSING

This dressing also works well with pasta.

**YIELD: 2 ½ cups**

**TIME: 20 minutes prep**

- 1 ½ tablespoons peeled, chopped fresh ginger
- ½ peeled, chopped carrots
- ¼ cup chopped celery
- ½ cup peeled, chopped onion
- ½ cup canola oil
- ½ cider vinegar
- ¼ cup sweet white miso
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 3 tablespoons lemon juice
- ¾ teaspoon dried basil
- ¼ teaspoon peppercorns

Place all ingredients in blender and blend about 5 minutes or until smooth.

## TAHINI DRESSING

**YIELD: 6 cups**

**TIME: 10 minutes prep**

- 2 cups water
- 2 cups tahini
- 1 cup apple cider vinegar
- ½ cup rice syrup
- ½ cup white miso
- 1 cup chopped parsley, loosely packed

Pour water, tahini, vinegar, syrup, and miso into the blender and blend until smooth or whip in a bowl until smooth. Add parsley, mix, and refrigerate until ready to use.

## LEMON TAHINI CREAM DRESSING

**YIELD: 2 ¼ cups**

**TIME: 10 minutes prep**

- ½ cup tahini
- 8 ounces firm or silken tofu
- 1 lemon, zested and juiced
- ¼ cup cider vinegar
- 1 clove garlic, minced
- ¼ cup brown rice syrup or agave syrup
- 2 tablespoons white miso
- ½ cup water

Place all ingredients in a blender and blend until smooth. Chill then serve.

## CRANBERRY PORT VINAIGRETTE

**YIELD: 1 ½ cups**

**TIME: 10 minutes prep and 1 hour refrigeration**

- ¼ cup cranberry concentrate (not juice)
- ¼ cup balsamic vinegar
- ¼ cup port wine
- ¼ cup water
- ¼ cup olive oil
- 1 ½ tablespoons (6 leaves) fresh basil
- 1 tablespoon agave syrup
- 2 teaspoons Dijon mustard
- 1 teaspoon minced garlic
- ¼ teaspoon sea salt

Put all ingredients into a blender and blend until smooth. Transfer to a covered container and refrigerate for 1 hour. Serve cold.



## Protein & Traditional Salads

### PENNE PASTA SALAD WITH TEMPEH OR CHICKEN-STYLE PROTEIN

This salad was created as a bean salad and has a strong balanced flavor profile. Numerous vegan proteins would work well in this salad. It was originally developed with beans and can easily be converted to a tempeh/analogue salad for variety. Seitan or tofu can also be used but if using tofu, I recommend an infused tofu pâté with an intense flavor. Plain tofu is a flavor detractor because it is bland. The same is true with tempeh unless it is flavor infused via sautéing. Seitan would be the exception because it is flavored in the cooking process.

**YIELD: 6 cups (5 servings)**

**TIME: 30 minutes prep and 30 minutes cooking**

2 cups dry or fresh penne pasta  
1 cup diced eggplant  
½ cup extra virgin olive oil  
Pinch of salt  
1 ½ cups of ½-inch diced tempeh or chicken protein analogue\*  
1 tablespoon tamari  
2 tablespoons canola or sunflower oil  
1 cup sliced shiitake or mushroom of choice (rehydrated mushrooms is an option)  
½ cup thinly sliced scallions  
1 cup diced fresh tomatoes or drained diced canned tomatoes  
¾ cup rice vinegar  
1 teaspoon fresh minced garlic  
1 teaspoon sugar  
½ teaspoon salt

1. Cook pasta and sauté eggplant in two tablespoons olive oil on medium heat with a pinch of salt until soft.
2. Brush or toss tempeh with tamari, and sauté in two tablespoons of canola oil for 3 minutes on each side. Add ¼ inch water, cover, and cook until water is completely evaporated.
3. Toss mushrooms, scallions, tomatoes, rice vinegar, garlic, sugar, remaining olive oil, and salt together. Add pasta, tempeh, and eggplant. Mix until evenly distributed.

**\*OPTIONS:** 1 (15-ounce) can garbanzo beans, drained; 15 ounces sliced or diced seitan; cooked tofu pâté; or half nuts and half beans. Kalamata olives are an option for extra flavor and color.





## LENTIL SALAD WITH OLIVES

This salad can be served at room temperature or warm on a cold day on a bed of spinach.

### Cooking Lentils

Cooking grains and beans is both art and chemistry. One of the key factors is heating the ingredient until it is cooked but still holds its shape. This is achieved by soaking lentils in a saltwater brine for 60 minutes during which the salt removes the calcium and magnesium ions from the skin and breaks down the pectin to soften the skin, allowing it flexibility to prevent bursting. The lentils are drained. Water and salt are added, but now the salt's role changes. The sodium ions work into the lentils, preventing the starch from absorbing too much water.

French green lentils, or *Lentilles du Puy*, are our preferred choice for this recipe, but it works with any type of lentil except red or yellow. Brining helps keep the lentils intact, but if you don't have time, they'll still taste good. The salad can be served warm or at room temperature.

**YIELD:** 4 servings

**TIME:** 1 hour prep and 40 to 60 minutes cooking

### For Brining Lentils

1 cup black, Beluga, or French green lentils, rinsed

4 cups warm water, 110° to 120°F

1 teaspoon salt

### For Cooking Lentils

4 cups additional water

$\frac{3}{4}$  teaspoon salt

1 tablespoon minced garlic

2 bay leaves

### To Mix with Lentils for Salad

6 tablespoons extra virgin olive oil

$\frac{1}{4}$  cup white wine or golden balsamic vinegar

$\frac{1}{2}$  cup coarsely chopped pitted Kalamata olives

$\frac{1}{2}$  cup grilled and finely diced eggplant

$\frac{1}{3}$  cup chopped fresh mint leaves

$\frac{1}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon black pepper

1. Mix lentils, warm water, and salt together and let stand for 60 minutes. Drain.
2. Pour lentils, water, salt, garlic, and bay leaves into a 2-quart saucepan. Cover and bring to a simmer. Reduce to very low heat and cook covered for about 45 minutes or until lentils are soft but not bursting (check in 35 minutes and cook until lentils are tender but remain intact, 40 to 60 minutes overall).
3. While lentils are cooking, whisk oil and vinegar together in a large bowl and prep remaining ingredients for salad.
4. Drain lentils and remove bay leaves. Mix lentils with oil, vinegar, olives, eggplant, chopped mint, salt, and black pepper.





## ROASTED VEGETABLE SALAD

For this salad, you can substitute a different type of root vegetable for any of those listed. In making substitutions, use the same amount as for the original vegetable.

**YIELD:** 4 to 6 servings

**TIME:** 25 minutes prep and 45 minutes cooking and mixing

### Squash

Half of large butternut squash or 1 small acorn squash

1 tablespoon olive oil or oil of choice

Sprinkling of salt

### Other Vegetables

4 tablespoons olive oil

1 ½ cups carrots, peeled, cut in half lengthwise, and sliced

1 ½ cups parsnips, peeled, cut in half lengthwise, and sliced

1 ½ cups sliced Jerusalem artichokes or another root vegetable

2 cups peeled and diced rutabaga

1 ½ cups Spanish onion, peeled and diced

1 tablespoon fresh, minced garlic

½ teaspoon salt

½ teaspoon black pepper

1 ½ cups Brussels sprouts

¼ cup water

2 cups Basic French Vinaigrette Dressing (page 155)

1 head leaf lettuce

2 tomatoes, for garnish

1. If you are using a whole squash, cut it in half lengthwise and scrape out the seeds and the stringy part.
2. Rub the inside of the squash with 1 tablespoon olive oil and sprinkle it with a little salt.
3. Bake uncovered in the oven while the other vegetables are roasting. The squash should take 30 to 45 minutes to bake. It should be tender but still fairly firm.
4. Allow the squash to cool. Then peel and dice it. Measure out about 1 ½ cups for the salad.
5. While squash is baking, pour 2 tablespoons olive oil in a large sauté pan on medium high heat and add prepared carrots, parsnips, artichokes, rutabaga, onion, and garlic. Lightly caramelize vegetables.
6. Place the caramelized vegetables in a roasting pan, add salt and pepper and shake well to make sure all of the vegetables are well coated. Cover the pan with a lid or aluminum foil and place it in a preheated oven at 375°F. Roast the vegetables for about 25 minutes or until soft but firm. Remove from oven and set aside to cool.
7. Meanwhile cut stems off Brussels sprouts and slice in half. Lightly oil sauté pan with 1 tablespoon oil. Turn heat to medium high. Pour Brussels sprouts into pan and lightly brown. Add ¼ cup water, cover, and cook for about 5 minutes. Uncover and let cool.
8. When all the vegetables are cool, toss them gently with the vinaigrette and refrigerate. Serve the salad cold on a bed of lettuce garnished with wedges of tomato.



## SEA VEGETABLE BEAN SALAD

This entrée salad is a complete protein and balanced meal.

**YIELD:** 11 servings (11 cups)

**TIME:** 40 minutes prep

### Dressing

- ½ cup canola oil
- ½ cup rice vinegar
- ¼ cup roasted sesame oil
- ¼ cup creamy peanut butter
- ¼ cup water
- ¼ cup tamari
- 2 tablespoons agave syrup
- 2 teaspoons granulated garlic
- 2 teaspoons ginger powder

### Salad

- ¾ cup hydrated ocean greens or wakame
- 1 ½ cups shredded red radishes
- 1 cup shredded carrots
- 1 medium cucumber
- 5 cups cooked spiral pasta (about 2 ½ cups dry)
- 1 ¼ cups cooked garbanzo beans (or 1 [15-ounce] can)
- Salad greens (optional)

1. Cut cucumber in half, seed, and slice to get 2 cups' worth.
2. Mix all dressing ingredients together until evenly dispersed. Place in a container and refrigerate until ready to use.
3. Soak dry sea vegetables in enough water to cover the vegetables for 10 minutes. Drain and coarsely chop. Toss dressing with vegetables, pasta, and beans.



**OPTION:** Shred or very thinly slice lettuce and use as a bed to serve salad. Or serve on several lettuce leaves.

Modification of the Quinoa Bean Salad (opposite page) using fresh tomatoes in place of sundries tomatoes and Nut Cream Cheese.



## SALAD À LA RUSSE

It is best to let the salad set overnight to let the onions mellow out the flavor.

**YIELD: 5 servings**

**TIME: 30 minutes prep and 20 minutes cooking**

2 medium potatoes, washed, unpeeled and ¼ inch diced

1 cup peeled and julienned carrots

1 tablespoon high-heat safflower oil or preferred oil

1 ½ teaspoons minced garlic

¼ teaspoon black pepper

1 cup frozen green peas

½ cup Soy Mayonnaise (page 154) or commercial vegan mayonnaise

1 cup peeled and diced onions

5 medium tomatoes

Lettuce leaves for serving

5 pitted black olives

1. Boil potatoes on medium heat 20 minutes or more until soft; cool and peel the potatoes. Cut them into thick strips. Set aside.
2. Sauté the carrots in the oil with the garlic and pepper over medium heat for about 5 minutes. After 2 minutes add the peas, which will continue to cook in the hot mixture for another 2 minutes.
3. Mix the potatoes with the mayonnaise and the carrot mixture. Add the diced onions.
4. Slice the top off each tomato and hollow out the centers. Fill the tomatoes with the mixture and serve on a plate lined with lettuce leaves. Garnish the salads with the olives. Refrigerate until ready to serve.

## QUINOA BEAN SALAD WITH SUNDRIED TOMATOES

This salad is loaded with protein and flavor coming from the simple, natural flavors of the ingredients.

**YIELD: 4 ¾ cups**

**TIME: 30 minutes**

1 ½ cups cooked kidney beans, drained (or 1 [15-ounce] can)

1 ½ cups cooked black beans, drained (or 1 [15-ounce] can)

1 ½ cups cooked quinoa

½ cup whole kernel corn, frozen, thawed

½ cup roasted walnuts

½ cup chopped sundried tomatoes

½ cup extra virgin olive oil

½ cup rice vinegar

½ cup fresh stemmed, chopped cilantro,

1 tablespoon agave syrup or sugar (to cut the acidity)

2 teaspoons fresh minced garlic

1 teaspoon salt

Prep all ingredients. Mix all ingredients in any order. Best to refrigerate the salad for at least an hour to let the ingredients fuse.



## TOFU “COTTAGE CHEESE”

This strongly resembles regular cottage cheese. It has a delicate flavor accented by the dill weed.

**YIELD: 3 servings**

**TIME: 10 minutes prep and 15 minutes cooking**

- ½ cup finely chopped onion
- 1 ½ teaspoons canola oil or olive oil
- ¼ teaspoon salt (optional)
- 1 cup firm tofu, crushed by hand
- ¼ teaspoon dill weed
- ½ Soy Mayonnaise (page 154) or commercial vegan mayonnaise
- 2 tablespoons chopped chives

1. Sauté the onion in the oil and salt until the onions are translucent. Add the tofu and dill weed and sauté another 4 to 5 minutes or until mixture is simmering.
2. Remove from heat and let sit for 3 to 4 minutes to cool down a little. Note: The heat allows the flavor to develop more quickly than when cold. Mayonnaise can be added during the last few minutes of cooking if desired but if it overcooks (becomes too hot) it will separate.
3. When tofu mixture is cool, add mayonnaise and chives and mix into tofu mixture.

## TOFU “EGG” SALAD

**YIELD 4 portions (2 cups)**

**TIME: 10 minutes prep and 15 minutes cooking**

- 2 cups tofu, extra firm, crumbled
- ½ cup chopped onions
- ½ teaspoon minced garlic
- 1 tablespoon canola oil
- ½ teaspoon salt
- Dash of annatto or turmeric for color
- ½ cup Soy Mayonnaise (page 154) or commercial vegan mayonnaise
- ¼ cup finely diced celery (optional)
- 1 teaspoon yellow mustard
- 2 tablespoons chopped parsley

1. Rinse and drain tofu (wrap in towel and press to remove excess water). Crumble.
2. Sauté onion and garlic in oil on medium heat.
3. Add crumbled tofu, salt, and annatto or turmeric. Sauté until heat reaches 160°F.
4. Remove from heat. Add mayonnaise, celery, and yellow mustard. Stir to coat. Finish with parsley.

**NOTE:** Mayonnaise must be added at the end of the cooking process to prevent it from separating since the mayo will break down under intense heat.





## CARROT SALAD

This is the vegan traditional version of carrot salad. Raisins or any dry fruit can be used in place of cranberries. Walnut pieces are an option for more crunch.

**YIELD: 2 cups**

**TIME: 15 to 20 minutes**

2 cups carrots, peeled and grated  
½ cup cranberries, dried, sweetened  
½ cup shredded sweetened coconut  
¾ cup Soy Mayonnaise (page 154) or commercial vegan mayonnaise  
½ teaspoon pure vanilla extract  
1/16 teaspoon salt

1. Combine all ingredients and mix well.
2. Refrigerate until cold. It is best to let the carrot salad set overnight to allow the flavors to mellow.



Dijon Potato Salad

## DIJON POTATO SALAD

**YIELD: 6 servings**

**TIME: 15 minutes prep and 25 minutes cooking**

5 medium potatoes, red, new potato, or Yukon Gold  
3 tablespoons Dijon-style mustard  
1 ½ cups Basic French Vinaigrette (page 155) (hold ¼ cup for vegetable sauté)  
1 cup finely diced, peeled onions  
1 cup finely chopped carrots  
1 cup finely diced celery  
½ teaspoon salt  
¼ teaspoon black pepper  
1 tablespoon arame, dry crumbled fine (optional)  
1 cup broccoli stems and florets

1. Peel and dice the potatoes and place them in a saucepan with water to cover. Bring to a boil, then simmer the potatoes, half-covered, for 20 minutes, until the potatoes are tender. Drain and set aside.
2. Mix the mustard into the vinaigrette. Sauté the onions, carrots, and celery in ¼ cup of oil from the Basic French Vinaigrette dressing (the oil separates from the other liquids in the dressing) with salt and pepper, over medium heat for 5 minutes.
3. Add the cooked potatoes and arame and sauté for another 2 minutes. Remove from heat, add the remaining 1 ¼ cup dressing, and let cool. Then refrigerate until the potatoes are cold.
4. Blanch the broccoli and set aside to cool. To prevent your broccoli from being discolored by the vinegar, add just before serving.





## PINEAPPLE RAISIN WALDORF SALAD

**YIELD:** 8 servings

**TIME:** 30 minutes

### Dressing

**YIELD:** 1 2/3 cups

1 (10 1/2 ounce) package silken tofu, extra firm  
 1/4 cup Soy Mayonnaise or commercial vegan  
 mayonnaise  
 3 tablespoons agave syrup  
 1 tablespoon lemon juice  
 1/4 teaspoon nutmeg  
 1/4 teaspoon vanilla extract

Place all of the dressing ingredients into a  
 blender and blend until smooth. Check the  
 flavor and adjust the seasonings to taste if nec-  
 essary. Cover and refrigerate until ready to use.

**NOTE:** Add the dressing to this salad just  
 prior to serving. Adding it too far in advance  
 will cause the salad to go limp.

**IMPORTANT:** The lettuce must dry thor-  
 oughly after washing or any remaining water  
 will thin out the dressing.

### Salad

**YIELD:** 6 cups

1/2 cup chopped walnuts, raw or roasted  
 2 cups red delicious apples, diced  
 2 cups fresh or canned pineapple chunks,  
 drained  
 1 cup diced celery  
 1/2 cup raisins  
 2 heads lettuce, shredded (or 8 whole lettuce  
 leaves)  
 6 mint leaves  
 6 strawberries, fanned

1. If you are roasting the walnuts, preheat oven to 325°F. Spread the walnuts on a baking sheet and roast them in the oven until lightly browned and aromatic, between 5 and 15 minutes. Immediately remove them from the sheet and transfer them to another container to cool. Once cool, chop the nuts coarsely into 1/4 inch pieces.
2. Mix the walnuts, apples, pineapple, celery, and raisins together, cover, and refrigerate until chilled.
3. When ready to serve, combine the dressing with the salad ingredients and arrange the mix on a bed of lettuce, shredded or whole, on each of the serving plates. Garnish each serving with a mint leaf and fanned strawberry, then serve immediately.



## SALAD BEATRICE WITH ARTICHOKES

**YIELD:** 6 servings

**TIME:** 20 minutes with the Tofu “Egg” Salad and dressing prepared

1 ½ pounds green beans, fresh or frozen  
 12 whole artichoke hearts, canned or cooked if fresh (2 per salad)  
 1 ½ cups Basic French Vinaigrette (page 155)  
 3 medium to large tomatoes, ripe  
 2 bunches watercress  
 ¼ pound firm tofu, finely diced or ¾ cup Tofu “Egg” Salad (page 162)

1. Halve green beans. If using frozen beans, blanch in hot water. If using fresh green beans, cook for about 5 minutes in simmering water and dip into ice water to stop the cooking process.
2. Mix the cold cooked green beans and artichoke hearts with the dressing. Turn onto a serving dish.
3. Slice the tomatoes, place the slices on small bunches of watercress, and arrange them around the beans. Sprinkle with finely diced tofu or tablespoon-size dollops of Tofu “Egg” Salad (page 162). Refrigerate and serve cold.

## AMERICAN-STYLE POTATO SALAD

**YIELD:** 6 servings

**TIME:** 15 minutes prep and 25 minutes cooking

5 medium new potatoes  
 1 cup finely diced peeled onions  
 1 cup medium-diced celery  
 1 ½ cups Soy Mayonnaise (page 154) or commercial vegan mayonnaise  
 2 tablespoons yellow mustard  
 1 tablespoon pickle relish  
 ½ teaspoon salt  
 ¼ teaspoon black pepper

1. Peel and dice the potatoes and place them in a saucepan with water to cover. Bring to a boil, then simmer potatoes, half-covered, for 20 minutes, until potatoes are tender. Drain and set aside.
2. Mix vegetables with potatoes and add mayo, mustard, relish, salt, and black pepper. Refrigerate until the potatoes are cold. Serve salad cold.



## TEMPURA VEGETABLE NORI ROLL SALAD

This salad is anything but traditional. I could not resist the temptation as it is one of my favorite decadently healthy salads. It is a tempura raw vegetable salad that received a silver medal in the International Culinary Olympics. I lined the nori with a tofu pâté for the competition.

**YIELD:** 2 servings

**TIME:** 45 minutes

¼ cup tamari  
 2 cups hot water  
 ½ cup dry arame  
 1 ½ cups shredded red cabbage  
 ¼ cup cider vinegar or red wine vinegar  
 1 ½ cups peeled and julienned carrots  
 1 ½ cups watercress  
 3 nori sheets  
 2 cups tempura batter (page 198)  
 4 cups high-heat cooking oil in a 2-quart sauce pan or 10-inch skillet  
 2 cups salad greens of choice

**SERVING OPTIONS:** Either a traditional Asian dipping sauce or a Balsamic Orange Marinade (page 231) can be used. The Asian BBQ Sauce (page 235) would also work by diluting the recipe with 2 tablespoons water. The Five Spice Asian Dressing (page 167) or Grilled Vegetable Marinade & Citrus Dipping Sauce (page 236) would complement these rolls as a delicious salad or appetizer.

1. Mix the tamari in hot water and soak the arame in this mixture for 30 minutes. Drain and press dry.
2. Meanwhile dip the shredded cabbage in a small amount of vinegar and rub the cabbage by hand. Let it sit for a few hours. Drain and press dry.
3. Combine the carrots and watercress.
4. Lightly toast the nori sheets by holding them about 6 inches over medium heat for 5 to 10 seconds on each side. Place a nori sheet on a flat surface. Lay all the vegetables in a row along the nori sheet. Roll up the vegetables tightly in the nori sheet, squeezing hard to eliminate as much juice as possible. Roll up this nori roll in the second sheet. Wet the ends of the second sheet with water and seal the edges. Repeat with the third nori sheet.
5. In a deep skillet heat the cooking oil to 375°F. Dip the whole roll into the tempura batter. (Leftover tempura batter can be used immediately or refrigerated for future use.) Then fry the roll in the hot oil until lightly brown (30 to 60 seconds). Remove and drain.
6. Serve slices of the nori roll on a bed of greens with a sauce of your choice.



## ASIAN COLESLAW

**YIELD:** 4 cups (8 servings)

**TIME:** 30 minutes

### Five Spice Asian Dressing

**YIELD:** ¾ cup

- 3 tablespoons rice wine vinegar
- 3 tablespoons vegetable oil
- 3 tablespoons creamy peanut butter (4 tablespoons for a creamier texture)
- 1 ½ tablespoons tamari (gluten-free) or soy sauce
- 1 ½ tablespoons brown sugar
- 1 tablespoon minced fresh ginger
- 2 ½ teaspoons minced fresh garlic
- ½ teaspoon Chinese five spice powder

### Coleslaw

- 2 ½ cups thinly sliced green cabbage
- 1 cup thinly sliced red cabbage
- ½ cup thinly sliced red or yellow bell pepper
- ½ cup julienned carrots
- ½ cup chopped green onions
- ¼ cup fresh chopped cilantro

Mix together the dressing ingredients. Toss cabbages, pepper, carrots, green onions, and cilantro to blend. Add dressing to vegetables and serve or refrigerate until ready to serve.

### VARIATION: *Asian Tempeh Salad*

- 2 tablespoons tamari
- 2 tablespoons water
- 12 ounces tempeh
- 2 tablespoons oil canola or oil of choice

1. Mix tamari and water.
2. Slice tempeh into 12 pieces, approximately 1 ounce each and place in pan. Coat with tamari mixture.
3. On medium heat, pour oil into sauté pan and lightly brown tempeh.
4. Add 3 ounces tempeh to each serving of slaw.

### VARIATION: *Asian Chicken-Style Salad*

Use 12 strips of a pre-cooked chicken-style protein (analogue) in place of the tempeh.



## PASTA SALAD NIÇOISE

**YIELD:** 4 (1 cup) servings

**TIME:** 20 minutes prep and 20 minutes cooking

2 cups dry penne or rigatoni pasta\*

Pinch of salt

2 teaspoons olive oil

1 cup Sauce Niçoise (page 230)

¼ cup diced green bell pepper

¼ cup diced red bell pepper

2 tablespoons extra virgin olive oil

¼ teaspoon ground black pepper

¼ teaspoon salt

¼ cup crumbled tofu

¼ cup shredded vegan mozzarella cheese (optional)

½ gallon mixed field greens or salad greens of your choice

1. In a 2-quart sauce pan pour 1 quart of water, a pinch of salt, and 2 teaspoons olive oil and turn heat on to medium. When water is simmering, add pasta and stir to keep from sticking together. Stir about every minute for the first few minutes. Continue cooking for 15 to 20 minutes or until pasta is cooked yet firm.
2. Drain, rinse in cold water, pour into a mixing bowl, and add sauce, peppers, oil, pepper, salt, and tofu and mix well.
3. Serve salad immediately at room temperature or refrigerate until ready to serve. (The pasta mixture will keep in the refrigerator for a week if the salad greens are not mixed into it.) To serve, arrange 2 cups salad greens on a salad plate and top with one cup pasta mixture.
4. The vegan cheese can be mixed into the pasta salad or used to garnish the tops of the salads.

\*2 cups raw pasta yields 4 cups cooked pasta



From Culinary Olympics: American Bounty





*Chapter Eight*

**VEGAN NON-DAIRY  
CHEESES, SPREADS,  
& CONDIMENTS**





# *Humanity, at the onset of existence as hunter-gathers, discovered nuts.*

We shelled and consumed them. Perhaps some processing, such as roasting, took place. With the evolution of vegetarian cuisine, nuts have risen to an enviable position as a “dairy” ingredient in dairy-free cuisine.

When animals were domesticated, we began drinking their milk. Then we discovered how to convert it into cheese. We also created coconut milk with coconut (classified as a fruit) and soy milk with soybean (classified as a legume). Soybeans, coconuts, and nuts are the sustainable dairy replacements of the twenty-first century; they have the capability of feeding a larger portion of the billions of inhabitants of our planet.

Vegan cheeses are a dairy-style ingredient that replicates the function of cheeses in traditional and new recipes, but they are not a mimic of dairy cheeses. They create a light curd and add lubricity (fatty flavor) with mild plant-based flavors. They give the recipe a richer flavor and creamy texture. A number of decent vegan cheeses are now sold in supermarkets; these brands are listed in the resource section in the back of this cookbook.

Like dairy cheeses, adding a curdling agent such as lemon juice or vinegar to the vegan cream mixture will cause it to curdle. Vegan cheeses develop their firm texture between the curd and osmosis. Nuts or tofu absorb the moisture to help solidify the vegan cheese, and lemon as the souring agent causes the soy milk to curdle. The handcrafted versions are made with whole foods with a higher percentage of protein and nutritional value, unlike vegan commercial cheeses, which contain more highly refined ingredients. Whole foods cost more, which is why the foodservice industry doesn't often use them in vegan cheeses.

Another desirable property of dairy cheeses is their ability to melt and stretch due to the milk protein casein. Vegan cheeses can't take advantage of casein. But scientists are coming close to replicating that function of cheese, which will provide a better mouth-feel to vegan cheeses. There are some excellent vegan cheeses available to both foodservice and retail consumers that do a better job of melting without the casein.

If these commercial vegan cheeses are not available or you want to make your own signature cheese, here are a few basic formulas made with nutrient-dense whole foods.

Following the vegan cheese recipes are a few examples of vegan spreads and condiments to complement either a menu course or to add to crackers or breads. Spreads are often related to cheeses and most likely used on sandwiches. Essential to all cuisines, spreads and condiments will continue to evolve with the evolution of global cuisines.







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## NON-DAIRY CHEESES

American Melting Cheese

Soy Curd "Cottage Cheese"

Coconut Lemon Cream Cheese

Lemon Nut Cheese

Variation: Italian Lemon Nut Cheese

Smoked Cream Cheese

Cauliflower Sour Cream

Nut Cream Cheese

Soy Yogurt

Cashew Cream

Tofu Cashew Sour Cream

Variation: Cashew Sour Cream

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## SPREADS & CONDIMENTS

Rosemary, Thyme, & Sage Squash Butter

Squash Butter

Greek Potato Butter

Cranberry Apricot Chutney with Port Wine

Mushroom Confit

Gremolata





## Non-Dairy Cheeses

### AMERICAN MELTING CHEESE

This cheese simulates an American-style cheese that will melt. While the flavor is “basic,” the cook has the option to adjust the flavor using nutritional yeast and/or herbs, spices, and souring flavors. This cheese was designed to be scooped when cold, spread on a protein like a veggie burger, and melted under dry heat similar to American or mozzarella cheese or it can be used in dishes like a chili mac.

**YIELD: 2 cups**  
**TIME: 10 minutes**

6 tablespoons vegan butter spread  
1 (12.3 ounce) package extra firm silken tofu  
2 tablespoons arrowroot or cornstarch  
½ cup raw cashew pieces  
1/16 teaspoon annatto or turmeric  
2 teaspoons nutritional yeast

1. Warm butter spread.
2. Pour all ingredients into blender and blend until smooth and creamy. Chill until ready to use.

### SOY CURD “COTTAGE CHEESE”

**YIELD: 6 servings**  
**TIME: 10 minutes prep and 10 minutes cooking**

2 cups (1 ¼ pounds) extra firm tofu, crushed by hand  
1 cup finely chopped onion  
1 tablespoon canola, olive, or oil of choice  
¼ teaspoon salt  
1 cup Soy Mayonnaise (page 154) or commercial vegan mayonnaise  
½ teaspoon dill weed  
4 tablespoons chopped chives or parsley

1. Drain, rinse, and dry the extra firm tofu. Wash hands and then crush by squeezing through hands 2 to 3 times.
2. Sauté the onion in the oil with salt on medium heat until onion is translucent.
3. Add tofu and continue sautéing until tofu is hot. Note: Do not brown tofu or onions because this is a dairy curd-style food and caramelization isn't part of the flavor.
4. Set aside to cool. Add Soy Mayonnaise, dill weed, and chives. Store in container and chill in refrigerator.



## COCONUT LEMON CREAM CHEESE

**YIELD:** 1 ½ cups

**TIME:** 15 minutes and 24 hours incubation

- 1 cup whole almonds, blanched
- ¾ cup coconut milk
- ¼ teaspoon salt
- 2 tablespoons lemon juice\*

1. Pour all ingredients into a blender and blend on high speed for about 5 minutes (until smooth with no grit when rubbed between your fingers).
2. Refrigerate for 24 hours to let flavor, osmosis, and curdling develop.

\*For a lighter lemon flavor, use 1 tablespoon lemon juice and 1 tablespoon water.

## LEMON NUT CHEESE

This cheese will be firmer than a sour cream and have a strong cream cheese note. Using or roasting different nuts creates unique flavors. Try walnuts, peanuts, or pecans.

**YIELD:** 2 cups

**TIME:** 15 minutes and 24 hours incubation

- 1 cup whole cashews
- 1 cup whole almonds, blanched
- ¾ cup hot water
- 6 tablespoons canola oil
- 3 tablespoons lemon juice
- 3 tablespoons nutritional yeast
- ½ teaspoon salt
- 1 tablespoon rice vinegar

1. Pour all ingredients into a blender and blend until smooth.
2. Place in a lightly oiled container, cover, and steam until the mixture begins to curdle.
3. Remove from steamer and stir to form a paste. Wrap in plastic in a cylindrical form or containerize and cover. Refrigerate.

### **VARIATION:** *Italian Lemon Nut Cheese*

**YIELD:** 1 ½ cups

**TIME:** 5 minutes

- 1 cup Lemon Nut Cheese
- ½ cup water
- 1 teaspoon chopped oregano
- ½ teaspoon granulated garlic
- ½ teaspoon salt

Mix together until evenly dispersed and serve.



## SMOKED CREAM CHEESE

This recipe has a strong smoked flavor. If you want a lighter version, use half smoked and half unsmoked nuts. This cheese will soften to the texture of cream cheese and works well with a grilled cheese sandwich or with grilled or roasted vegetables of choice.

**YIELD:** 1 ¾ cup

**TIME:** 15 minutes prep and 24 hours incubation

- ¾ cup smoked whole cashews or pieces
- ¾ cup smoked whole almonds, blanched
- ⅞ cup vegan butter spread, warmed to melting point
- ¼ cup lemon juice
- 2 tablespoons water
- 1 teaspoon cracked black pepper
- ¼ teaspoon salt

1. Pour all ingredients into a blender and blend until smooth. To determine if the mixture is sufficiently blended, rub the cream between your fingers. If it is gritty, blending isn't complete. If smooth with no grit, the blending is complete.
2. Refrigerate for 24 hours to let flavor, osmosis, and curdling develop.

## NUT CREAM CHEESE

**YIELD:** ¾ cup

**TIME:** 15 minutes prep and 24 hours incubation

- 1 cup raw whole cashews or pieces
- ½ cup water
- 1 ½ teaspoons nutritional yeast
- ⅛ teaspoon salt
- 2 ½ teaspoons lemon juice\*

1. Pour all ingredients into blender and blend until smooth. The key factor in determining if it's sufficiently blended is rubbing the cream between your fingers. If it's gritty, blending isn't complete. If smooth with no grit, the blending is complete.
2. Refrigerate for 24 hours to let flavor, osmosis, and curdling develop.

**NOTE:** The yeast gives the recipe a cheesy note and the lemon causes curdling and neutralizes the cashew flavor. Water is necessary to turn the mixture into a cream, and the osmosis causes the mixture to become firm.

\* For a neutral flavor cream cheese, use 2 ½ teaspoons cider or white vinegar instead of lemon juice.

## CAULIFLOWER SOUR CREAM

This is an alternative macrobiotic version of sour cream and probably one of the healthiest sour creams one could eat.

**YIELD:** 2 cups

**TIME:** 15 minutes

- 2 cups chopped, cooked cauliflower
- 2 tablespoons tahini
- 2 tablespoons umeboshi paste
- 2 tablespoons brown rice vinegar
- ¼ cup water

Blend all ingredients until smooth.





## SOY YOGURT

**YIELD:** 2 cups sauce

**TIME:** 15 minutes prep and cooking, and 24 hour incubation

- 1 cup plain, unsweetened soy milk
- 1 cup coconut milk
- 2 tablespoons unbleached white flour
- ¼ teaspoon salt
- 2 tablespoons lemon juice

1. Mix together milks, flour, and salt in a sauce pan. Bring to a simmer while constantly stirring.
2. When milk mixture thickens, add lemon juice, mix to incorporate, and remove from heat. Store in an airtight container and refrigerate for 24 hours, then serve.

## CASHEW CREAM

Similar to traditional whipping cream, cashew cream serves as a great base for many sauces.

**YIELD:** About 1 ½ cups

**TIME:** 15 minutes

- 1 cup raw cashew pieces
- Pinch of salt
- 1 cup water

1. Place the cashew pieces, salt, and water in a blender and blend for 3 minutes, or until the mixture is smooth.
2. Transfer to a covered container and store in the refrigerator, where it will last for about 1 week, or in the freezer, where it will keep up to six months.

## TOFU CASHEW SOUR CREAM

Tofu Cashew Sour Cream has a rich, creamy texture, with a slight hint of lemon. Use it as you would regular sour cream.

**YIELD:** 1 cup

**TIME:** 10 minutes prep and 24 hours incubation

- 1 tablespoon raw cashews
- 6 ounces silken tofu
- ¼ cup canola oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt

1. Place the cashews in a blender, and blend into a fine meal.
2. Add the remaining ingredients, and blend until the mixture is smooth and creamy.
3. Transfer the mixture to a covered container. Refrigerate for 24 hours to incubate.

Refrigerated, it will last about 2 months; frozen, it will keep for about 6 months. (After thawing the frozen sour cream, you will have to re-blend it before use to regain the texture.)

**VARIATION:** *Cashew Sour Cream*

**YIELD:** approximately 1 ½ cups

- ¾ cup water or soy milk
- 1 cup raw cashews
- ⅛ teaspoon salt
- 2 teaspoons lemon juice or cider vinegar

Place all ingredients in a blender and blend until smooth. Refrigerate for 24 hours before use.



## Spreads & Condiments

This section describes several of my favorite butter spreads and condiments. Each spread starts with commercial vegan butter, then a special blend of oils and seasonings is added. The condiments add a rich flavor to any meal, their primary function as a spread on bread and crackers on a vegan canapé. All spreads and condiments must be refrigerated unless stated that refrigeration is not necessary.

### ROSEMARY, THYME, & SAGE SQUASH BUTTER

**YIELD:** 1 cup

**TIME:** 15 minutes

- ½ cup butternut squash, peeled, seeded, and steamed
- ½ cup vegan butter spread, warmed if using a food processor or blender
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon ground sage
- ⅛ teaspoon ground rosemary
- ⅛ teaspoon salt
- 1 tablespoon fresh chopped parsley

1. Place all ingredients in a food processor or blender and process until incorporated.
2. For a coarser blend, use a mixer on medium speed for about 3 to 5 minutes to break down the squash. Small squash particles will remain when finished. Those particles give the butter spread eye appeal.

### SQUASH BUTTER

This is a recipe with many flavor options using different spices, herbs, caramelized onions, etc.

**YIELD:** 1 ¼ cups

**TIME:** 15 minutes prep and 20 minutes cooking

- 1 cup firmly packed butternut squash
- ⅝ cup vegan butter spread at room temperature
- 1 tablespoon coarsely chopped parsley (optional)
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

1. Peel, dice into ½-inch pieces, and steam squash until soft (about 15 minutes). Prepare enough for 1 cup firmly packed squash.
2. Place all ingredients in a food processor or blender, mix for about 3 to 5 minutes to pulverize the mixture into a smooth, creamy texture. Refrigerate until firm.
3. Or use a mixer to blend on medium speed until incorporated. If there are squash particles in the butter, this will add to the eye appeal. Refrigerate until firm.



## GREEK POTATO BUTTER

**YIELD:** 1 ¼ cups

**TIME:** 15 minutes prep and 20 minutes cooking

- 1 cup peeled diced red potatoes
- ¼ teaspoon salt
- 1 cup water
- ¾ cup vegan butter spread or extra virgin olive oil butter spread
- ¼ teaspoon ground rosemary
- ½ teaspoon chopped fresh oregano
- 1 teaspoon chopped fresh parsley

1. Cook potatoes in salted water in covered pot on medium heat until potatoes are soft (15 to 20 minutes). Drain and place in food processor.
2. Add remaining ingredients and process until a smooth mixture forms. Refrigerate until firm and serve.



Squash Butter

## CRANBERRY APRICOT CHUTNEY WITH PORT WINE

**YIELD:** 5 cups (16 servings)

**TIME:** 15 minutes prep and 25 minutes cooking

- 24 ounces fresh cranberries, washed and picked through
- Zest of large orange
- 1 cup orange juice
- 2 tablespoons balsamic vinegar
- 1 cup port wine
- 1 cup sugar
- 1 cup dried apricots, preferably Turkish, cut into strips
- 1 cup dried cherries
- ⅛ teaspoon salt
- ¼ teaspoon nutmeg
- ¼ teaspoon ground cloves
- 1 teaspoon cinnamon

1. In a large, heavy pot, combine the cranberries, orange zest, juice, balsamic vinegar, port, and sugar. Bring to low boil, then reduce heat to simmer. The mixture should simmer for about 10 minutes until cranberries “pop” or burst and collapse.
2. Add the apricots, cherries, and salt. Making sure the cranberries don’t burn, continue cooking over medium-low heat, stirring occasionally, for about 10 minutes, until the cranberries start to pop.
3. Stir in the nutmeg, cloves, and cinnamon. Continue cooking on low until thick, another 5 to 7 minutes. Taste and adjust seasonings, if necessary. This will keep in the refrigerator at least 4 weeks.



## MUSHROOM CONFIT

With excellent taste and texture, this is a perfect condiment to a plain, simple piece of protein such as a grilled piece of seitan or one of the grain loaves without a sauce. The confit can be served on or beside the protein. As a flavor enhancer, mushroom confit surpasses ketchup in taste and health.

**YIELD: 1 ½ cups**

**TIME: 10 minutes prep and 50 minutes cooking**

- 1 ½ cups chopped onions
- 2 cups sliced shiitake mushrooms
- 2 tablespoons fresh, chopped garlic
- ¼ cup canola oil
- ½ cup red wine
- ¼ cup balsamic vinegar
- 3 tablespoons reduced sodium “beef-style” broth powder or tamari

1. Sauté onions, mushrooms, and garlic in oil on medium-low heat for about 20 minutes to develop the sweetness and reduce moisture. Add red wine, vinegar, and broth powder.
2. Reduce heat to low. Simmer until confit is reduced to 1 ½ cups or until there is no steam rising from the mixture. Refrigerate to store. This confit will last about 1 month or longer depending on how much liquid has evaporated from the mix. The lower the moisture, the longer the shelf life.

## GREMOLATA

A burst of flavor, gremolata is a combination of lemon zest, garlic, parsley, and olive oil. I add fresh red radish. Traditionally served on grilled meat and roasted potato dishes, gremolata is easy to make and best served fresh as it doesn't have a long shelf life (1 day maximum), but best if the flavors can meld an hour or so before serving. Fortunately it only takes about 5 minutes to make.

**YIELD: approximately 6 servings**

**TIME: 5 minutes**

- 2 teaspoons fresh minced garlic
- 2 tablespoons lemon zest
- ½ cup coarsely chopped fresh parsley
- ¼ cup coarsely shredded red radish
- 1 tablespoon extra-virgin olive oil
- Pinch of salt or iodized salt

Toss garlic, lemon zest, parsley, and radish with oil and salt. Refrigerate if not using immediately.