

RECIPES



HOME-MADE PASTA

1. Knead well adding water little by little
1 cup (freshly ground) whole wheat flour
1 cup semolina flour
½ cup water

PORCINI & MUSHROOM CREAM SAUCE

1. Soak in 1 ½ cups of hot water for 1 hour:
1 cup dried porcini mushrooms
2. Sauté in a skillet
2 tablespoons olive oil
2 cloves garlic, minced
1/2 pound baby bella mushrooms cleaned and sliced
3. Drain the soaked porcini mushrooms but save the water. Rinse, chop and add to skillet.
4. Add:
3 cups baby spinach
½ teaspoon dried thyme
1 teaspoon onion & garlic powder based season mix
5. Add and continue to sauté:
2 cup grape (or cherry) tomatoes, chopped
5. Blend till smooth and add to the pan:
¾ cup raw cashew nuts
1 cup soaking water
2 tablespoons nutritional yeast flakes
1 teaspoon sea salt
6. Cook till the sauce gets thick.
7. Garnish with:
3 tablespoons chopped Italian parsley

POTATO SALAD

1. Mix together:
2 lb yukon potatoes, cubed and boiled (save ¼ cup each of water and potatoes)
1 yellow (purple) medium onion, chopped
1 red peppers, cubed
3 stalks celery, sliced
¼ cup spring onions, sliced
1 teaspoon basil
1 teaspoon parsley
1 vegan Italian sausage, sliced (optional)
2. Blend till very smooth and mix into above mixture (or mix in 1 cup vegan mayonnaise)
½ cup cashew nuts
¼ cup potato water
¼ cup potatoes
3. Mix in:
½ teaspoon turmeric
pinch of salt

PLANT BASED COOKING CLASS



CASHEW CHEESE SAUCE

I. Blend till smooth:

- ¾ cup raw cashew, washed**
- ¾ cup pimentos, roasted bell peppers, or bell peppers (red, orange, yellow)**
- 1-2 tablespoons tahini or 4 tablespoons (toasted or raw) sesame seeds**
- 1 cup water**
- 2-5 tablespoons yeast flakes**
- 1 tablespoons onion powder**
- ¼ teaspoon garlic powder**
- 1-2 tablespoons lemon juice**
- 1 teaspoon salt**
- ¼ teaspoon dill weed or dill seed (optional)**

RASPBERRY DRESSING

I. Mix well:

- 2-4 tablespoons Welch's white grape & raspberry juice concentrate**
- 1/4 c. extra virgin olive oil**
- juice of 2 lemons or 4 tablespoons lemon juice**
- 1 tablespoons yeast flakes**
- 2 small cloves garlic (crushed) or ½ tsp garlic powder**
- 1 teaspoon dry basil**
- 1 tablespoon chopped fresh tarragon or oregano or 1 teaspoon dry oregano**

POMODORO E BASILCO SAUCE

- 1 lb spaghetti**
- 2-3 cloves garlic, minced**
- 1 medium onions, chopped fine**
- 1 tablespoon to ⅓ cup extra virgin olive oil**
- 1 pack portabello mushroom, sliced (optional)**
- 1 bunch fresh basil or dry basil**
- 6-8 roma tomato, cubed and/or 1 can San Marzano tomato**
- pinch of sea salt**
- 1 tablespoon onion powder**
- 1 teaspoon garlic powder**
- 2 tablespoons nutritional yeast flakes**
- ½ cup raw cashew nuts and/or macadamia nuts, blended with ¾ cup water till creamy**

In a sauce pan put onions and garlic and cook for long time

Mix in mushrooms,

Add tomatoes (can cook tomatoes or use them raw)

Add creamy nut mixture.

Meanwhile, boil the spaghetti in salted water.

Mix in the spaghetti into the sauce.

Serve hot or cold.