

# **2017 Cat's Cup Culinary Challenge**



**June 14, 2017**  
**Bates College Dining Service**

**Located at the Bakery**

**Lemon Pudding Bars**

**Cheesecake Bars**

**Vegan Mango Coconut Cream Pie**

**Strawberry Cream Cheese Puff Pastry**

**Monkey Bread**

**Located at the Bobcat Bar**

**Spiced Seitan Burger**

**Pollock with Cilantro-Lime Salsa Verde**

**Spiced Shredded Beef Pie**

**Summer Slaw**

**Located at the Brick Oven**

**Margherita English Muffin Pizza**

**Spinach Chicken English Muffin Pizza**

**Breakfast French Bread Pizza**

**Buffalo Pasta Bake with Alfredo Sauce**

**Located at the Deli**

**Classic Vichyssoise**

**Located at the Grill**

**Apricot Glazed Chicken**

**Couscous Pilaf**

**Carnitas**

**Located at the Pasta Bar**

**Eggs in a Basket**

**Greek Pasta Bake**

**Haddock Kedgeree**

**Located at the Salad Bar**

**Groovy Strawberry Soup**

**Far Out Bagel Bar**

**Build Your Own Bowl**

**Chicken Chili**

**Black Bean and Roasted Corn Salad**

**Refried Beans**

**Spanish Rice**

**Located at the Vegan Bar**

**Vegetable Pancit**

**Thai Lettuce Wraps**

**Buffalo Style Cauliflower**

**Vegan Lentil, Rice and Tofu Loaf**

## *At the Bakery*

### **Lemon Pudding Bars**

**Yields 12 servings**

#### **Ingredients**

- 1 c. cold butter (cut up)
- 2 c. all-purpose flour
- 8 oz. cream cheese (softened)
- 1 c. confectioners' sugar
- 8 oz. frozen whipped topping (divided)
- 3 c. cold milk
- 2 pkg. instant lemon pudding

#### **Directions**

1. Preheat oven to 350°. Cut butter into flour until crumbly. Press into an ungreased 13 x 9 inch baking dish. Bake until light brown, 18-22 minutes. Allow to cool.
2. Meanwhile, beat cream cheese and sugar until smooth. Fold in 1 cup whipped topping. Spread over cooled crust.
3. Beat milk and pudding mix on low speed for 2 minutes. Carefully spread over cream cheese layer. Top with remaining whipped topping. Refrigerate at least 1 hour.

### **Cheesecake Bars**

**Yields 12 servings**

#### **Ingredients**

- 1 lb. prepared pie dough
- 1 ½ lb. cream cheese
- 1 c. sugar
- 3 large eggs

## **Directions**

1. Roll out and press pie dough into a greased 9 x 11 in. pan.
2. Cream together cream cheese and eggs until light and smooth.
3. Slowly add eggs, scraping the bowl between each addition.
4. Mix until smooth. Pour into pan.
5. Bake at 300° 35-45 minutes.

## **Topping**

### **Ingredients**

- 2 c. strawberries packed in sugar
- 1 c. frozen blueberries
- 1/3 c. pink lemonade
- 1 T. plain gelatin

## **Directions**

1. Place strawberries in a pot and bring to a boil.
2. Dissolve gelatin in lemonade and allow to bloom. Melt over low heat and then add to strawberries while still hot.
3. Stir in blueberries and pour over baked cheesecake. Refrigerate to set.

## **Vegan Mango Coconut Cream Pie**

**Yields 10 servings**

### **Pie Shell**

#### **Ingredients**

- 1/4 c. graham cracker crumbs
- 1/4 c. shredded coconut
- 1/3 c. sugar
- 6 T. margarine, melted

## **Directions**

1. Combine ingredients and press into a greased pie pan.

## **Filling**

### **Ingredients**

- 2 c. diced mango
- 1 c. brown sugar
- 1 pinch cayenne pepper
- 1 ½ c. coconut milk
- ½ c. passion fruit, orange, guava juice

### **Directions**

1. Place coconut milk in the mixer with whip attachment. Whip until fluffy.
2. Fold other ingredients in slowly and pour into prepared crust.
3. Top with non-dairy whip topping and garnish with toasted coconut.

## **Strawberry Cream Cheese Puff Pastry**

**Yields 10 to 12 servings**

### **Ingredients**

- 1 sheet frozen pastry puff
- 1 c. cream cheese filling
- 1 c. frozen strawberries
- 2 T. cinnamon
- ½ c. sugar
- 1 whole egg shelled
- 1 c. water

### **Directions**

1. Mix cinnamon and sugar, set aside.
2. Make the egg wash.
3. Preheat oven to 350°.
4. Slice strawberries or drain frozen strawberries.
5. Lay pastry sheet down on a lined sheet pan.

6. Place filling including strawberries down the middle.
7. Slice ½ inch diagonally on each side of dough.
8. Now criss cross-overlap.
9. Egg wash the top and sprinkle cinnamon-sugar blend.
10. Bake 30 to 45 minutes.
11. Slice in to 10-12 pieces.

## **Monkey Bread**

**Yields 10 servings**

### **Ingredients**

- 10 pieces Pillsbury Dough cinnamon buns
- ½ c. butter
- ½ c. brown sugar
- ¼ c. sugar
- 2 T. cinnamon

### **Directions**

1. Grease muffin tin.
2. Pull out dough.
3. Mix butter and brown sugar, spoon 1 T. into each tin.
4. Mix granulated sugar and cinnamon in a gallon bag.
5. Separate dough in to individual pieces.
6. Cut each piece in to 6 smaller pieces.
7. Place in bag and shake.
8. Place 10 pieces into each tin.
9. Let sit/proof for about 30 minutes.
10. Bake at 350° for 12 to 15 minutes or until golden brown.
11. Let cool and then turn upside down.

## **At the Bobcat Bar**

### **Spiced Seitan Burger Bar**

**Yields 4 servings**

#### **Ingredients for burger**

- 2 ½ t. garlic
- 1 t. paprika
- 1 t. cayenne pepper
- ¼ t. white pepper
- ¼ c. oil
- ½ t. thyme
- ¼ t. liquid smoke
- ½ T. chili powder
- ½ c. panko
- ½ c. chickpeas
- ¼ t. mustard powder
- 1 c. seitan

#### **Toppings**

- lettuce
- tomato
- onions sautéed with oil
- vegan sriracha mayo
- spicy mustard
- cucumber wasabi dressing
- jalapeños

#### **Directions**

1. Chop/ground seitan.
2. Puree beans.
3. Combine with all spices.
4. Bind with panko and beans.
5. Make in to patties.

6. Bake at 350°.
7. Grill marks if you desire.
8. Garnish with your favorite topping.

## **Pollock with a Cilantro-Lime Salsa Verde**

**Yields 4 servings**

### **Ingredients**

- 4 pieces pollock
- 1 c. fresh cilantro
- 4 T. oil
- 2 T. lime juice
- ½ t. lime zest
- 1 t. garlic

### **Directions**

1. Place fish on oven safe pan.
2. Cook in oven at 350° for about 15 minutes.
3. Mix remaining ingredients and ladle over top of fish.

## **Spiced Shredded Beef Pie**

**Yields 4 servings**

### **Ingredients for Spiced Shredded Beef**

- 1 T. chili powder
- ¼ t. garlic powder
- ¼ t. onion powder
- ¼ t. onion powder
- ¼ t. paprika
- 1 ½ t. cumin
- 1 t. salt
- 1 t. pepper
- 1 lb. beef round

- 1 T. vegetable oil
- ¼ c. red wine vinegar
- 1 ½ c. beef broth

## **Directions**

1. Trim as much fat off beef as possible
2. Lightly salt and pepper the beef
3. Heat oil in a large pan, brown meat on all sides.
4. Remove meat.
5. Sprinkle ¾ of the meat into hot pan with liquid/beef renderings.
6. Deglaze pan with vin scrape sides.
7. Put beef back into pan.
8. Bring to a broil.
9. Reduce to low simmer.
10. Cook 2 to 3 hours till beef is tender.
11. Pull beef apart with forks.

## **Crust and Pie Filling**

**Yields 4 servings**

### **Ingredients for Pie Crust and Filling**

#### **Crust Ingredients**

- 1 c. flour
- ½ c. corn meal
- ½ c. milk
- ¼ c. softened butter
- 1 egg
- 2 T. sugar
- 1 t. baking powder
- 1 T. salt

## **Filling Ingredients**

- spiced shredded beef
- 1 small chopped green pepper
- 1 small chopped red pepper
- 1 small chopped tomato
- 1 c. cheddar cheese

## **Directions**

1. In a large bowl combine crust ingredients and mix well.
2. Spread into a baking pan on bottom and side.
3. Top with beef and chopped veggies.
4. Bake uncovered at 400°. for 20 minutes.
5. Remove and top with cheese.
6. Put back and cook 8 more minutes to melt cheese.

## **Summer Slaw**

**Yields 4 servings**

### **Ingredients**

- 1 lb. cabbage
- ½ lb. red onion
- ½ lb. green pepper
- ½ lb. cucumber
- 1 lb. tomatoes
- ½ bunch scallions

### **Directions**

1. Shred/chop all veggies.
2. Make Dressing
3. Mix well.
4. Chill till serving.

## **Dressing Ingredients**

- 1/3 c. white vinegar
- 1 t. dijon mustard
- 2 T. sugar
- 3 T. vegetable oil
- 1 t. celery seeds
- 1/4 t. black pepper

## **Directions**

1. In a small sauce pan combine all dressing ingredients', bring to a boil.
2. Let cool.
3. Add to salad.

## **At the Brick Oven**

### **Margherita English Muffin Pizza**

**Yields 10 servings**

#### **Ingredients**

- 5 whole wheat English muffins
- 14 oz. can of filleted tomatoes
- 1/4 t. garlic powder
- 1/2 t. minced garlic
- salt and pepper to taste
- 1/4 t. dried basil
- 1 t. sugar
- pinch red pepper flakes
- 12 oz. pizza cheese
- 2 sliced tomatoes
- 1/4 c. fresh basil

## **Directions**

1. Slice the English muffins in half and set aside.
2. In a bowl combine the tomato fillets, garlic powder, minced garlic, dried basil, salt, pepper, sugar and red pepper flakes, depending on how spicy you like it.
3. Use your hand to crush the tomatoes and mix all of the ingredients together.
4. Top each English muffin half with the sauce, cheese and tomato slice.
5. Bake at 350°F for about 10 minutes.
6. In the meantime chop the fresh basil.
7. Remove the pizzas from the oven and sprinkle the fresh basil on the top.

## **Spinach Chicken English Muffin Pizza**

**Yields 10 servings**

### **Ingredients for chicken**

- 2 chicken thighs
- ¼ t. salt
- ¼ t. black pepper
- ¼ t. garlic powder
- ¼ t. onion powder
- 1 T. canola oil

### **Directions for chicken**

1. Put chicken in a bowl and toss with oil, salt, pepper, garlic powder, and onion powder.
2. Lay on a sheet pan and bake at 350° F for about 20 minutes or until the chicken temps at 165° F.

### **Ingredients for Pizza**

- 5 Whole wheat English muffins
- 2 T. canola oil

- 1 t. minced garlic
- ¼ c. small diced onion
- ½ c. small diced white mushrooms
- 1 c. half and half
- 2 T. All-purpose flour
- salt & pepper to taste
- 1 ½ c. chopped fresh spinach
- 12 oz. pizza cheese
- prepared chicken thighs, rough chopped

## **Directions**

1. In a medium sauce pan heat the oil.
2. Add the onions and mushrooms; cook until the onions become translucent.
3. Sprinkle flour into the pan and continue cooking for about 2 minutes while stirring frequently.
4. Pour in the half and half while whisking, being sure to break up any lumps.
5. Bring to a simmer, 140° - 150°F.
6. Remove from heat and add the parmesan cheese, salt and pepper.
7. Slice the English muffins in half and lay on a sheet pan.
8. Top each half with sauce, chopped spinach, pizza cheese and chicken.
9. Bake at 350°F for about 10 minutes.

## **Breakfast French Bread Pizza**

**Yields 10 servings**

### **Ingredients**

- 1-2 foot French bread cut in half
- 4 c. scrambled egg mix
- 1 small diced onion
- 1 small diced green pepper
- 1 small diced red pepper

- 1 c. shredded cheese
- 6 slices provolone cheese
- ¼ t. salt
- ¼ t. pepper
- ¼ t. onion powder
- ¼ c. sliced spinach

## **Directions**

1. Cut bread in half to make 2 open face sandwiches or pizzas
2. Scoop out some of the bread to make pockets.
3. Sauté onions and peppers, set aside.
4. Scramble your eggs (4 eggs to ¼ c. of milk)
5. While cooking add your peppers, onions and shredded cheese along with you salt, pepper, and onion powder.
6. Place scrambled egg in bread
7. Top with provolone
8. Garnish with spinach thinly sliced on top.
9. Cut in to about 10 pieces.

## **Buffalo Pasta Bake**

**Yields 12 servings**

### **Ingredients**

- 1 lb. diced celery
- ½ lb. diced red onion
- 2 qts. alfredo sauce
- 1 c. hot sauce
- ½ c. bleu cheese crumbles
- 2 lbs. dry cavatappi pasta
- 1 c. shredded cheese
- 3 T. bleu cheese crumbles, yes more
- ½ c. shredded carrots

## **Directions**

1. Get a pot of water boiling.
2. Cook pasta 12-14 minutes make sure you taste it, making sure it is cooked, drained and cooled.
3. Make the alfredo sauce or store bought is okay too.
4. Melt the first amount of bleu cheese into the sauce.
5. Now mix in hot sauce.
6. Dice veggies.
7. Sauté them with the garlic.
8. Mix all in a bigger pot.
9. Put into oven safe pan.
10. Top with the shredded cheese and rest of the bleu cheese.
11. Bake in oven at 350° till cheese is melted.
12. Garnish with carrots.

## **Alfredo Sauce**

### **Ingredients**

- 4  $\frac{3}{4}$  c. milk
- 4  $\frac{3}{4}$  oz. margarine
- $\frac{1}{4}$  t. granulated garlic
- $\frac{1}{2}$  c. plus 2 T. grated parmesan cheese
- $\frac{5}{8}$  t. iodized granulated salt
- $\frac{1}{4}$  t. white ground pepper
- $\frac{1}{8}$  t. cayenne pepper

### **Directions**

1. Heat milk in steamer for 1 minute. Prepare a light roux from margarine and flour, thicken the milk with the roux, add garlic, and simmer for 15 minutes.
2. Add parmesan, and spices, simmer 5 minutes more.
3. Consistency may be adjusted with some additional milk if needed.

## **At the Deli**

### **Classic Vichyssoise**

**Yields 10 servings**

#### **Definition of VICHYSSOISE**

A soup typically made of pureed leeks or onions and potatoes, cream, and chicken stock and usually served cold.

#### **Ingredients**

- 1 T. butter
- 3 leeks, bulb only, sliced into rings
- 1 onion, sliced
- 5 potatoes, peeled and thinly sliced
- ¼ t. dried thyme
- ½ t. dried marjoram
- 1 bay leaf
- salt & pepper to taste
- 5 c. chicken broth
- ¼ c. heavy cream

#### **Directions**

1. In a large stock pot melt butter over low heat. Add leeks and onion, cover, and cook for 10 minutes.
2. Add potatoes and season with salt and pepper. Add thyme, marjoram, bay leaf and stir well. Cover pot and continue to cook for 12 minutes.
3. Add chicken stock and bring to a boil. Reduce heat and cook, partially covered for 30 minutes.
4. Puree soup in blender or food processor and cool.
5. Prior to serving add cream. If you are serving this soup warm you need to reheat the soup slowly so that the cream does not change consistency.

## **At the Grill**

### **Apricot Glazed Chicken**

**Yields 4 servings**

#### **Ingredients**

- 4 T. orange juice
- 2 T. apricot preserves
- 1 t. spicy brown mustard
- 4 chicken breasts

#### **Directions**

1. In bowl combine orange juice, apricot preserve, honey and mustard, blend well. Pour half of mixture in separate dish, reserve for topping. Place chicken in pan and brush with remaining glaze.
2. Place chicken on grill for 5 minutes, turn and brush again with glaze. Grill additional 3-5 minutes or until internal temperature reaches 165°. Discard remaining glaze
3. Top each chicken breast with glaze that you set aside earlier and serve with couscous pilaf.

### **Couscous Pilaf**

**Yields 4 servings**

#### **Ingredients**

- 1 c. frozen peas
- 1 c. uncooked couscous
- 1 ½ c. water
- ¼ t. ginger
- ¼ t. salt

1. In sauce pot, combine couscous, water, salt and ginger. Bring to a boil over high heat. Reduce heat to medium low; cover and

simmer for 2 minutes. Remove from heat, stir in peas. Cover and let stand for 5 minutes.

2. Stir couscous mixture lightly with fork, divide evenly into serving pans.

## **Carnitas**

**Yields 4 servings**

### **Ingredients**

- ¾ lb. of Pork Shoulder, cut into 3" pieces
- ¼ c. lemon juice
- ¼ c. lime juice
- ½ T. garlic
- 1 T. salt
- 1 t. ground coriander
- 1 t. black pepper
- ½ t. cayenne pepper

### **Directions**

1. Mix spices in a small bowl, add meat and toss to fully coat.
2. In a large deep pan pour lime and lemon juice into the bottom, add meat and then water to cover.
3. Turn heat up to high and bring water to a rip roaring boil. When it's rolling run heat down to a simmer. Leaving the pan uncovered.
4. At about the 2 hour mark check the pot, water should be much lower or maybe even gone.
5. Serve with salsa, sour cream, lime slice, sunny side up egg, cheese, rice, beans or anything your heart desires.

## **At the Pasta Bar**

### **Eggs in a Basket**

**Yields 4 servings**

#### **Ingredients**

- 1 c. shredded potato
- 4 whole eggs

#### **Directions**

1. Preheat Oven to 400°.
2. Shred potatoes, sprinkle with salt and pepper.
3. Spray muffin tins with cooking spray
4. Scoop  $\frac{1}{4}$  cup shredded potato into pans and press pot firmly into the pan and up the sides.
5. Bake 10 minutes, remove and let cool.
6. Turn oven up to 425°.
7. Crack one egg into each cup and bake about 10-15 minutes.

\*\*Varieties: You can add any meat, vegetable, or cheese you would like to this dish.

### **Greek Pasta Bake**

**Yields 6 servings**

#### **Ingredients**

- 1 lb. cooked pasta (bowties)
- 1 qt. stewed tomatoes
- $\frac{1}{4}$  c. olive oil
- $\frac{1}{2}$  T. chopped garlic
- salt to taste
- pepper to taste
- $\frac{1}{4}$  c. fresh basil, chopped
- $\frac{1}{4}$  c. white wine
- $\frac{1}{2}$  c. feta, crumbled

## **Directions**

1. Sauté the olives and garlic in olive oil, add white wine.
2. Add stewed tomatoes, salt and pepper.
3. Toss with cooked pasta and top with feta cheese.
4. Bake at 350° for 1 hour.

## **Haddock Kedgeree**

**Yields 4 servings**

### **Ingredients**

- ¼ c. butter
- 1 medium onion, finely chopped
- ⅛ t. ground cardamom
- ¼ t. turmeric
- 1 small cinnamon stick
- 1 bay leaf
- 1 lb. basmati rice
- 3 ½ c. chicken or fish stock
- 1 ½ lb. smoked haddock fillets
- 3 eggs
- 3 T. fresh parsley, chopped
- 1 lemon sliced

### **Directions**

1. Melt the butter in a large saucepan, add the onion and cook gently over a medium heat for 5 minutes, until softened but not browned. Stir in the cardamom, turmeric, cinnamon stick and bay leaves, and then cook for 1 minute.
2. Add the rice and stir until it is all well coated in the spicy butter. Pour in the stock, add ½ tsp salt and bring to a boil. Stir once to release any rice from the bottom of the pan. Cover with a closefitting lid, reduce the heat to low and leave to cook very gently for 12 minutes.

3. Meanwhile, bring some water to a boil in a large shallow pan. Add the smoked haddock and simmer for 4 minutes, until the fish is just cooked. Lift it out on to a plate and leave until cool enough to handle. Hard boil the eggs for 8 minutes. Flake the fish, discarding any skin or bones. Drain the eggs, cool slightly, then peel and chop.
4. Uncover the rice and remove the bay leaves and cinnamon stick. Gently fork in the fish and the chopped eggs. Cover again and return to the heat for 2-3 minutes, or until the fish has heated through. Gently stir in almost all the parsley and season with a little salt and pepper. Garnish with lemon slices.

### **At the Salad Bar**

#### **Groovy Strawberry Soup**

**Yields 10 servings**

#### **Ingredients**

- 3 lbs. frozen strawberry
- 1 qt. half and half or heavy cream
- ¼ c. sour cream
- ½ c. greek yogurt
- 1 c. orange juice
- 1 t. mint leaves
- ½ lbs. fresh strawberries

#### **Directions**

1. Thaw out strawberries.
2. Place all ingredients in blender or pot except mint and whole strawberries.
3. Use blender or stick blender to pure.
4. Keep cold till serving.
5. Place in your favorite soup bowl or get fancy with a wine glass.
6. Garnish with chopped mint and diced strawberries.

## **Far Out Bagel Bar**

**Yields 4 servings**

### **Vegan Cream Cheese**

#### **Ingredients**

- 1 c. silken tofu
- 2 T. olive oil
- 3 T. lemon juice
- 1 T. Granulated Sugar
- ½ t. sea salt or kosher salt

#### **Directions**

1. Place all items in blender or robo coup.
2. Blend till smooth.

## **Blueberry Cream Cheese**

#### **Ingredients**

- 1 c. silken tofu
- 2 T. olive oil
- 3 T. lemon juice
- 1 T. Granulated Sugar
- ½ t. sea salt or kosher salt
- 1 c. blueberries
- 4 T. sugar

#### **Directions**

1. Place first 5 items in blender or robo coupe.
2. Blend till smooth.
3. Add blueberries.

## **Veggie Herd Cream Cheese**

### **Ingredients**

- 1 c. silken tofu
- 2 T. olive oil
- 3 T. lemon juice
- 1 T. Granulated Sugar
- ½ t. sea salt or kosher salt
- ⅛ c. zucchini
- ⅛ c. summer squash
- ⅛ c. red peppers
- ⅛ c. carrots
- ⅛ c. scallions
- ⅛ c. sweet basil
- ⅛ c. parsley

### **Directions**

1. Place first 5 items in blender or robo coup.
2. Blend till smooth.
3. Dice all veggies into small dice
4. Chop all herbs.
5. Fold them into the cream cheese.

### **Toppings**

- assorted bagels
- 1 thin sliced tomatoes
- 1 cucumber thin sliced
- ½ red onion thin sliced
- ¼ c. alfalfa sprouts
- ½ c. spinach

### **Directions**

1. Place all items in separate bowls.
2. Put bagels in baskets

3. Toast bagel.
4. Spread cream cheese.
5. Top with your favorite toppings.

## **Build your Own Bowl**

**Yields 4 servings**

### **Ingredients**

- 8 oz. Fritos
- 8 oz. shredded lettuce
- 8 oz. Spanish rice-see recipe
- 16 oz. refried beans/pintos-see recipe
- 16 oz. chicken chili-see recipe
- 8 oz. diced tomatoes
- 8 oz. peppers
- 8 oz. jalapenos
- 8 oz. diced red onions
- 8 oz. black olives
- 8 oz. black bean and fire roasted corn salad-see recipe
- 6 oz. sour cream
- 6 oz. salsa
- 6 oz. guacamole
- 6 oz. southwest ranch dressing

### **Directions**

1. Make chicken chili-see recipe below.
2. Cook rice.
3. Cook refried beans-see recipe below.
4. Keep all items above warm.
5. Dice all your veggies, place in individual bowls.
6. Make salad how you want to eat it. There's no wrong way!

## **Chicken Chili**

### **Ingredients**

- 2 lbs. diced chicken
- 8 oz. diced onions
- 5 oz. diced green peppers
- 2 t. garlic
- 2 T. fine diced jalapeno
- 1 T. oil
- 2 T. chili powder
- 1 ¼ t. cumin
- ½ t. oregano
- 1 t. cayenne
- ¼ t. salt
- ¼ t. pepper
- ½ c. tomato paste
- 1 ½ lbs. canned whole tomatoes
- 1 T. red wine vinegar
- 2 lbs. black beans

### **Directions**

1. In a soup pot heat to medium and brown your chicken, drain grease.
2. Sauté onion, garlic and peppers in oil until onions are translucent. Add cooked chicken.
3. Add spices and mix.
4. Add tomatoes and vinegar, simmer about 20 minutes.
5. Add cooked bean and simmer more, if too thick add water.
6. Check seasoning.

## **Black Bean and Roasted Corn Salad**

### **Ingredients**

- 1 c. frozen corn
- 1 c. black beans

- 1 t. diced tomatoes
- 1 t. diced red onion
- 2 T. lime juice
- 5 T. oil
- 1 t. sugar
- 1 t. balsamic vinegar

## **Directions**

1. Char your corn.
2. Mix all ingredients together.
3. Let chill.

## **Refried Beans**

### **Ingredients**

- 2 T. oil
- 2 t. garlic
- 1 ?(What size)can pinto beans
- 1 t. cumin
- 1 t. chili powder
- ¾ t. salt
- 1 T. lime juice

## **Directions**

1. Heat oil in skillet over medium heat.
2. Cook garlic in hot oil.
3. Add beans and everything else except lime.
4. Smash mixture with pot masher, pour lime on top.

## **Spanish Rice**

**Yields 8 servings**

### **Ingredients**

- 1-15 ounce stewed tomatoes
- 1 ½ c. chicken stock

- 1 ¼ c. rice
- 1 T. butter
- 2 t. chili powder
- ¾ t. oregano
- ½ t. garlic salt
- 1 t. cumin

## **Directions**

1. In a medium saucepan, combine all ingredients (I usually mash tomatoes with a potato masher or give them a quick spin in food processor).
2. Bring to a boil; reduce heat to low.
3. Cover and simmer 25 minutes or until rice is done. (Unless you like sticky, gooey rice, don't take off the lid and stir at all until it is done.
4. Garnish with green onions and/or cheddar cheese.

## **At the Vegan Bar**

### **Vegetable Pancit**

**Yields 4 servings**

### **Ingredients**

- 4 oz. rice noodles
- 2 t. sesame oil
- 8 oz. firm tofu, drained and cut
- ½ white onion
- 2 garlic cloves, minced
- ½ c. carrots, grated
- 2 cups green cabbage, chopped
- 1 c. broccoli florets
- 1 T. soy sauce
- ¼ t. ground ginger
- ½ veggie bouillon Cube

- ½ c. vegetable broth
- sea salt to taste

## **Directions**

1. Place the rice noodles in a large bowl; cover with warm water and let sit. When the noodles are soft, after about 20 minutes drain and set aside.
2. Heat 1 t. sesame oil in a wok or large skillet over med-high heat. Add the tofu and sauté until browned, about 8-10 minutes, stirring occasionally. Remove the tofu from the wok. Reduce heat to medium.
3. Add the remaining teaspoon of sesame oil to the wok. Sauté the onion and garlic for 2 minutes or until onion is translucent. Add the carrots, cabbage and broccoli. Stir fry until tender-crisp, about 5 minutes.
4. Add the soy sauce, ginger, bouillon cube, vegetable broth and sea salt. Stir until the bouillon cube is dissolved. Add the cooked tofu, rice noodles and stir to combine. Remove from heat and serve immediately.

## **THAI LETTUCE WRAPS**

**Yields 9 servings**

### **Ingredients for sauce**

- ¼ c. lime juice
- ¼ c. sugar
- 2 T. soy sauce
- 1 T. rice vinegar
- ½ t. light brown sugar

## **Directions**

1. Whisk together all ingredients and set aside.

## **Ingredients for Filling**

- 1 lb. tempeh, broken into chunks
- 1 T. vegetable oil
- 2 T. minced fresh ginger
- 2 cloves garlic, minced (2 t.)
- 1 c. vegetable broth
- ¼ c. fresh mint
- ¼ c. lime juice
- 2 T. chopped shallots
- 1 T. soy sauce
- 1 T. rice vinegar
- 2 t. sugar
- 1 t. chili sauce, such as sriracha
- ¼ t. light brown sugar

## **Directions**

1. Pulse tempeh in food processor until coarsely crumbled.
2. Heat oil in skillet over medium heat. Add ginger and garlic, and sauté 1 minute. Add tempeh and broth. Cover and cook for 5 minutes. Uncover, increase heat to medium-high and cook 10 minutes or until liquid had evaporated.
3. Stir in remaining ingredients.

## **Ingredients for Toppings and Wraps**

- ½ lb. green beans, thinly sliced
- 2 c. bean sprouts
- 1 cucumber, peeled into thin strips
- 1 large carrot, shredded
- 18 whole large lettuce leaves
- ½ c. chopped peanuts

## **Directions**

1. Prep and arrange nicely for service.

## **Buffalo Style Cauliflower**

**Yields 8 servings**

### **Ingredients**

- 2 ½ lbs. cauliflower, cut into bite sized pieces
- ½ t. cayenne pepper
- ½ T. salt
- ½ T. pepper
- 1 T. southwest seasoning
- 1 oz. oil

### **Directions**

1. Toss all ingredients together until cauliflower is covered evenly, roast in oven at 350° for 20 minutes.

### **Ingredients for Sauce**

- 1 c. hot sauce
- 1 c. italian dressing

### **Directions**

1. Mix the hot sauce and dressing together. Toss with roasted cauliflower and garnish with celery and julienned carrots.

## **Vegan Lentil, Rice and Tofu Loaf**

**Yields 8 servings**

### **Ingredients**

- 1 c. dried lentils
- 1 c. cooked brown rice
- 12 oz. firm tofu
- 1 onion
- 1 red pepper
- 4 cloves garlic, minced
- ¼ c. corn meal

- 1 T. balsamic vinegar
- 1 T. soy sauce
- ¼ c. tomato sauce
- 2 T. vegan worcestershire sauce
- ½ t. salt
- 1 t. marjoram
- 1 t. sage
- ½ t. thyme
- ½ t. cumin
- ½ t. chili powder
- ½ t. mustard powder
- 2 T. ketchup

## **Directions**

1. Rinse the lentils. Cook with 2 Cups of water until boiling. Reduce heat to a simmer and simmer for about 30 minutes or until the lentils are soft (but don't need to be mush)
2. While the lentils are cooking, dice the veggies. Sauté in a small amount of oil.
3. Drain the tofu.
4. When the lentils are done add them to a mixing bowl with the tofu and mash them together.
5. Add remaining ingredients (except ketchup) and mix thoroughly.
6. Press into a greased loaf pan and spread ketchup on top. Bake at 350° for 60 minutes.