

Vegan Recipe Club

Third Tuesday Of Every Month

6:30 - 7:30pm

Recipes for April 19, 2022 Discussion

Chef Del's Better Than Vegan - 2013 - by Del Sroufe

- Del's Big Breakfast Casserole - pg 118 - 121
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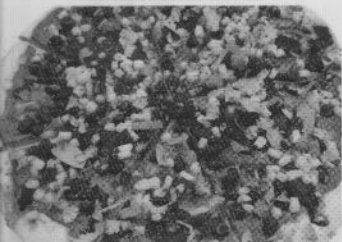
optional:

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eating well.

and emerged triumphant.

all of us who care about

Not Just the Skinny: The Author of *Skinny Bites*

Chef Del's Better Than Vegan

101 Favorite Low-Fat,
Plant-Based Recipes
That Helped Me
Lose Over 200 Pounds



Del Sroufe

New York Times bestselling author of

Knives—The Cookbook

and Chef for Wellness Forum Foods

with Glen Merzer

TX837 .S716 2013

Sroufe, Del.

Better than vegan : 101 favorite

Del's Big Breakfast Casserole

SERVES 6 TO 8

See photo on pages 120–121.

This recipe is not your everyday breakfast food. Make it for company or when you're in the mood to spend a little extra time in the kitchen on a Saturday morning.

4 medium red-skin potatoes, scrubbed and thinly sliced

3 large yellow onions, thinly sliced

1 pound firm tofu

1 12-ounce package extra-firm silken tofu

2 medium yellow onions, diced

1 red bell pepper, diced

1 8-ounce package sliced button mushrooms

1 10-ounce package frozen broccoli, thawed

4 cloves garlic, minced

1 tablespoon dried basil

1 teaspoon dried sage

½ teaspoon ground fennel seeds

1 teaspoon crushed red pepper

6 tablespoons nutritional yeast

Sea salt to taste

½ teaspoon black pepper

Preheat the oven to 350 degrees F.

Steam the potatoes for 6 to 8 minutes, until tender but still firm. While the potatoes steam, sauté the three large onions in a medium skillet until caramelized, about 12 minutes. Add water 1 to 2 tablespoons at a time to keep them from sticking. Set them aside. Place the firm tofu and silken tofu in a large bowl and mash to the consistency of ricotta cheese. Set it aside.

Heat a large skillet over medium-high heat, add the diced medium onions, red bell peppers, mushrooms, and broccoli, and sauté for 5 to 6 minutes, until the vegetables are tender. Add the garlic, basil, sage, fennel, and crushed red pepper, and cook for another minute. Add the onion mixture to the tofu along with the nutritional yeast, salt, and pepper. Mix well.

Press the tofu filling into a 9 × 13 inch nonstick baking dish. Top with the steamed potatoes and then the caramelized onions. Bake for 45 minutes.

Mr. Benedict

SERVES 6

Mr. Benedict, as the dish is respectfully called, is a combination of spinach “ricotta” and spicy seitan. When I worked at King Avenue Coffeehouse, we had the most amazing brunch menu. One of my favorite items was our eggs Florentine, a toasted English muffin topped with a spinach-ricotta mixture, a poached egg, and a homemade hollandaise sauce. It was full of fat and dairy and was, although very tasty, very unhealthy. In this version, my tofu-spinach ricotta replaces the traditional spinach filling, a spicy seitan cutlet replaces the egg, and my version of vegan hollandaise tastes just as good as the original. I used to make a seitan sausage from scratch, but—although it’s not the most time-consuming recipe—I love the ease of using premade seitan, which can still be seasoned the way I want it. Though not fat-free, this recipe is dairy-free, oil-free, and just as tasty as any you’ll make with all the fatty stuff.

1 recipe Spinach "Ricotta" (recipe follows)

3 English muffins, toasted and split in half

1 recipe Spicy Seitan (recipe follows)

1¾ cups Hollandaise Sauce (page 77)

Paprika (garnish)

Chopped parsley (garnish)

To assemble the Mr. Benedict:

Preheat the oven to 350 degrees F.

Place about ½ cup spinach ricotta on each English muffin half and place each piece on a baking sheet. Cover and bake for 15 minutes, until the ricotta is heated through. Remove from the oven and place one half-muffin on each of six plates. Divide the seitan between the six muffin halves and top with the hollandaise. Sprinkle with paprika and chopped parsley for garnish.



Cauliflower Purée

MAKES 2 CUPS

Traditional white sauces are made from cream or milk. Vegan white sauces are usually made with plant milk or silken tofu. My favorite white sauce is made from cauliflower purée. It is one of the most adaptable sauces I make, and much like its dairy-based counterpart, it takes on the flavor of whatever you use to season it.

3 cups cauliflower florets

$\frac{3}{4}$ to 1 cup water, vegetable stock, or Basic Soup
Stock (page 146)

Sea salt to taste

Place the cauliflower in a steamer and cook until very tender, about 8 to 10 minutes. Place the florets in a blender and purée with enough water to make a creamy consistency. Season with salt.

VARIATION

Coconut-Cauliflower Purée

Add $\frac{1}{2}$ teaspoon coconut extract to the blender and purée with the cauliflower and water.



Hollandaise Sauce

MAKES 1¾ CUPS

See photo on page 123.

Hollandaise sauce is traditionally made with eggs and butter. This vegan version is delicious served over steamed vegetables or in my Mr. Benedict recipe (page 122).

1 12-ounce package extra-firm silken tofu or

1½ cups Cauliflower Purée (page 72)

Zest and juice of 1 lemon

3 tablespoons nutritional yeast

1½ teaspoons sea salt

¼ teaspoon cayenne pepper

½ teaspoon turmeric

Combine all ingredients in a food processor or blender and purée until smooth and creamy. Add water if needed to make a pourable sauce. Heat the sauce in a double boiler (see note) for 10 to 12 minutes, until heated through.

Chef's Note • If you don't have a double boiler, you can put the sauce in a bowl that you then place over a saucepan of gently boiling water. Make sure the bowl only partially fits in the saucepan so that the bottom of the bowl does not touch the boiling water.

Spicy Seitan

2 shallots, minced
6 cloves garlic, minced
2 teaspoons chili powder
1 teaspoon crushed red pepper
1½ teaspoons ground sage
1½ teaspoons ground fennel
2 18-ounce packages chicken-style seitan (see note), coarsely chopped
½ cup water
Sea salt to taste

In a medium skillet, sauté the shallots over medium heat 3 to 4 minutes. Add water 1 to 2 tablespoons at a time to keep the shallots from sticking. Add the garlic and spices, and cook for another minute. Add the seitan and ½ cup water, and cook until the liquid is reduced by half, about 5 minutes. Season with salt.

Chef's Note • Seitan is a meat substitute made from wheat gluten and comes in traditional or "beef" or "chicken" styles.

Spinach “Ricotta”

$\frac{3}{4}$ cup firm silken tofu (about $\frac{1}{2}$ of a 12-ounce package)

1 pound lite firm tofu

1 medium yellow onion, finely diced

4 cloves garlic, minced

3 10-ounce packages frozen chopped spinach, thawed and wrung dry

3 tablespoons nutritional yeast

2 teaspoons dried basil

$\frac{1}{2}$ teaspoon dried thyme

$\frac{1}{2}$ to 1 teaspoon sea salt, or use more or less to taste

Black pepper to taste

Preheat the oven to 350 degrees F.

In a large bowl, mash all the tofu until it resembles ricotta cheese. Set aside. Sauté the onion in a large skillet for 7 to 8 minutes, until it is translucent and starts to brown. Add the garlic and sauté another minute. Remove from heat and add to the tofu mixture along with the spinach, nutritional yeast, basil, thyme, salt, and pepper. Combine well.

Scalloped Potatoes

SERVES 4

This version of one of my childhood favorite dishes has all of the flavor but none of the fat of the one my mom used to make. And while health influences the ingredients in my scalloped potatoes, my mom is the influence behind the great taste. Thanks, Mom.

- 4 pounds russet potatoes, thinly sliced
- 2 cups Cauliflower Purée (page 72)
- ½ cup vegetable stock or Basic Soup Stock
(page 146)
- ¼ cup nutritional yeast
- 1 clove garlic, minced
- Sea salt and black pepper to taste
- ¼ teaspoon freshly grated nutmeg

Preheat the oven to 375 degrees F. Steam the potatoes for 5 minutes or so, until just tender. Set them aside while you prepare the sauce.

Combine all the remaining ingredients in a bowl and mix well. Add the potatoes to the bowl and toss to combine. Spread the mixture in a 9 × 13 inch baking dish and cover with foil. Bake for 50 minutes, until the potatoes are tender when poked with a fork. Remove the foil and let the dish cook for another 10 minutes.

