
ENGLISH VEGAN ENGLISH COOKING CLASS

WITH HARTLAND INSTITUTE OF HEALTH AND EDUCATION

VEGAN SHEPHERD'S PIE

MASHED POTATO LAYER:

5 russet potatoes, peeled and boiled
1/2 cup vegan mayonnaise (or slivered almond)
1/2 cup soy milk
1/4 cup olive oil
3 tablespoons vegan cream cheese substitute (such as Tofutti[®])
2 teaspoons salt

BOTTOM LAYER:

1 tablespoon olive oil
1 large yellow onion, chopped
2 carrots, chopped
3 stalks celery, chopped
1/2 cup frozen peas
1 tomato, chopped
1 teaspoon Italian seasoning
1 clove garlic, minced, or more to taste
1 pinch ground black pepper to taste
1 (14 ounce) package vegetarian ground beef substitute

TOPPING:

1/2 cup shredded Cheddar-style soy cheese

DIRECTIONS:

Stir the vegan mayonnaise, soy milk, olive oil, vegan cream cheese, and salt into the potatoes, and mash with a potato masher until smooth and fluffy. (If using almonds, blend them with soy milk till creamy.)

Preheat oven to 400° F and spray a 2-quart baking dish with cooking spray.

Heat the olive oil in a large skillet over medium heat, and cook and stir the onion, carrots, celery, frozen peas, and tomato until softened, about 10 minutes. Stir in the Italian seasoning, garlic, and pepper.

Reduce the heat to medium-low, and crumble the vegetarian ground beef substitute into the skillet.

Cook and stir, breaking up the meat substitute, until the mixture is hot, about 5 minutes.

Spread the sautéed mixture into the bottom of the baking dish, and top with the mashed potatoes, smoothing them into an even layer. Sprinkle the potatoes with the shredded soy cheese.

Bake in the preheated oven until the cheese is melted and slightly browned and the casserole is hot, about 20 minutes.

ENGLISH MUFFIN MINI PIZZA

INGREDIENTS:

6 (1 pkg) English muffins
1 cup spaghetti sauce
chopped onions, sliced olives, sliced peppers, mushrooms, etc.
 $\frac{3}{4}$ cup vegan cheese sauce

DIRECTIONS:

Slightly toast halved muffins.

Put the muffins face up on a cookie sheet.

Spoon some pizza sauce on each half of the muffins.

Put toppings of your choice (onions, chopped bell peppers, mushrooms, etc) and then top with the cheese.

Bake at 400°F (or in oven toaster) for 8 minutes or until the cheese has the slight beginnings of crisping.

VEGAN "CHEESE" SAUCE:

Blend till smooth:

$\frac{3}{4}$ cup raw or roasted cashew
1 cup water
 $\frac{3}{4}$ cup pimento
1 T tahini
3 Tbsp yeast flakes
1-2 T lemon juice

1 tsp salt, ¼ tsp dill weed or dill seed (optional)
1 T onion powder, ¼ tsp garlic powder

VEGAN ENGLISH STYLE TRIFLE

SPONGE/LADY FINGER CUBES:

Preheat the oven to 350° F

Mix well:

2 cups flour
1 T non-aluminum baking powder
2 T cornstarch
2 T ground flaxseeds

In another bowl mix well:

1 cup turbinado sugar
2 tsp vanilla
½ - ¾ cup canola oil or vegan margarine (with non hydrogenated oil)
¾ cup soy milk (increase)

Combine the dry and wet.

Pour flat into 8x8 pan.

Bake at 350° F for 45 minutes.

COCONUT WHIP CREAM:

Mix well in a pot and cook over medium heat stirring constantly:

1 15 oz can coconut milk
3 T turbinado sugar
1 T agar powder

Let boil for a few minutes, stirring constantly.

Chill in the refrigerator till very firm.

Blend till creamy with some soy milk (or other liquid) just enough for the blend to move.

FRUITY CUSTARD CREAM:

Blend until very smooth and creamy:

- 2 x 15 oz canned peach and/or pears (no sugar added, fruit juice sweetened)
- 1 cup raw cashew nuts
- ½ tsp salt
- 1 T vanilla or maple flavoring
- ½ cup honey or turbinado sugar
- 1 tsp cornstarch (for thicker consistency)
- 1 tsp lemon extract and/or 1 T lemon juice

Cook in a sauce pan stirring constantly till desired thickness.

Refrigerate.

FRUIT JELLY:

Blend until very smooth and creamy:

- 3 cups grape juice
- ¼ cup turbinado sugar or honey
- 1 T cornstarch
- ⅛ tsp salt

Pour into saucepan and cook over medium heat until thick, stirring constantly until thickened.

Add and cook some more:

- ½ cup fresh or frozen berries

Prepare:

- 2 cups Fresh (or frozen) fruits of your choice (strawberries, bananas, kiwis, blueberries, etc.)

Slice fruits and toss with orange juice.

Use half of the cake cubes to line the bottom of a large glass bowl. Layer half of the fruit slices. Spread half of the custard cream and fruit jelly (or jam) over the fruit.

Repeat layers in the same order.

Top the uppermost layer with whipped cream.

Garnish with berries or sliced nuts of your choice.

Refrigerate 1 to 2 hours before serving.

