

Food Day Vegan Cooking Masterclass 2019

Chickpea Burgers

Adapted from *The Cookbook for People Who Love Animals*
Makes 2 dozen patties

2 cups chickpeas
6 cups water
2 tbsp oil
2 garlic cloves,
diced
2 large onions,
diced
2 carrots, diced
3 stalks celery,
diced
3 green peppers,
diced
6 tbsp tamari
½ tsp salt
½ tsp basil
¼ tsp garlic
powder
½ cup tahini
¼ tsp paprika
¼ tsp oregano
¼ tsp cumin

In a large skillet, heat the oil over medium heat; add the garlic, onions, carrots, celery, and peppers; sauté for 7 minutes, until tender. Season with 3 tbsp tamari, salt, basil, and garlic powder.

Drain the chickpeas and mash well. Combine with the sautéed vegetables in a large bowl. Add the tahini and remaining seasonings.

The mixture should be mushy but light. If too thin, add some bran or whole wheat flour. If too thick, add some stock. Mix well.

Preheat the oven to 350 °F. Oil a cooking sheet. Form the mixture into patties and place on a sheet. Bake for 8-10 minutes, until golden brown on top; turn over and brown the other side.

Papaya Shake

Adapted from *Florida Fruit and Vegetable Recipes*

2 cups mashed
ripe papaya pulp
¼ cup lime juice
2/3 cup sugar

1 ½ cups coconut milk
1 ½ cups water
1 tsp nutmeg

Combine mashed
fruit and sugar,
then add all
other ingredients
and chill.

Optional: just before serving,
shake with cracked ice in a glass
jar with a tight-fitting lid.

Black Bean Stuffed Tostones with Avocado Sauce

Adapted from *Coconuts and Collards: Recipes and Stories from Puerto Rico to the Deep South*

Makes 4 servings

Tostones

Vegetable oil
3 green plantains,
peeled and cut into
2 inches
Salt

Black Beans

1 tbsp olive oil
1 garlic clove,
minced
1 ½ cup cooked
black beans,
drained and rinsed
1 tsp Sazón (see
Sazón recipe)
½ cup water
Avocado sauce (see
Creamy **Avocado**
Sauce recipe)
Diced tomatoes for
garnish

Make the tostones: line a large plate with paper towels and pour oil into a deep skillet or sauté pan to a depth of about 1 ½ inches.

Bring the oil to a simmer over medium-high heat. Test the oil by dropping a scrap of plantain in the oil. Once it sizzles, carefully add plantain rounds with a pair of tongs until the pan is full but not crowded.

Fry the plantains, flipping them every couple of minutes, until they're golden brown. Remove from the oil and drain on the prepared plate. Sprinkle lightly with salt and let cool while you fry the remaining plantain slices.

Place the plantains one by one on a small plate and press them into a flat disk with the bottom of a coffee cup. Then place each pressed plantain round into a small ramekin and mash then in the middle with the bottom of a round ended kitchen tool (a muffin tin and muddler would work for this).

While the plantains are frying, make the black beans. Heat the oil in a small saucepan over medium high heat. Add the garlic and sauté for

30 seconds, or until fragrant. Add the black beans, sazón, and water and bring to a simmer.

Reduce the heat to low and simmer,

uncovered for 7 to 10 minutes until the sauce thickens.

Assemble the black bean stuffed tostones by scooping the black beans into the tostones, then topping with the creamy avocado sauce and diced tomato.

Creamy Avocado Sauce

From *Coconuts and Collards: Recipes and Stories from Puerto Rico to the Deep South*

Makes about 1 cup

1 ripe avocado,
halved and pitted
1 garlic clove,
minced
1 tbsp fresh
lemon juice
¼ cup water, plus
more as needed
Salt and pepper

Combine all the ingredients in a small food processor and process until smooth, adding more water as needed until the mixture is the consistency of yogurt or your desired thickness (alternatively you can mash and mix together everything in a medium sized bowl). Season with salt and pepper. Use within the day.

Sazón

From *Coconuts and Collards: Recipes and Stories from Puerto Rico to the Deep South*

1 tbsp garlic
powder
1 tbsp onion
powder
1 tbsp ground
cumin
1 tbsp ground
turmeric

1 tsp ground black pepper
2 tbsp salt
2 tbsp ground achiote or sweet
paprika

Combine all the ingredients in an airtight container, cover, and shake well to

incorporate. Keeps indefinitely.

Easy Vegan Coleslaw

From the Minimalist Baker

12 ½ cup servings

Sauce

1 cup raw cashews
(soaked in very
hot water 1 hour,
or in cool water
6 hours or
overnight)

1/3 cup water
1 tbsp maple
syrup
2 tsp spicy brown
mustard (or
yellow mustard)
1 ½ tbsp white
vinegar
2 tsp apple cider
vinegar
3 tbsp chopped
yellow or red
onion
½ tsp celery salt
Sea salt and
black pepper to
taste

Slaw

2 cups shredded
carrot
4 cups packed
shredded red or
green cabbage

Soak cashews. Then drain thoroughly and add to a high-speed blender along with water, maple syrup, mustard, white vinegar, apple cider vinegar, onion, celery salt.

Blend on high until creamy and smooth, scraping down side as needed. If too thick, add more water to thin. If too thin, you can compensate by adding more cashews.

Taste and adjust flavor as needed, adding salt and pepper to taste, more celery salt for more pronounced celery flavor, onion for bite, maple syrup for sweetness, mustard for tanginess or vinegar for acidity.

Add carrot and cabbage to a mixing bowl and top with dressing. Toss to combine. Enjoy immediately or store covered in the refrigerator to chill - about 4 hours.

Store leftovers covered in the refrigerator up to 4-5 days. Not freezer friendly.

