

## Cécile's Topping (or Vegan "Parmesan Cheese")

A crunchy and versatile addition!

2 Tbsp sunflower & pumpkin seeds – toasted

2 Tbsp walnuts (or any other nuts) - finely chopped by hand or using the coffee grinder

½ Tbsp nutritional yeast

touch of olive oil or water

pinch salt

Optional... freshly ground pepper, cayenne pepper, paprika

Using a coffee grinder, pulse the seeds in a fine meal.

Add the chopped nuts.

Drizzle in a few drops of olive oil.

Add nutritional yeast.

Salt to taste.

NOTE... if you use the toasted seeds below, they are already quite salty because of the tamari)  
Will keep in a labelled jar in the fridge for 1 week.

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## Toasted Seeds

1 cup pumpkin seeds

1 cup sunflower seeds

2 tbsp Tamari

Cayenne or smoked paprika (optional)

Place the seeds on a baking sheet and bake @ 350°F for about 20 minutes.

Set your timer on for 10 minutes and check what's going on in the oven. Take the sheet out and move the seeds around so that they get a chance to toast evenly.

Bake an other 10 minutes. It should start to smell really good!

As soon as you take the sheet out of the oven, pour the tamari over the seeds and mix well while there are still hot.

Let them cool before eating!

### ***Cécile's TIPS & TRICKS...***

*what else to do with the seeds?*

*Switch seeds/nuts around*

*hemp hearts*

# Earthy Butternut Squash & Friends

Serves +/- 4 people

Easy (cost = approx. \$10), cheap, mess-free (all happens in the oven)

Pre-heat oven to 180°C/360°F

Get a medium size butternut squash, preferably organic.

If reasonable in size, it's easier to handle.

The left-over can be roughly cubed & frozen for a soup.

Or kept in the fridge for at least 1 week.

If it's organic, don't bother and leave the skin on.

Otherwise, peel it. It will make your hands feel funny afterwards. It's normal!

1 lb (+/- 500g) butternut squash - cut in small cubes

1 onion sliced (not minced)

+/- 100g shiitake mushrooms stemmed & cut in half  
(or any cremini/portobello)

350g tofu cubed small

4 tbsp avocado oil

1 tbsp tamari

2 tsp Chinese 5 spices

+/- 2" fresh ginger minced

1/2 tsp sea salt

optional... fresh parsley or kale chopped up fine

Use a 9x13" baking dish

In a big bowl (or right into the dish), mix all the ingredients.

Bake for +/- 40 min.

Check if done by poking a cube of butternut squash.

NOTE...

If you like mushrooms, get more. If you are not a fan, skip them altogether!

## ***Cécile's TIPS & TRICKS...***

*The "water trick" when taking a baking dish out of the oven*

*Sliced onions versus minced.*

*Putting food in the freezer as in labelling & keeping track of it.*

*Adding Belsoy for a creamy version*

*Soba noodles... watch for the 100% buckwheat for a gluten-free option*

# Spelt Kernels with Leek & Shallots

## How to Cook Spelt?

Yields +/- 2 cups

1 cup spelt kernels soaked overnight in cold water (or soak them in the morning so that it's ready when you get home for dinner!)

Rinse and drain well.

Cover with 1 cup of fresh cold water.

Add salt, 1 bay leaf & 1 tsp veggie bouillon powder

Bring to a gentle boil and lower the heat to let simmer for about +/- 20 min.

It makes for an original crunchy, nutty, nutritious side dish to replace rice, pasta, potatoes.

You can create wonderful salads with your cold cooked spelt.

Spelt flour is amazing! Start using it by substituting 1/2 of your regular white flour in any recipe.

**NOTE...** this organic spelt is grown on Sonset Farm in Inverary, ON near Kingston from an original seed that has never been hybridized. From the wheat family, it has a much higher nutritional value (especially in its protein content). The gluten content is lower compared to wheat kernels which makes it easier to digest (not as allergen). The easy soaking process neutralizes the phytic acid (naturally occurring) which allows our body to better absorb its nutrients.

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1 leek - sliced

2 or 3 shallots - sliced

Kale stems - chopped fine

Fresh parsley or kale - chopped

Sea salt & freshly ground pepper

Tamari

1/2 cup saké (Japanese rice wine)

Sauté the leek, shallots & stems in avocado oil until nicely brown.

Deglaze with saké.

Add the cooked spelt. Mix and adjust the seasoning. Tamari always brings a nice touch!

NOTE... Adding kale is optional. I just love kale!

## **Cécile's TIPS & TRICKS...**

*Product... i love Harvest Sun organic bouillon powder*

*how to prepare a leek?*

*why & how to deglaze?*

*higher heating point oils*

*about kale stems!*

# Twisted Shepherd's Pie

Serves +/- 6 people

Using a greased 8-inch square glass pan or baking dish.

For the filling

1 cup (200g) French duPuy - rinse & drain

1 tsp veggie bouillon powder

1 medium onion - sliced

3 medium carrots - diced

1/4 small white cabbage - sliced

1 tsp carvi or cumin seeds

2 tbsp Dijon mustard (grainy mustard would be great)

For the mashed

1 lb sweet potatoes (about 2 medium) - peeled & chopped

1 lb potatoes (about 6 small ones) - peeled & chopped

1/4 cup unsweetened non-dairy milk

3 tbsp vegan margarine

1 tbsp olive oil

For the topping

1/2 cup (60g) pecans chopped (or any other nuts)

1 package 250g tempeh - grated

2 tbsp olive oil

2 tbsp tamari

1/2 tsp garlic powder

1 tsp smoked paprika

Cook lentils by covering with 2 cups of cold water and veggie bouillon. Bring to a boil. Lower the heat to let simmer about 20 to 30 min. until cooked. Drain excess water if necessary.

Place potatoes in a pot and cover with salted cold water. Cook until soft. Mash with milk, margarine & olive oil. Season to taste.

Sauté onion, carrot and seeds in olive oil. Add cabbage and cook until soft.

Mix together the lentils and veggies. Add the mustard and season to taste.

Assemble the dish by scooping 1/2 the potatoes onto the plate. Cover with the veggies. Add the rest of the potatoes.

For the topping, mix all the ingredients and sprinkle on top.

Bake @ 360°F/180°C for 15 minutes. It's just a matter of warming it all up.

Broil for about 5 minutes for a crunchy top!

NOTE... Mushrooms are a great addition to this recipe. You could also use leek, fennel, red pepper for veggies.

## ***Cécile's TIPS & TRICKS...***

*A good peeler will save you time*

*Cut small = faster*

*unsweetened non-dairy milk*

*adding seasoning to the water when cooking lentils*

# White Bean Sauce

I love my creamy sauces. This one is close to a Alfredo-style creamy sauce. Dairy-free, gluten-free, easy, economical, nutritious, with a low fat content & tasty of course. I am giving you various options for seasoning. Make it your own!

1 tbsp avocado or olive oil (or vegan margarine)  
1 medium onion sliced (roughly as it all gets blended)  
3 to 4 cloves garlic minced (roughly as it all gets blended)  
1/2 cup water, veggie broth or white wine  
2 cups cooked white beans \*  
+/- 2 cups unsweetened non-dairy milk (i make my own hemp milk)  
2 tsp veggie bouillon powder (i love Harvest Sun organic bouillon powder)  
sea salt & freshly ground pepper to taste  
optional... 1/2 tsp nutmeg, 1/2 tsp smoked paprika, 1/2 tsp Provence herbs, fresh herb like parsley (neutral), basil or coriander.

In a frying pan, over medium heat, sauté the onion until a bit brown.  
Add the garlic and cook for 2 to 3 minutes.  
Deglaze with your liquid of choice. \*\*  
Add the beans & season. Cook for a few minutes.  
Add the milk and herb if using. Warm it up.  
Blend and adjust the seasoning. I like my tamari. A few drops won't hurt here.  
If too thick, simply add water

\* I use "Great Northern Beans" that I cook from scratch. Any white bean works. Cans are fine.

\*\* a flavour-boosting technique. When you sauté stuff in a pan (if not using a non-stick), small particles of food stick to the bottom and caramelize. It's called "the fond" and that's where yummy flavours reside. Just make sure you don't go past the burning point. Use your nose and intuition.

Deglazing is the simple process of adding cold liquid (like broth, wine, vinegar, tomato juice or simply water) to a hot pan. This will immediately help lift the fond. Scrape the pan with a spatula to get every last of it up et voilà !

## **Cécile's TIPS & TRICKS...**

- \* *Roasted garlic would add a sweetness & depth to your sauce.*
- \* *Nutritional yeast would be a nice and cheesy addition (start with adding 2 tbsp).*
- \* *Using coconut oil would add a more distinctive flavour. Use 2 tsp curry powder to create a Indian version!*
- \* *I adore using fennel, leek, shallots instead of/or with the onion.*
- \* *Real cheese is always an option. You won't need as much which makes it a low fat version.*
- \* *Play with other beans... chickpeas for ex.*