



## Featured Recipes

All of the following recipes were demonstrated (and tasted!) during the McDougall Celebrity Chef Weekend in June, 2008.

### Vietnamese-Style Stuffed Grape Leaves

By Eric Tucker

These grape leaves are served on lettuce leaves with Asian aromatics like Thai basil, cilantro and mint. The sweet and spicy plum miso dipping sauce is very versatile. You can use it to dress salads or Asian influenced pasta dishes or as a dip for crudité's.

Servings: 6

6 wooden skewers, soaked in water

18 brined large grape leaves, rinsed and dried  
 2 cups thinly sliced fresh shiitake mushrooms  
 2 teaspoons minced ginger  
 2 cloves garlic, minced  
 1 tablespoon Chinese fermented black soy beans, minced  
 1/3 cup vegetable stock  
 1 1/2 cups crumbled firm tofu  
 1 1/2 cups cooked brown rice  
 4 tablespoons cilantro leaves  
 Tamari or salt to taste  
 Black pepper to taste  
 Plum Sauce  
 Sesame seeds  
 18 Romaine or butter lettuce leaves  
 1 bunch cilantro  
 1 bunch mint  
 1 bunch Thai basil

Heat a non stick sauté pan over medium, add the shiitakes, ginger, black beans, garlic and the stock. Braise the mushrooms until soft and most of the stock evaporates. Add the tofu, rice and cilantro. Braise, stirring until heated through. Adjust seasoning and reserve.

Place a grape leaf on a flat work surface. Place 1 heaping tablespoon of filling in the center of the leaf, then fold up the leaf like a spring roll or burrito. Repeat with 2 more rolls then skewer 3 together. Repeat with remaining grape leaves and skewers. Place the skewers on a sheet pan and lightly brush with some of the plum sauce. Sprinkle with sesame seeds. Broil for 2 minutes until heated through and the sauce caramelizes on top.

Serve 1 skewer per person with 3 lettuce leaves, and a sprig of cilantro, basil and mint with 3 tablespoons of the sauce in a small bowl or on the plate.

### Sweet and Spicy Plum – Miso Sauce

By Eric Tucker

2 ripe red fleshed plums, seed removed diced  
 1 clove garlic peeled  
 1 teaspoon minced ginger  
 1 Thai chile

4 tablespoons Agave nectar  
1 tablespoon rice vinegar  
4 tablespoons white or chickpea miso  
½ cup water

Place all ingredients in a blender and blend until smooth. Adjust the sweetener and vinegar to taste.

## **Spreads and Dressings**

By Kevin Dunn

The following 3 recipes keep in the refrigerator for about 1 week, so you can easily make them ahead of time.

### **Mock 1000 Island Dressing**

Servings: 6

2 cloves roasted garlic  
1 roasted red bell pepper, stemmed, skinned and seeded  
1/4 medium Spanish onion, chopped  
1/2 teaspoon canned Chipotle chile  
3/4 teaspoon Asian chili sauce with garlic  
1 teaspoon sweet pickle relish  
6 ounces homemade low-fat Vegan mayonnaise  
1 lemon, juiced  
2 teaspoons whole grain mustard  
Salt and Pepper to taste

Combine all ingredients in a food processor and process until smooth.

### **Homemade Low-Fat Vegan Mayonnaise**

Servings: makes 2 pints

2 slices hearty white bread, crust removed  
¼ cup vegetable stock  
1 pound Silken tofu  
2 tablespoons Dijon mustard  
1 tablespoon roasted garlic  
1 tablespoon lemon juice  
4 teaspoons Champagne vinegar  
1 teaspoon salt  
1/8 teaspoon white pepper

Soak the bread in the vegetable stock. Place the silken tofu in a blender or food processor and let it run until the tofu is smooth. Add the rest of the ingredients and process until smooth.

### **Roasted Garlic**

This is a wonderful way to add flavor to mashed potatoes, soups, stews, and salad dressings, and it is also fantastic spread on bread or crackers! Make a lot of it at one time because it keeps well in the refrigerator and then you will have it when you need it.

Preparation Time: 5 minutes

Cooking time: 1 hour 15 minutes

Servings: variable

Fresh garlic heads

Vegetable broth

Preheat oven to 400 degrees.

Slice the tops off each whole garlic head, do not separate or peel. Place the heads in a baking dish with a small amount of vegetable broth in the bottom of the pan. (Use about 1 tablespoon per head of garlic.) Cover the pan with parchment paper and foil, bake at 400 degrees for 1 hour and 15 minutes. Cool. Invert each head of garlic over a bowl and squeeze to remove roasted garlic. Mash and mix well. Season with a bit of sea salt, if desired. Store in a covered container in the refrigerator.

### **Sparkling Jewel Salad**

By Jill Nussinow

This salad can be made with any vegetables that taste good raw and is perfect during the summer months when there is lots of fresh produce available at your local farmer's markets. The carrots and watermelon or daikon (or radish) add beautiful color. The sea vegetables add a salty flavor and lots of minerals. The agave adds a touch of sweetness and is a good balance to the lime.

Servings: 4

1 ounce arame or other sea vegetable, rehydrated in boiling water, then drained and chopped (for arame, others don't need chopping)

2 medium carrots, peeled and sliced very thin, julienne or diced small

1 cup watermelon or regular daikon radish, sliced, julienne or diced small

½ cup sliced cucumber

3 tablespoons lime juice

1-2 tablespoons agave syrup, to taste

1-3 teaspoons tamari

1 tablespoon chopped fresh dill or other herb

Combine all the ingredients and let marinate for at least 15 minutes. Taste and adjust the seasonings. Refrigerate or eat at room temperature.

### **Easy Macaroni and Cheeze**

By Susan Voisin

This will be a favorite with all of you who love the traditional creamy macaroni and cheese.

Servings: 8

1 pound macaroni

1 1/4 cups water

1 cup plain soymilk

3/4 cup nutritional yeast flakes

3 tablespoons cornstarch

1 tablespoon lemon juice

1 teaspoon salt (or more to taste)

1/2 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon dry mustard

1/2 teaspoon smoked Spanish paprika

1/2 teaspoon turmeric  
pinch cayenne pepper  
2 tablespoons tahini  
1 teaspoon mellow white miso  
black pepper to taste

Put the pasta on to boil according to package directions. While it's cooking, blend all remaining ingredients together in a blender. When the pasta is al dente, drain it, reserving about 1/2 cup of the cooking water, and return the pasta to pan. Add the sauce mixture and cook, stirring, until mixture boils and thickens. Add a little of the pasta water if more moistness is needed.

Serving Suggestions: Serve this with a bean dish, such as barbecued beans, and/or with steamed vegetables, such as a blend of broccoli and cauliflower.

Additional Uses: Heat the sauce alone until it thickens and use it to pour over baked potatoes or top pizzas. Or stir in some salsa and it makes a yummy dip for tortilla chips.

### **Banana Coffee Cake**

By Susan Voisin

*I like to use turbinado or demerara sugar for the topping because the coarse texture adds crunch, but feel free to use any natural (or brown) sugar.*

Servings: 9

1 tablespoon ground flax seeds  
4 tablespoons warm water  
1/4 cup turbinado sugar (any coarse, raw sugar)  
1 teaspoon cinnamon  
1/3 cup plain soy yogurt  
1/3 cup vanilla soymilk  
1 teaspoon vanilla extract  
1/3 cup agave nectar  
1 cup white whole wheat flour (or whole wheat pastry flour)  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
2 bananas

Preheat the oven to 375F and *lightly* oil a pie pan or an 8-inch square baking dish. (Or use a non-stick or silicone baking pan.)

Mix the ground flax seeds with the warm water and set aside to thicken.

Mix the turbinado sugar and cinnamon together in a small bowl. Set aside.

Combine the soy yogurt, soymilk, vanilla, and agave nectar in a bowl. Add the flax mixture.

Combine the flour, baking powder, and salt. Pour the soy yogurt mixture into the flour mixture and stir just until combined. Pour half of the batter into the prepared pan and spread to cover the bottom. Slice the bananas and place the slices over the batter. Sprinkle with half of the cinnamon-sugar. Spread the remaining batter over the bananas. Sprinkle with the remaining cinnamon-sugar. Bake for 25 minutes, or until cake appears set in the middle. Allow to cool for a few minutes before cutting into slices and serving.

### **Red Lentil and Bulgur Salad Balls in Lettuce Cups with Creamy Basil Dressing**

By Bryanna Clark Grogan

This is a really novel and lovely way to serve a salad!

Servings: 6

1 1/2 cups water  
1/2 teaspoon cinnamon  
1/4 teaspoon salt  
1 cup bulgur wheat  
1/2 cup split red lentils  
1/4 teaspoon salt  
1/4 cup chopped pitted dates  
1/4 cup chopped pitted prunes  
1/4 cup chopped pitted dried apricots  
1/4 cup chopped dried (unsweetened) cranberries  
1/2 cup chopped fresh parsley  
1/2 cup chopped fresh mint  
2 tablespoons Fat-Free Oil Substitute for Salad Dressings  
1/4 cup fresh lime juice  
2 tablespoons grated lime zest  
1 head butter lettuce, leaves separated, cleaned, spun and crisped well in the refrigerator

Bring water, cinnamon and 1/4 teaspoon salt to a boil in a small saucepan; stir in bulgur, remove from the heat, cover the pan and set aside until the water has been absorbed, about 30 minutes. Transfer to a large bowl.

Meanwhile, combine lentils and the remaining 1/4 teaspoon salt in a saucepan. Add enough water to cover by 1 inch. Bring to a simmer and cook until the lentils are mushy, like dahl, and don't drain them.

Add lentils, dried fruit, parsley, mint, Oil Substitute, lime juice and zest to the bulgur. Toss well and chill for several hours.

When ready to serve, scoop out loose balls of salad and place them in crisp leaves of butter lettuce, with a little dollop of the Creamy Basil Dressing.

### **Fat-Free Oil Substitute for Salad Dressings**

By Bryanna Clark Grogan

Use this simple mixture in place of oil in salad dressing recipes. Unlike plain juice or water, it will help the dressing stick to the greens. This recipe is easily multiplied.

1 cup water  
1 tablespoon low-sodium vegetarian broth powder  
2 teaspoons cornstarch

Whisk the broth powder and starch into the cold water in a small saucepan. Cook, stirring constantly, until thickened and clear. Use immediately in a salad dressing, or store in a covered jar and refrigerate.

### **Creamy Basil Dressing**

By Bryanna Clark Grogan

1 12.3 ounce package extra-firm Silken tofu  
2 tablespoons lemon juice  
1 1/8 teaspoons salt  
1/2 teaspoon dry mustard  
1/3 cup chopped fresh basil

1/2 tablespoon grated organic lemon zest OR crushed garlic

Combine the ingredients in a food processor or blender until very smooth. Scrape into a clean jar, close tightly and refrigerate. This will keep for about 2 weeks in the refrigerator.

### **Jellied Peach Jewels**

By Miyoko Schinner

This is a delicious summer dessert, so light, refreshing and easy to make. Peeling a peach is simple if you plunge it into boiling water for 20 seconds-the skin slips right off.

Servings: 4

3 tablespoons agar flakes OR  $\frac{3}{4}$  teaspoon agar powder  
1 pint apple juice  
1 large peach, peeled and chopped into  $\frac{1}{2}$  inch chunks  
Juice of 1 lemon  
2 tablespoons Agave nectar

Place the agar and the apple juice in a saucepan. Bring to a boil and cook over medium heat for 2-3 minutes, stirring frequently. Add the peach to the apple juice and continue to cook for another 30 seconds. Add the lemon juice and Agave and mix well. Pour into individual parfait glasses and chill until set.

### **No-Bake Chocolate Peanut Butter Pie**

By Colleen Patrick-Goudreau

Is there a better combination than chocolate and peanut butter? This is a rich and delicious no-bake pie that will have your guests clamoring for more!

Makes 8-10 servings, depending on the size of the slices

2 cups non-dairy chocolate chips  
12.3 ounces silken tofu (firm)  
1 1/2 cups natural peanut butter, crunchy or smooth  
1/2 cup non-dairy milk  
1 cup non-dairy chocolate chips (as an optional topping)  
1 cup chopped nuts (as an optional topping)  
1 Pecan-Date crust (see below)

Have your crust ready.

Melt the 2 cups of chocolate chips in the microwave or simply by creating your own double boiler. (To do so, place the chips in a small saucepan. Set this pan in a larger pot that is filled with  $\frac{1}{4}$ - $\frac{1}{2}$  cup water. Heat over a medium flame on the stove and stir the chips in the small pot until they are melted.)

In a food processor or high-powered blender, add the tofu, peanut butter, milk, and melted chocolate chips. Blend until very smooth, adding more milk, if desired. Pour the filling into the crust and refrigerate for 2 hours.

Serving Suggestions and Variations:

\*For a Chocolate Peanut Butter Pie with a hard chocolate topping, after the pie has been chilled for 2 hours, melt 1 cup of non-dairy chocolate chips. Pour the melted chocolate over the top of the pie. If de-

sired, add chopped nuts. Refrigerate for 2 additional hours.

\*Before pouring the pie filling into the crust, spread ½ cup of peanut butter (or more!) onto the crust.

### **No-Bake Pecan Date Crust**

By Colleen Patrick-Goudreau

This simple crust can be used for a variety of no-bake pies.

Makes 1 9 inch pie crust

2 cups raw almonds or pecans

¾ cup pitted dates, preferably Medjool

Place the nuts in a food processor and grind until they're a coarse meal. Add the dates and process until thoroughly combined. Press the mixture into a non-stick pie plate or spring form pan.

Top with no-bake filling, and serve.