

RECIPES

“I can never give up dairy!”

TOFU “CHEEZY”

1 package extra firm organic tofu - cut in small cubes
1 tbsp white or chickpea miso
2 tbsp lemon juice (+/- 1/2 a lemon)
2 tbsp olive oil
2 tbsp water
2 tbsp nutritional yeast
1 tsp sea salt
optional... 1 tsp oregano + 1 tsp basil + 1/4 tsp garlic powder

“PARMESAN” CHEEZE

using a coffee grinder
1/3 cup walnuts - ground
1/4 cup hemp hearts - ground
1 or 2 tbsp nutritional yeast
1/2 tsp sea salt

Note... these measurements are approximative. Play with it using nuts & seeds.

NUT/SEED MILK

(ratio 1:4)
1 cup soaked nuts or seeds (soak nuts +/- 8 hours, soak seeds +/- 4 hours)
4 cups cold water
optional: add 1 or 2 dates to sweeten + pinch of salt

Blend water with rinsed nuts/seeds until smooth.
Strain through nut milk bag or small mesh colander.
Label, date & store in fridge for up to 5 days.

HEMP HEARTS & COCONUT MILK

1/2 cup hemp hearts (shelled hemp seeds)
1/4 cup shredded coconut
3 cups water
1/2 tsp sea salt
Mix all ingredients & soak for +/- 2 hours.
Blend & enjoy! (no need to strain)

WHITE BEAN SAUCE

This one is close to an Alfredo-style sauce.

Dairy-free, gluten-free, easy, economical, nutritious, with a low fat content & tasty.

Any white bean works!

1 can (540ml/19oz) white kidney beans - drained
2 tbsp olive oil
1-2 medium onions - sliced
3 to 4 garlic cloves - minced
+/- 1/2 cup water, veggie broth or white wine
2 tsp veggie bouillon powder (i love Harvest Sun organic bouillon powder)
1 or 2 tbsp nutritional yeast (optional... extra cheezy taste!)
sea salt & freshly ground pepper to taste

In a frying pan, over medium heat, sauté the onion until caramelized.

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.

Blend and adjust the seasoning.

If too thick, simply add more water.

Tips & Tricks...

* try with 1/2 tsp nutmeg, 1/2 tsp smoked paprika, 1/2 tsp Provence herbs or a fresh herb like parsley (neutral), basil or coriander.

* roasted garlic would add a sweetness & depth to your sauce.

* sun-dried tomatoes in oil.

* using coconut oil would add a more distinctive flavour. Use 2 tsp curry powder to create a Indian version!

* try fennel, leek, shallots instead of/or with the onion.

* Play with other beans... e.g. chickpeas.

SIMPLE TAHINI SAUCE

1/2 cup tahini

2 tbsp white miso

+/- 1/4 cup water

fresh ginger + garlic minced

sea salt & freshly ground pepper

Mix & adjust seasoning. Depending if you use it as a dip, a dressing or a warm sauce, add more water if too thick.

SMOKEY TOFU & MUSHROOMS

Serves +/- 4 people

1 tbsp olive oil
1 bloc (210g) "Soyganic Smoked Tofu Original"
1/2 lb cremini mushrooms
1 medium onion - sliced
1 carrot - sliced
2-3 garlic cloves - minced
fresh basil, cilantro or parsley
1 tsp veggie bouillon powder
sea salt & freshly ground pepper
1/2 cup water or white wine
+/- 1 Belsoy Soya Cream (250ml)
1 tbsp Tamari (optional)

Cut up the tofu in small cubes.

Slice the mushrooms in about 4 to 5 pieces (not too thin so that they hold their shape better).

In a frying pan, sauté the onion, carrot and tofu until nicely caramelized before adding the mushrooms. Cook for a few more minutes.

Add the garlic, parsley and seasoning. Deglaze with the liquid.

Add as much "cream" as you wish and cook just to warm up.

Always adjust the seasoning to YOUR taste!

Tips & Tricks...

* using a veggie bouillon powder is a fabulous way to add flavours to any dish you make. I use "HarvestSun Organic Bouillon Powder"

* add more veggies as in kale, broccoli florets, cauliflower, red pepper etc.

"Where do you get your protein?"

TEMPEH BACON-STYLE

Pre-heat oven at 360°F/180°C

1 package of "Soy Original Henry's Tempeh" (250g)

Cut crosswise in 2 smaller rectangles. Then, cut each rectangle in 16 slices (crosswise again).

You end up with 32 small slices of "bacon"

For the marinade...

2 tbsp olive oil
3 tbsp Tamari
3 tbsp nutritional yeast
1/2 tsp smoked paprika
2 tsp maple syrup

1/4 cup water
Freshly ground pepper

Make the marinade by mixing all the ingredients.
Using a 9x13" baking dish, pour 1/2 of the marinade.
Place the pieces of tempeh on top.
Pour the rest of the marinade over.
Let it sit for +/- 30 min.
Bake for 15 to 20 min. This time depends on your oven. Just keep an eye on it. It turns sort of golden. If you are in a rush, put it under the broil!
If you want it crispier, bake it longer. Keep track with a timer so you can repeat next time!

JACKFRUIT SMOKEY TOMATO-STYLE

1 can young jackfruit in brine from Cha's Organics
1 tsp organic veggie bouillon (optional)
+
2 tbsp avocado oil
1 medium onion - sliced
a few sun-dried tomatoes - chopped
2-3 garlic cloves - minced
2-3 fresh tomatoes - chopped (or use canned diced tomatoes)
1/2 tsp smoked paprika
1/2 tsp paprika
sea salt & freshly ground pepper
fresh parsley & basil (optional)

Strain & rinse the jackfruit.
In a pot, bring water with bouillon powder to a boil & cook the jackfruit for 20 min. or until tender.
Strain & crush with a potato masher or back of a wooden spoon until shredded to desired texture.
In a large skillet, heat oil & sauté onion with sun-dried tomatoes until nicely caramelized.
Add garlic, seasoning & tomatoes.
Cook for a few minutes before adding the jackfruit.
If needed, add a little water to create extra juice.
Always adjust the seasoning to your taste!
You can always garnish with fresh herbs & green onions.
Serve over rice, bread or pasta (why not?!).

Check awesome recipes at <https://chasorganics.com/pages/recipes>

