



Deliver Lean™

Vegan Cooking Experience

Recipes





Hors D'oeuvres – courtesy of Chef Caroline Flynn

Grilled Donut Peaches with Nasturtium Pesto

serves: 4

Ingredients:

Peaches:

4 donut peaches, halved
2 TBS olive oil
1 tsp agave
zest of 1 lemon
salt, pepper

Pesto:

handful of toasted pepitas
1 cup parsley and mint leaves
1 cup nasturtium leaves, about 30 large
1/4 cup lemon juice
1-2 cloves garlic, peeled
1/2-1 cup olive oil

Method:

For peaches:

Wash and dry peaches, halve and remove the pit.

Heat grill or grill pan to medium high heat
Drizzle peaches with olive oil, agave, salt, pepper and zest.

Grill peaches, flesh side down until you achieve nice grill marks

About 3-4 minutes, turn flesh side up on a platter to reserve juices

For pesto:

Add pepitas to the bottom of a food processor and pulse quickly to chop.

Add herbs and leaves and pulse to combine. Add garlic, lemon, salt, pepper and pulse again. Slowly drizzle in olive oil until emulsified. Taste, and re-season if necessary.



Fava Puree with Mint, Lemon and Peas

serves: 8

Ingredients:

1/2 cup shelled fava beans
1/2 cup fresh or frozen spring peas
1/4 cup olive oil
1 1/2 cup packed arugula leaves
1/2 cup mint leaves
1/4-1/2 tsp lemon zest
1 tsp lemon juice

Sprouted grain toast (Ezekial, cut into rounds)

Method:

Bring a pot of salted water to a boil and prepare an ice bath.

Blanch fava beans in water until tender, about 3-4 minutes.

Quickly shock them in the ice bath to stop the cooking process.

Gently remove the skins and set aside.

Pulse fava beans and peas in food processor until coarsely chopped. Add your remaining ingredients, except oil and pulse to combine. Add your oil, pulse again and taste for seasoning.

Toasts:

Cut sprouted bread into rounds, toss with olive oil and season with salt, pepper, and a pinch of Za'atar
Bake in a pre-heated oven at 350 degrees until crisp

Serve puree on top of your prepared toasts and garnish with micro-greens and a nice drizzle of oil.



Stuffed Nasturtium Leaves with Herbed Pine Nut Cream Cheese

serves: 5

Ingredients:

Pine nut cheese:

1/2 cup pine nuts, soaked in hot water

1 tsp dijon mustard

1 TBS apple cider vinegar

zest and juice of 1 lemon

1/4 cup water

2 TBS scallions, chopped

2 TBS currants

1 TBS fresh parsley, chopped

1 clove of garlic, minced

pinch of sea salt

fresh black pepper

orange and lemon zest

10 nasturtium leaves

olive oil, salt, pepper

Method:

In a food processor, combine soaked pine nuts, mustard, water, vinegar, lemon juice, garlic, and herbs.

Blend, scraping down the sides of the processor. Taste, add salt and pepper according to your preference.

Fold in currants and zest. Scoop into a bowl. Cover and refrigerate for at least 30 minutes.

Lightly season nasturtium leaves with oil, salt and pepper. Fill center with "cheese" and fold into squares, tucking the ends in to make a neat package.

Drizzle with more oil, and garnish with nasturtium flowers.



Blinis with Vegan Crème Fraîche, Hijiki Caviar and Chive Blossom

serves: 10

Ingredients:

For the crème fraîche:

- 2 cups vegan cream cheese
- 1 cup silken tofu, organic and sprouted if possible
- 2 Tbsp fresh lemon juice
- 1/4 cup water
- 1/2 tsp sea salt

For the hijiki caviar:

- 1/2 cup hijiki or arame sea vegetable
- 1 Tbsp tamari
- 1 1/2 tsp grapeseed oil
- 1 1/2 tsp fresh lemon juice
- 1/4 tsp chopped garlic
- 3 Tbsp chopped fresh chives

For the blinis:

- 1/2 cup buckwheat flour
- 1/2 cup organic, unbleached, all-purpose flour
- 2 teaspoons baking powder
- 1 1/4 cups non-dairy milk (almond, soy, or rice)
- 3 tablespoons vegan butter, melted
- Vegan butter or nonstick cooking spray, as needed
- 1/2 bunch fresh chives, minced for garnish

Method:

To make the crème fraîche:

Combine the cream cheese, tofu, lemon juice, water, and salt in a blender and blend until smooth. Refrigerate for 1 hour.

To make the hijiki caviar:

Put the hijiki in a bowl and cover with 4 cups of cold water. Let soak until all the seaweed has expanded and softened, 30 to 40 minutes.

Rinse and drain the hijiki in a colander and let it sit for a few minutes to dry. Blot the excess water with a paper towel. Transfer the hijiki to a cutting board and mince.

Whisk together the tamari, oil, lemon juice, garlic and 2 tablespoons of the chives in a medium bowl and pour over hijiki. Refrigerate for at least 1 hour.

To make the blini:

In a medium bowl, combine the flours and baking powder. Whisk the nondairy milk and melted butter into the flour until a batter forms. Allow the batter to rest a few minutes. This can be done in a high speed blender as well.

Heat a large nonstick pan over medium heat. Add a small dab of butter to the pan or spray it with nonstick cooking spray. To form each blini, pour a little more than a tablespoon of batter into the pan. You can usually cook 4 to 6 blini at a time. Wait until the pancakes begin to show air bubbles all over the tops and the bottoms are brown.

Flip the blini over and cook until golden brown.

To serve:

Spread each blini with a bit of your creme fraiche, top with hijiki caviar and garnish with chives.



Grilled Scallopini Squash and Baby Yellow Zucchini with Kaffir Lime Aioli

serves: 4

Ingredients:

Aioli:

2 tbs garlic
4 tbs scallions
1/2 jalapeno, de-seeded
5 lime leaves
2 oz ginger juice
1 cup vegan mayonnaise

Vegetables:

4-5 assorted baby heirloom squash
handful of Kumato tomatoes, quartered
olive oil
salt pepper
micro cilantro

Method:

Aioli:

Combine all in high speed blender, set aside

Vegetables:

Season squash with oil, salt and pepper and grill until tender, set aside

Arrange squash with quartered tomatoes, drizzle with oil, and season to taste

Garnish with aioli and some micro greens if desired.



First and Main Course – courtesy of Chef Mark Reinfeld

Creamy Broccoli Bisque

25 min prep / 20 minutes cooking / 4-5 servings

5 1/2 cups water or vegetable stock
1 medium onion, chopped (1 1/4 cups)
3/4 cup celery, sliced thin
2 tablespoons minced garlic
3 1/2 cups broccoli florets
1 1/2 teaspoons sea salt, or to taste
1/4 teaspoon ground black pepper
1 1/2 tablespoons nutritional yeast, optional
3/4 cup cashews, roasted
Pinch crushed red pepper flakes
1 cup fresh or frozen corn
1 tablespoon minced dill (1 teaspoon dry)

• soy sauce, try wheat-free tamari, to taste (optional)

1. Add water, onion, celery, garlic, broccoli, salt, and pepper, and cook until all veggies are just soft, approximately 20 minutes, stirring occasionally.

2. Remove from heat, place in a blender (we recommend a Vita-Mix), add cashews, and nutritional yeast, if using, and blend until smooth. Blend in batches, being careful to fill blender only half full. Start with low speed initially, slowly increase speed until a creamy consistency is reached. Return to pot, add remaining ingredients and stir well.

Variations

Shiitake Arame Broccoli Bisque - add 1 cup chopped sauteed shiitake mushrooms and 1/4 cup arame soaked in 3/4 cup hot water after blending.

Cauliflower Bisque Substitute cauliflower for broccoli.

other ideas

~ Experiment with different herbs. Replace cashews with other toasted nuts or seeds or replace nuts with same measure of coconut milk, soy or rice milk.



Pecan Coconut Crusted Tofu

This is the dish to serve when you wish to impress your friends with tofu's delicious possibilities. The crust lends itself to numerous variations. For a 30-minute meal, serve on a bed of quinoa.

Serves 4

14 ounces extra firm tofu
2 teaspoons soy sauce, try wheat-free tamari
1 tablespoon melted coconut oil or your favorite, optional
2 tablespoons water

Tahini Marinade

2 tablespoons tahini
1/2 teaspoon soy sauce, try wheat-free tamari
1/2 teaspoon minced garlic, optional
2 tablespoons water or more depending on consistency of tahini

Crust

1/2 cup pecans
3 tablespoons dried coconut
1 tablespoon minced cilantro, Italian parsley, basil or herb of your choosing
1/2 teaspoon ground cumin
1/4 teaspoon crushed red pepper flakes
Pinch sea salt
1/8 teaspoon ground black pepper

1. Preheat the oven or toaster oven to 375°F. Slice the tofu into 4 cutlets. Or try making triangles by slicing the block of tofu diagonally and then slice in half to create 4 cutlets. Place on a baking dish with soy sauce, coconut oil, if using, and water. Marinate for 5 minutes, flipping periodically.

2. While the tofu is marinating, prepare the tahini marinade by placing the ingredients in a small bowl and whisking well.

3. Place the tofu, along with its marinade, in the oven and roast for 10 minutes. While the tofu is cooking, prepare the crust. Pulse chop the pecans in a food processor until they are coarse crumbs. Be careful not to over-process or it will turn into a paste. Transfer to a bowl with the remaining crust ingredients and mix well.

4. Remove the tofu from the oven and coat the top of the cutlets with tahini marinade, using a spoon. Liberally top the cutlets with the crust mixture and bake for an additional 10 minutes.

Serve immediately.

Variations

So many are possible. You can replace the tofu with tempeh, portobello mushrooms or small eggplants cut in half.

For optimal flavor, try toasting the coconut and macadamia nuts.

All or a portion of the pecans can be replaced with macadamia nuts, pecans, cashews or pistachio nuts.

Experiment with your favorite spices and herbs.



Red Pepper Coulis

Serves 4

Makes 1/2 cup

2 teaspoons olive oil plus oil for basting
2 red bell peppers, 1 cup roasted
2 tablespoons toasted coconut
4 cloves garlic
1/2 teaspoon balsamic vinegar
1/8 teaspoon sea salt, or to taste
Pinch white pepper

1. Preheat the oven to high broil. Lightly oil the peppers and garlic and place on a baking sheet. Cook the garlic until just golden brown, approximately 7 minutes. Remove and set aside.

Cook the peppers until the skin is charred, approximately 20 minutes, flipping a few times to ensure even cooking.

2. Place the peppers in a small bowl and cover with a plate to allow them to steam. Once cool enough to handle, approximately 10 minutes, carefully remove the skin and seeds. (Do not rinse under cold water or you will lose some of that distinctive roasted red pepper flavor.)

3. Place the peppers in the blender with the garlic and remaining ingredients and blend well.



Side Dish – courtesy of Chef Alina Z

Cauliflower Mash

1 head of cauliflower
1/2 cup cooked cannellini beans
1/2 lemon
1/4-1/3 cup unsweetened coconut milk
Pink salt

Chop cauliflower in florets and steam for 5-10 minutes, until soft.

Drain and let cool for a few minutes.

Place in a food processor or blender and process until smooth.

Decorate with dill or parsley.

Dessert – courtesy of Chef Alina Z

Chocolate Avocado Mousse

2 ripe avocados
1/2 cup sweetened almond vanilla milk
1/2 cup maple syrup
1/2 cup raw cacao powder
1 teaspoon vanilla extract
1/4 teaspoon pink salt
Fresh berries
Coconut shreds

Chop cauliflower in florets and steam for 5-10 minutes, until soft.

Drain and let cool for a few minutes.

Place in a food processor or blender and process until smooth.

Decorate with dill or parsley.