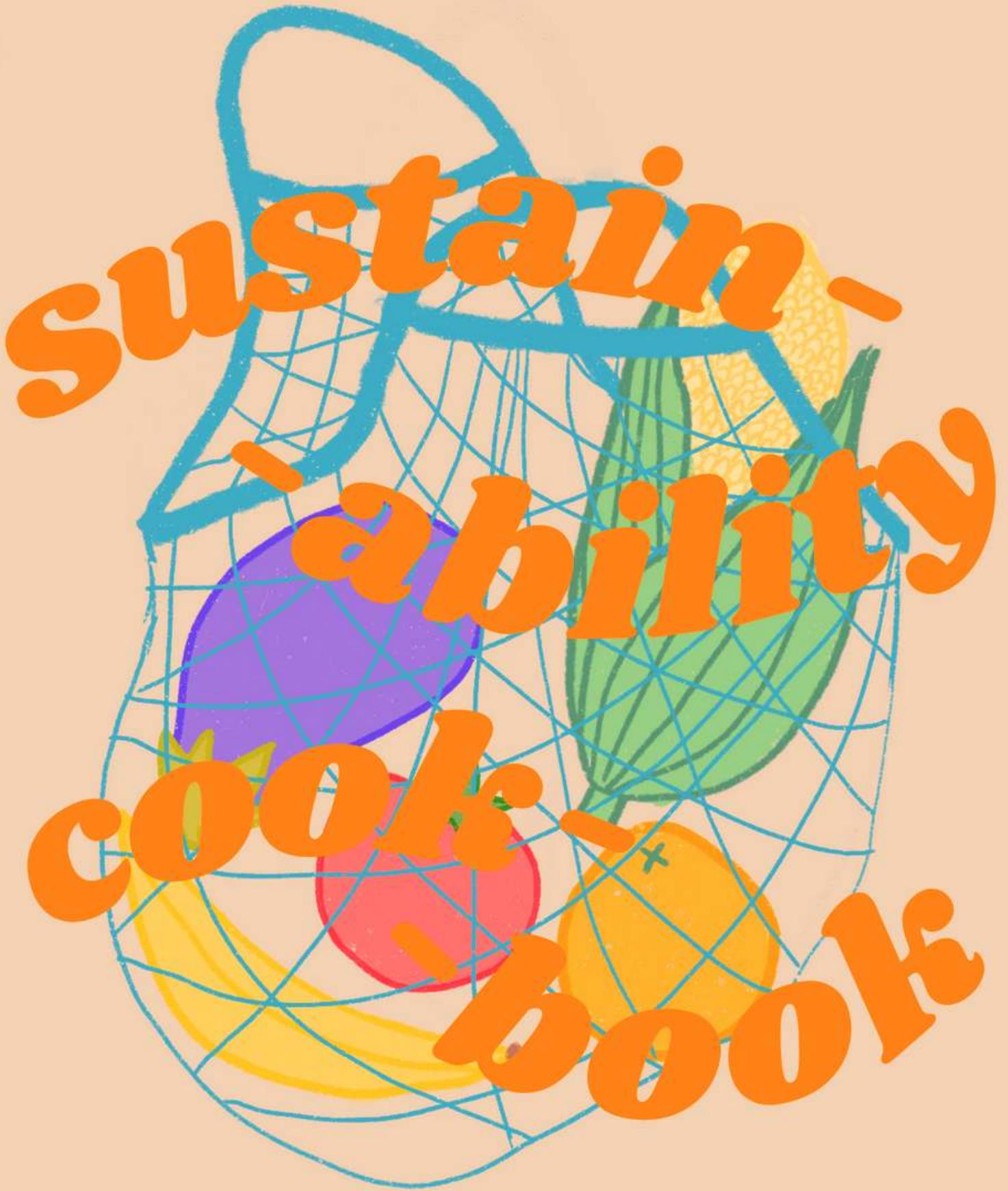


ARTS STUDENT BODY COUNCIL



UNIVERSITY OF
MANITOBA

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ACKNOWLEDGMENTS



TREATY ACKNOWLEDGMENT

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples and on the homeland of the Metis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

SPECIAL THANKS

Thank you to our counsellors who helped make this project happen:

Alexa Mucyo Kayonga

Alyssa Adair

Amy Spearman

Camryn Anderson

Ishaanee Didwania

Libby Young

Tabitha Clavecillas

Thank you to the student, Rhianna Erikson, who designed our cover and thank you to everyone who submitted a recipe.



FOREWORD

When it comes to trying to live sustainably, many peoples' first thoughts are probably along the lines of, "Where do I even begin?" It can be challenging to completely change your lifestyle, even through little steps. There are so many things to consider like what kind of shampoo is best to use, what kind of cleaning supplies harm the environment the least, and a big one, what kinds of foods to consume.

I wanted to create a sustainable themed cookbook because I think a big part of living sustainably is our food consumption. Sustainable meals are complex because there are so many factors to think about. I wanted to create a community resource like this because food is what brings us all together and, even though we cannot all be physically together right now, it's important to have a sense of community in these trying times.

While trying to change your habits, it's also important to recognize that we are all going to be changing at our own paces and that whatever change we make, big or small, is going to make a difference in the long run. If you need to eat meat for dietary concerns that is totally okay! If your family still buys dairy products that is completely fine! We all have different needs and concerns and that is completely okay. We can change certain habits in our lifestyles which will offset the things we cannot change.

I want to thank ASBC and my amazing cookbook team who made this project happen. You are all amazing and I can never thank you enough for this!

I also want to thank all the students who submitted their recipes and cover designs. This project could not have happened without you! You have helped create a valuable community resource that can be used by so many people.

I hope you enjoy these recipes and get to try them all out!

Enjoy!

Alyssa Adair

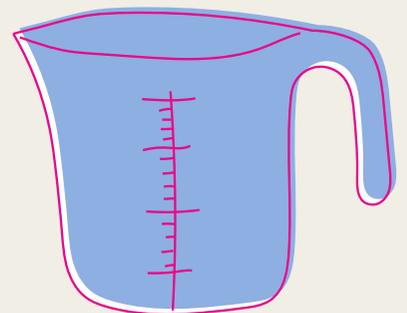
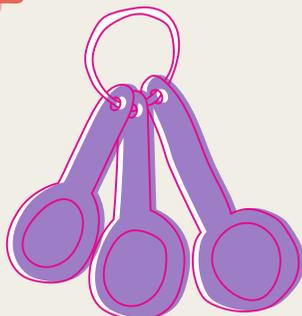
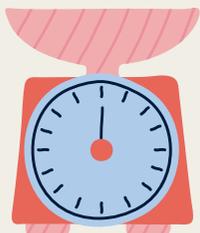
ASBC Director of Sustainability

MEASUREMENT CONVERSIONS

TSP	TBSP	FL OZ	CUP	PINT	ML
3	1	1/2	1/16	1/32	15
6	2	1	1/8	1/16	30
12	4	2	1/4	1/8	60
18	6	3	3/8	-	90
24	8	4	1/2	1/4	120
36	12	6	3/4	-	180
48	16	8	1	1/2	240
96	32	16	2	1	480

TEMPERATURES

212°F	100°C
250°F	130°C
300°F	150°C
350°F	180°C
400°F	200°C
450°F	230°C
500°F	260°C



SUSTAINABLE

SWAP-OUTS

This page is meant to give you an idea of what plant based options you can use to swap a non-vegan ingredient. Simply prepare the recipe as you normally would, but just change the items you want to veganize!

CHICKEN

Tofu makes a great swap out for chicken. On the other hand, cauliflower is nice and bland which means it can be seasoned to your preference. You can make chicken nuggets or chicken wings out of cauliflower.

BEEF

TVP (texturized vegetable protein) is great as a substitute for ground beef. Seitan can be seasoned to taste like beef or pork. Eggplants have a rich meaty taste and it is very versatile. They also make great substitutes in burger and meatball recipes.

FOR ANY MEAT

Crimini or Portobello mushrooms have a great meaty, earthy taste and they can replace meat in just about any recipe. Jackfruit works well in savoury dishes. It's great for barbecue dishes, stir fries, or recipes that call for beef, chicken, or pork. Lentils can replace ground beef easily. With lentils, a little goes a long way! Beans and legumes can be made into burgers, tossed into salads, and more! The great thing about legumes and beans is that they are quite versatile. There is also a great variety of beans and legumes and they are not expensive. Beets have a great earthy taste and tend to work well in savoury dishes. Nuts can give dishes a meatier taste.

FISH

Tempeh is a great substitute for fish filets or fish sticks as it has a similar flaky, chewy texture. Tofu is great if you are looking for a more smoother, but solid texture. For softer textures, chickpeas work well.



EGGS

If you are using eggs as the main ingredient, tofu is great scrambled and can also act as the egg in eggs benedict. All you need to add is a vegan hollandaise sauce. Omelets can use tofu or a chickpea and water mix. If you are using eggs as a thickening agent for puddings, custards, or curds, try out silken tofu, chia seeds, or xanthan gum. In baking, use egg replacements like Ener-G, flax seeds, or chia seeds. In breakfast recipes (like pancakes), mashed bananas are a great substitute (use ripe ones if you really want a strong banana taste!).

HONEY

Maple syrup is great for baking, but choose grade B as it has more earthier tones. Yacon root syrup is great for any recipes that calls for honey, but use caution as you cannot bake with it. Coconut nectar is great to add in smoothies, treats, and breakfast cereals. You could try date paste by either buying some or make your own with just dates and water until desired consistency is reached. Stevia products are great for people with diabetes as they don't interfere with blood sugar/glucose levels.

MILK

There are many types of milk that can be substituted for cow's milk. There is almond milk, oat milk (the most sustainable milk alternative!), soy milk, coconut milk, hemp milk, rice milk, hazelnut milk, and many more options!

CHEESE, YOGURT, SOUR CREAM, AND BUTTER

Nuts can be used to make your own vegan cheese, while you can buy or make your own cashew coconut cream cheese. For yogurt, you can make or buy coconut yogurt. Again, for sour cream, you can make or buy coconut sour cream. To substitute butter, you can use coconut oil in sweeter dishes or in baking, or you can make cashew butter. Right now, there are many substitutes in stores for cheese, yogurt, sour cream, and butter.

CAN'T CUT OUT MEAT? BUY LOCAL WHERE YOU CAN!

- Ask the meat manager at your local grocery store to find out which meats are local.
- Shop at an independent butcher. They will have local meats available.
- Buy directly from the producer.
- Check for certain logos on meat packages, such as the "Raised by a Canadian Farmer" sticker on local Manitoba chicken.
- A quick Google search can also provide you with many local butchers to purchase from.

NOTE: THE INFORMATION ON THIS PAGE HAS BEEN ADAPTED FROM ONE GREEN PLANET

BUDGET

ALTERNATIVES

FUN FACT: Eating sustainably does NOT have to be expensive.

PLAN AHEAD AND BUY IN BULK

- It may sound silly or annoying, but planning is one of the most effective ways to eat sustainably on a budget.
 - Planning meals with ingredients already available in your pantry will help you reduce your weekly shop cost and cut down on food waste.

EAT IN SEASON

- Seasonal produce is not only the healthiest and most sustainable, but also the cheapest. Eating in season means you get the best valued produce. Produce is naturally cheaper in-season as supply is at its peak. You're also avoiding all the costs that go into shipping out of season fruit and vegetables.

DON'T STRESS ABOUT ORGANIC

- The main conclusions from studies to date are that organic and traditional farms have pretty much the same environmental impact. Recent studies have actually shown that organic production might be worse for the environment as it uses more land and is less efficient to produce crops, meaning it produces more greenhouse gas per crop output.

DRINK WATER

- Tap water is cheap & healthy.
 - Getting rid of soft-drinks, juices, or bottled water will not only save you a lot of money, but also be good for our environment. Plastic is a huge environmental problem and recycling is not the ultimate solution (Both producing, transporting, and recycling the bottles requires energy.).



BREAKFAST/ SNACKS



Pumpkin Walnut Muffins
pg. 12



Vegan French Toast
pg. 19



Chocolate PB Banana Smoothie
pg. 10

Chia Seed Pudding

INGREDIENTS

100%
VEGETARIAN

- 2 tbsp chia seeds
- 1 cup vanilla flavoured almond milk (can be sweetened or unsweetened)
- 1 tbsp honey or maple syrup
- Pinch of cinnamon (optional)
- berries or granola (optional)

DIRECTIONS

1. In a container mix the chia seeds, almond milk, honey & and cinnamon together. Put the lid on the container and leave it for at least 2 hours (better if left overnight).
2. Add berries or granola for flavour/ garnishing.



Iced Matcha Green Tea Latte

INGREDIENTS

- 2 tsp matcha powder
- 1 tsp water
- 1 cup milk (I like to use almond milk)
- Sweetener of choice (I use honey)
- Splash of vanilla extract (can be omitted if using flavoured milk)
- Ice

DIRECTIONS

1. In a bowl make a paste with the matcha powder and water. You want to make sure that there are no clumps left (matcha powder clumps which can cause stomachaches for some).
2. Add all the ingredients in a mason jar, put the lid on and shake the jar. The more you shake the jar, the more frothy the latte will be. Once desired froth is achieved add a straw and enjoy.



Chocolate PB Banana Smoothie

STUDENT: Sarah Schur

100%
VEGETARIAN

THIS RECIPE IS GREAT FOR BREAKFAST OR A SNACK AND IS HIGHLY CUSTOMIZABLE FOR DIETARY NEEDS/PREFERENCES.

INGREDIENTS

- ½ cup ice cubes
- 1 tbsp raw cocoa powder
- 1 small, ripe banana
- 2 tbsp Greek yogurt (or non-dairy yogurt)
- 2 tbsp rolled oats
- 1 tsp chia seeds (optional)
- 1 tbsp natural peanut butter
- 1 scoop plant-based protein powder (optional)
- ¾ cup almond milk



DIRECTIONS

1. Slice the banana into smaller pieces and add to an immersion blender.
2. Add the rest of the ingredients to the blender with the banana.
3. Blend until smooth.



Pumpkin Walnut Muffins

STUDENT: Sarah Schur

THE PERFECT MUFFIN TO EAT DURING THE WINTER SEASON. THIS RECIPE IS ALSO LACTOSE FREE.

INGREDIENTS

- 1 cup pumpkin puree
- 1 cup all-purpose flour
- 2 eggs
- $\frac{3}{4}$ cup whole wheat flour
- $\frac{2}{3}$ cup almond milk
- 1 tsp baking powder
- $\frac{1}{3}$ cup oil (i.e., olive oil)
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{3}$ cup maple syrup
- $\frac{1}{2}$ tsp sea salt
- 1 tbs apple cider vinegar
- 2 tsp cinnamon
- 1 tsp vanilla
- 1 tsp nutmeg
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ tsp ginger



DIRECTIONS

NOTE: To make the recipe vegan, replace the 2 eggs with $\frac{1}{4}$ cup ground flaxseed mixed with $\frac{1}{2}$ cup warm water and let stand for 5 minutes before adding to the batter.

1. Preheat the oven to 350°F and lightly grease or spray a 12-cup muffin tin.
2. In a large bowl, combine the pumpkin puree, eggs (or flax mixture), almond milk, olive oil, maple syrup, vinegar, and vanilla and whisk until combined.
3. In a medium bowl, combine the flours, spices, baking powder, baking soda, walnuts and salt. Add the dry ingredients to the bowl of wet ingredients and stir until just combined. (Do not overmix or your muffins will come out dense).
4. Use a $\frac{1}{3}$ -cup measuring scoop to divide the batter into the muffin tin. Bake for 20 minutes or until a toothpick inserted into one of the muffins comes out clean.



Oat Energy Bites

INGREDIENTS

- 1 cup oats
- 2/3 cup shredded coconut
- 1/2 cup flax seeds
- 1/2 cup chocolate chips
- 1/2 cup peanut butter
- 1/2 cup dried cranberries
- 1/3 cup honey
- 1 tbsp chia seeds
- 1 tsp vanilla extract

DIRECTIONS

1. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Cover the bowl and refrigerate for 1-2 hours.
3. Roll into balls and serve!

Makes about 25 balls.



Baked Brie

STUDENT: Mary Lavigne

100%
VEGETARIAN

INGREDIENTS

- 1 frozen package of 10 sheets phyllo dough, thawed
- 1 wheel brie cheese
- 1 cup walnut pieces
- 1/3 cup maple syrup
- 1/3 butter, melted

DIRECTIONS

1. Preheat oven to 400°F
2. Warm nuts in frying pan till browner.
3. Lay a sheet of phyllo dough horizontally on a smooth, dry surface. Brush with melted butter. Place another sheet on top. Layer with butter. Repeat with 2 sheets vertically. Make sure to butter each sheet. Continue alternating until you have all sheets on top of each other.
4. Cut brie wheel across centre.



5. Place 1/2 brie in the center of the sheets (gooey side up). (pro-tip: scoop a bit of brie out of the centre first)
6. Add walnuts, then drizzle maple syrup.
7. Place top of brie back on (gooey side down).
8. Fold phyllo corners over the brie. Brush with more melted butter and place in an oven dish.
9. Bake at 400°F (200°C) for about 30 minutes.



Vegetable Omelet with Raw Tomato & Chile Salsa

INGREDIENTS

100%
VEGETARIAN

- 5 oz potatoes
- Olive oil
- 1 red onion
- 1 red pepper
- 1 yellow pepper
- 4 large eggs
- 1 handful of spinach
- 2 large ripe tomatoes
- 1 or ½ fresh red chile
- 1 lemon
- 2 handfuls of arugula
- 1/2 oz parmesan cheese
- Optional: tabasco chipotle sauce



DIRECTIONS

1. Wash the potatoes and chop into $\frac{1}{2}$ inch pieces, then put into a 10-inch non-stick frying pan on medium heat with one tablespoon of oil and a good splash of water and toss well.
2. Peel the onion and seed the peppers. Chop both into $\frac{1}{2}$ inch pieces as well, then toss into the pan. Cook gently for 15 minutes on medium-low heat or until softened and lightly golden, adding splashes of water if needed, and tossing regularly. Meanwhile beat the eggs with a pinch of sea salt and black pepper for 2 minutes so they're light and fluffy.
3. Toss the spinach into the pan, then pour in the egg mixture. Use a rubber spatula to thoroughly mix it all together. Begin to cook the eggs, then push it out flat, cover with a lid, and leave to cook through for five minutes, or until set on the top and golden on the bottom.
4. While that cooks, halve the tomatoes and remove the cores. Seed the chile. Place both in a blender with half the lemon juice, and blend until smooth. Taste and season to perfection.
5. Loosen around the edges of the omelet with the spatula, then place a large plate or board over the pan and in one bold, careful movement, flip it over onto the plate or board. Mix the arugula with the remaining lemon juice, pile in the centre, and finely grate over the parmesan. Serve the omelette warm with the salsa. A shake of Tabasco Chipotle sauce is nice too. Enjoy!



Vegan French Toast

STUDENT: Francesca Espiritu



THIS VERY SIMPLE YET INDULGENT VEGAN FRENCH TOAST RECIPE MAKES THE MOST DELIGHTFUL WEEKEND BREAKFAST OR BRUNCH TREAT, ESPECIALLY IF YOU HAVE SLIGHTLY STALE BREAD YOU CAN USE UP FROM THE PAST WEEK INSTEAD OF THROWING AWAY!

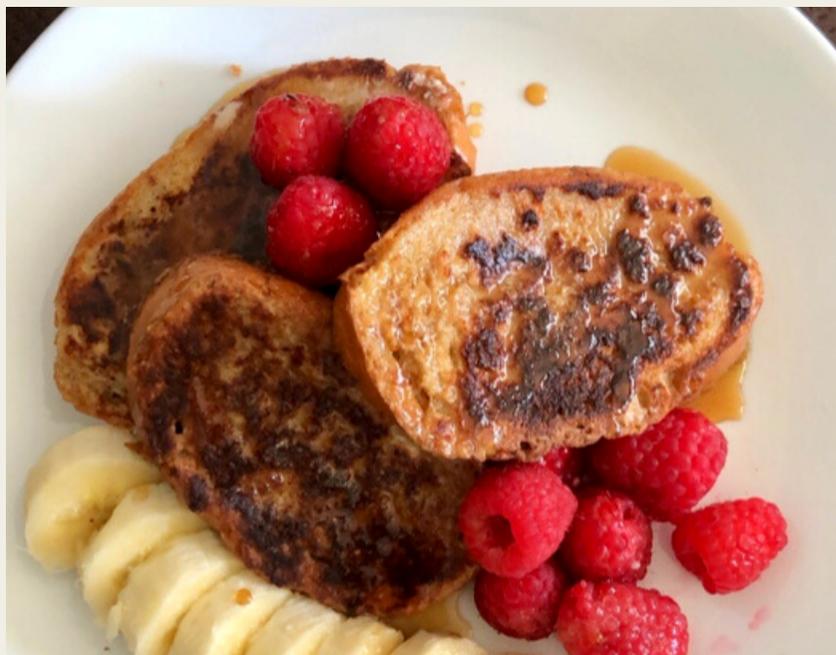
INGREDIENTS

- 5-8 slices of thick-sliced stale (or fresh) bread
- 1 cup oat milk (or any plant-based milk)
- 1 tablespoon ground flaxseeds
- 1 ½ tablespoons maple syrup
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg (optional)
- ½ teaspoon vanilla extract
- 2-4 tablespoons vegan butter or coconut oil to grease the pan
- Toppings for serving: fresh fruits (e.g., sliced bananas and berries), powdered sugar, more maple syrup, etc.



DIRECTIONS

1. In a shallow bowl, add plant-based milk, ground flaxseeds, maple syrup, ground cinnamon, ground nutmeg (if using), and vanilla extract. Whisk until well combined then place in the fridge for 15 minutes or until it becomes a bit thicker. Lightly whisk again after removing from the fridge.
2. Heat a pan over medium heat, then melt about 1 tablespoon of vegan butter/coconut oil.
3. Dip a slice of bread in the milk mixture for 15-20 seconds per side. Add a splash of milk to the mixture if you think it's too thick.
4. Place the slice on the pan and let cook for 2-3 minutes on each side or until it reaches a golden brown colour on both sides. If needed, continue adding more vegan butter/coconut oil to the pan while cooking the rest of the slices.
5. Repeat Steps 3 and 4 for each slice.
6. Serve warm with toppings of your choice and enjoy!



Veggie Loaded Nachos

STUDENT: Francesca Espiritu

100%
VEGETARIAN

THIS QUICK, EASY AND VEGETARIAN VERSION OF LOADED NACHOS IS HIGHLY CUSTOMIZABLE WITH AN ENDLESS NUMBER OF INGREDIENT SWAPS AND COMBINATIONS DEPENDING ON WHAT YOU LIKE. IT'S GREAT TO ENJOY WITH OTHER PEOPLE OR HAVE ALL TO YOURSELF!

INGREDIENTS

Veggie Mixture:

- 2 tablespoons of oil (of your choice)
- ½ large onion, diced
- 1 medium-sized bell pepper, diced
- 1 can (540 mL) of red kidney beans, drained and rinsed (OR black beans)
- 1 teaspoon ground cumin
- 1 ½ teaspoon chili powder
- Pinch of ground cayenne pepper
- 1-3 tablespoons of water
- ¾ cup of frozen corn
- Handful of cilantro
- Salt to taste

Other

- Desired amount of tortilla chips
- Extras: salsa, sour cream, guacamole, jalapeños, pickled red onions, green onions
- Lime wedges

Cheese topping:

- Option A: 1 cup or more of cheese, shredded
- Option B: 1 package (450 g) of Velveeta cheese;
- 2-4 tablespoons of milk of choice



DIRECTIONS

1. Separate cilantro stems from leaves. Roughly chop cilantro leaves and set aside. Then chop the thicker cilantro stems into small pieces and set aside.
2. Heat a skillet over medium heat then add oil. Add the onion and stir occasionally for 1-2 minutes until softened. Add the bell pepper and let cook for a minute. Stir in the ground cumin, chili powder, and ground cayenne pepper and sauté for a minute.
3. Add the beans, cilantro stems and a few splashes of water, then cover. Let cook for a few minutes. Uncover the pan, add frozen corn and stir mixture until everything is heated through and most of the moisture has evaporated. Taste and add salt or other seasonings as needed.

See below for next steps depending on cheese topping options.

Option A for cheese:

1. Preheat oven to 375 degrees Fahrenheit. Line a baking sheet with parchment paper (or reusable silicone liner).
2. Place a handful of tortilla chips, add a portion of the bean mixture on top, then layer with shredded cheese. Repeat this at least one more time for the number of layers you'd like.
3. Bake until all cheese layers are melted with some bubbles, then remove from the oven.

Option B for cheese:

1. Cut the Velveeta cheese into small cubes (about 1-inch) and add to a microwave-safe bowl with 2 tablespoons of milk to start. Microwave in 15-second intervals until melted, stirring between each interval. Add 1-2 more tablespoons of milk throughout the process for a thinner consistency.
2. Place handful of tortilla chips on a plate, add a portion of the bean mixture on top, then the melted cheese. Repeat this at least one more time for the number of layers you'd like.

Once assembled, add cilantro leaves on top. Serve immediately, with salsa, lime wedges and other extras (e.g. sour cream, guacamole, pickled red onions, chopped green onions, jalapeños, etc.)



LUNCH



Classic Caesar Salad
pg. 31



Mysore Masala Dosa
pg. 37



Simple Quinoa Salad
pg. 27

Hummus & Avocado

Sandwich

100%
VEGETARIAN

INGREDIENTS

- 1/2 avocado
- 2 tbsp hummus
- lettuce
- 1 tomato
- 1/4 onion
- 1 carrot shredded
- 1/4 cucumber
- 4 slices whole wheat bread
- salt & pepper to your preference

DIRECTIONS

Wash and cut the vegetables to your liking.

Mash the avocado and mix in the spices. You can also add chili flakes.

On one slice of bread spread the hummus & on the other slice spread the avocado mixture.

Put the vegetables on one of the bread slices and then put the other one on top.

Makes about 2 sandwiches.



Moroccan Quinoa Salad

INGREDIENTS

100%
VEGETARIAN

- 2 cups quinoa
- 1 tomato
- 1/2 onion
- 1/2 cucumber
- 1 carrot shredded
- 1 bell pepper
- handful of parsley
- 1 cup chickpeas

For Dressing

- ½ teaspoon cumin powder
- 1/3 cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon honey
- ½ teaspoon salt
- ⅛ teaspoon chili powder

DIRECTIONS

Wash and cut vegetables.
Combine everything together
in a bowl. Mix everything
together and drizzle over the
salad.



Simple Quinoa Salad

STUDENT: Thalia



A LIGHT FRESH QUINOA SALAD, PERFECT FOR A SUMMER DAY—OR ANY DAY REALLY!

INGREDIENTS

- 4 cups Quinoa (cooked)
- 1 red pepper diced
- ½ cucumber diced
- ½ red onion
- 5 celery stalks
- Vegan Feta (any vegan cheese will do)

Dressing -mix to taste

- 3 tbsp olive oil
- 4 tbsp Lemon juice
- 1 tbsp cumin
- 1 tsp red chili flakes
- 1 tsp paprika
- Dash of Salt + Pepper



DIRECTIONS

1. Cook 4 cups of quinoa, let cool.
2. Dice vegetables.
3. Mix dressing ingredients in a small bowl.
4. After quinoa is cooled, mix all ingredients.



Summertime Salad

IT ALL STARTED WHEN I WAS LOOKING FOR A SUMMER SIDE DISH THAT COULD ACCOMPANY BURGERS. THIS RECIPE IS COLOURFUL, FLAVOURFUL, AND SAVOURY. I WON'T ALLOW YOU TO SWITCH THE RED ONION FOR A WHITE ONION. ABSOLUTELY NOT.

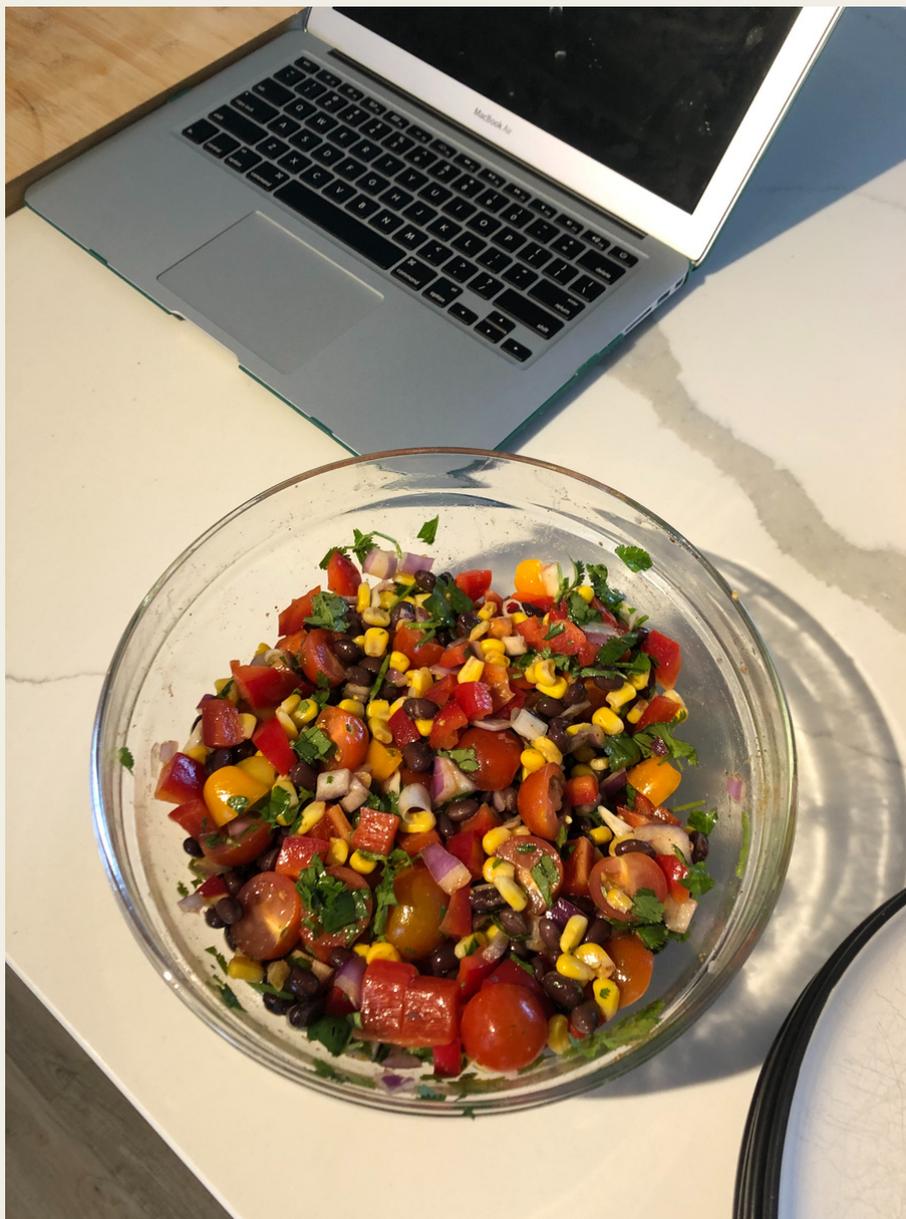
INGREDIENTS

- 1 15 oz can black beans, rinsed and drained
- 1 cup corn (either 1 large ear of sweet corn or 1 cup defrosted frozen corn)
- 1 cup halved cherry or grape tomatoes
- 1 cup chopped red bell pepper
- 1/2 cup chopped red onion
- 1/2 cup chopped cilantro
- Juice of 1 1/2 limes
- 1 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- 1 large avocado, pitted, peeled, and chopped



DIRECTIONS

In a large bowl, combine black beans, corn, tomatoes, red pepper, onion, cilantro, lime juice, olive oil, salt, chili powder, and cumin. Stir to combine. Gently stir in the avocado and season with additional salt, if necessary. Serve and enjoy!



Classic Caesar Salad

STUDENT: Natalia Nguyen

100%
VEGETARIAN

THIS IS A CLASSIC CAESAR SALAD RECIPE THAT TEACHES YOU HOW TO MAKE EVERY COMPONENT FROM SCRATCH.

THE RECIPE IS A MODIFIED VERSION OF A RECIPE CREATED BY ANDREW REA. THERE ARE MANY ELEMENTS THAT CAN BE ADJUSTED TO YOUR LIKING. IT MIGHT BE TIME CONSUMING BUT IT JUST MIGHT THE BEST CAESAR SALAD YOU'VE EVER HAD.

INGREDIENTS

- 1 egg
- 1 bunch of romaine lettuce, cut into bite-sized pieces and washed
- 2-4 slices of bread
- Olive oil
- Black pepper
- Garlic powder
- 3 cloves of garlic, roughly chopped
- 1 oz parmesan, plus more for garnish
- Half a lemon, juiced
- 2 Tbsp Worcestershire sauce (can be substituted with 12 drops of tabasco sauce + 1/2 tsp of sugar)
- 2 tsp dijon mustard



DIRECTIONS

1. Boil an egg for 3 minutes followed by plunging it into an ice bath.
2. For the croutons, cut 2-4 slices of bread into bite-size pieces and toss with olive oil, salt, pepper, and garlic powder to taste. Toast the pieces in the oven or toaster oven until golden brown.
3. For the dressing, grind 3 cloves of garlic (or less if you're not a fan) and 1/2 - 1 tsp of ground black pepper together with a mortar and pestle. Add 1 oz of parmesan (freshly grated is preferred) and mash until combined. Transfer the mixture into a small bowl.
4. Squeeze 1/2 of a lemon into the bowl. Add 2 Tbsp of Worcestershire sauce (use the tabasco substitute if you like your sauce thick and more tangy) and 2 tsp of dijon mustard. Whisk thoroughly.
5. Crack the boiled egg into the bowl (the yolk should be raw so the yolk should be the only thing that falls out of the egg). Whisk the yolk to combine and discard the cooked egg whites.
6. Slowly drizzle in extra virgin olive oil into the dressing while whisking. Stop when the dressing has reached your desired consistency.
7. In a large bowl, dress and toss the lettuce. Add croutons and freshly grated parmesan on top when plating. Enjoy!

Tofu Feta

STUDENT: Marissa Manahan



TOFU FETA IS A QUICK WAY TO ADD A BIT MORE PROTEIN TO ANY DISH, AND GIVES YOU THAT CHEESY FETA TEXTURE TO TOP PASTA OR SALAD. RECIPE IS FROM ERIN IRELAND, A VANCOUVER NATIVE VEGAN COOK AND FOOD BLOGGER.

INGREDIENTS

- ½ cup + 2 tbsp. Refined coconut oil (Nutiva brand is best), melted*
- 1 ½ tbsp. Apple cider vinegar (or white vinegar works too)
- 1 ¾ tbsp Lemon juice
- 1 ½ tsp. Salt
- 1 ½ tsp. Onion powder
- 12 oz (350g) block firm or extra firm tofu, pressed**

Prep: 5 minutes

Cook (blending): 5 minutes

Total: approximately 5 hours to firm up

Ingredients:



DIRECTIONS

*Note: using refined coconut oil will prevent the tofu feta from tasting very coconut-y, so avoid unrefined or pre-melted coconut oils in store. Purchasing a coconut oil that is firm (not melted) when you buy it will ensure that when the tofu feta is setting, the coconut oil acts as the agent that firms up the recipe, keeping it solid.

**Note: pressing the tofu to remove excess liquid if stored in a water base is key to the success of this recipe; excess water in the tofu will hinder the consistency.

Place all ingredients into a blender, crumbling tofu slightly as you deposit it in the blender. Puree until smooth, stopping intermittently to use a spatula to scrape missed ingredients on the sides of the blender back into the mixture.

When the consistency is smooth, scrape the mixture into a Tupperware container or glass/Corning Ware dish large enough to contain it and to shape the “feta”. Using a spoon or a spatula, flatten the surface and ensure tofu feta sits at an even layer throughout container. Seal with a lid, and place in the fridge until firm (minimum 5 hours for best results, or overnight.) Crumble over pasta, salad, or avocado toast and enjoy!

Butter Dosa

STUDENT: Shyam Rabadiya

100%
VEGETARIAN

INGREDIENTS

Special Dosa Batter

- Par Boil Rice - 1 cup
- Urad Dal (black lentils) - 1/4 cup
- Chana Dal (chick pea) - 1/4 cup
- Normal Rice - 1/4 cup
- Methi Seeds (Fenugreek)- 1/2 tsp
- Salt - to taste
- Water

Other ingredients

- Tomato - 2 slices
- Onion - 1 chopped
- Butter - 100 gm cubed
- Green Chilies - 2 - 3 chopped
- Karam Podi - 1/2 cup
- Coriander - 1/4 cup
- Cheese Slice - for cheese dosa
- Suji - 1/4 cup
- Oil - 1 tbsp
- Mustard - 1 tbsp
- Salt - 1 tsp
- Water - 2 cups



DIRECTIONS

For making upma:

1. In a pan add the oil and let it heat up. Once it's hot add the mustard and once it crackles add the suji, water, salt and give it a stir.
2. Once it gets to a roaring boil, switch off the flame and let it cool.

For making Dosa:

1. Heat a seasoned iron tawa or a nonstick tawa. Once hot, spread some oil and wipe that off with a wet cloth.
2. Now add two ladle fulls of batter and spread that. Switch the flame to high and once its slightly cooked add 2 tbsp upma, 1 big cube of butter and 1 1/2 tbsp of karam podi. Use a spoon to spread that really well.
3. Once it is well spread, add the onions, squeeze a tomato slice, add some green chili, throw in some coriander and let it cook for a minute. You can add a cheese slice if you wish.
4. Half fold or full fold the dosa and take it out using a spatula and serve piping hot. Don't forget to throw in some thin coconut chutney over it!

Mysore Masala Dosa

STUDENT: Ayushi Ashish Shakwala

100%
VEGETARIAN

THIS RECIPE ORIGINATES FROM INDIA. MYSORE MASALA DOSA IS THE STAPLE FOOD OF SOUTHERN INDIA BUT IS THOROUGHLY ENJOYED IN ALL PARTS OF INDIA. SINCE IT INCLUDES ALL HEALTHY INGREDIENTS IN IT, SOUTH INDIANS ENJOY EATING IT NOT ONLY FOR LUNCH AND DINNER BUT THEY EAT IT AS THEIR SNACK AND ALSO AS THEIR BREAKFAST. IT'S VERY HEALTHY AND LIGHT TO EAT. IT HAS AN ADDED ADVANTAGE THAT NOT ONLY VEGETARIANS BUT ALSO VEGANS CAN ENJOY IT.

INGREDIENTS

- vegetables: 1 tomato, 1 onion, 1 potato, cilantro, lemon
- dosa batter - 1 cup rice, 1/2 cup split chickpeas (brown)
- spices - 2 teaspoons red chilli powder
- 1 green chilli
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 2 teaspoon garam masala
- 2 teaspoon pav bhaji masala
- 1/2 teaspoon lemon
- 2 teaspoon butter
- Salt according to taste preferences.
- 1 tsp baking soda



DIRECTIONS

- 1) Take 1 cup rice and 1/2 cup of split chickpeas (brown). Mix it well in a bowl and soak it in water for 3-4 hours.
- 2) After 3-4 hours take the mixture of rice and chickpeas and grind them well together which makes it a thin blending layer of batter.
- 3) Add 1 teaspoon of baking soda and mix well.
- 5) Make a thin layer of pancakes out of the batter, on a medium flame frying pan and there you are ready with thin crispy layer of your dosa.
- 6) Make the Mysore masala. Take 1 potato, 1 onion, 1 tomato cut them well into tiny pieces and boil them all together in water for 15 min.
- 7) Once they are boiled you can add spices accordingly- red chili powder, green chili, turmeric, coriander, garam masala, pav bhaji masala, lemon, butter, and salt.
- 8) Mix it all well, and for little more top garnishing, add coriander.
- 9) Boil it for 5 min and our Mysore masala is ready.
So , now we can have dosa with the Mysore masala.

One Pan Mexican Quinoa

STUDENT: Claire Settee



INGREDIENTS

- 1 tbsp oil
- 2 cloves minced garlic
- 1 Jalapeno
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15 ounce can) Black beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 1 cup corn kernels
- 1 tsp chili powder
- ½ tsp cumin
- 1 diced avocado
- Lime Juice
- Handful of coriander

DIRECTIONS

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno. Cook stirring frequently until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
3. Serve immediately.



DINNER



Pizza Zucchini Boats

pg. 53



Pasta with Roasted Red Bell

Pepper Sauce

pg. 41



Vegetable Korma

pg. 50

Pasta with Roasted Red Bell Pepper Sauce

STUDENT: Pascale Bouchard



I WAS CRAVING PASTA (AS PER USUAL) BUT HAD NO PASTA SAUCE OR TOMATOES IN THE PANTRY. I DID HAVE PEPPERS IN THE FRIDGE, LOADS OF GARLIC AND A NEWLY PURCHASED IMMERSION BLENDER, SO I CAME UP WITH THIS RECIPE. TO MY PLEASANT SURPRISE IT TURNED OUT UNREAL AND PRETTY TASTY, BUT ROASTING ANY VEGGIE MAKES THEM TASTE GOOD.

SIDE NOTE: IF YOU DON'T SALT YOUR PASTA WATER, ONCE COOLED IT IS FULL OF STARCH WHICH IS GREAT TO WATER YOUR HOUSE PLANTS WITH.

INGREDIENTS

- 2 red bell peppers
- 1 head of garlic
- 1 medium sized onion
- 1-2 cups of veggie broth
- 1-2 tbsp of olive oil (for cooking onions & roasting)
- Salt & pepper to taste
- 2-3 portions of favourite pasta (I used penne)

Optional

- 1-3 tbsp of hummus (for creaminess)
- Nutritional yeast (to taste)



DIRECTIONS

1. Roast chopped red bell peppers and garlic in the oven @425 F, for approximately 40 mins.
2. Cook onions in a pot once bell peppers and garlic are done roasting.
3. Add broth, peppers and garlic to the onions.
4. At this point, start cooking pasta. Boil salted water on high heat. Once pasta is added, reduce heat to medium and cook until al dente.
5. Once pasta is done, save some pasta water to thicken the sauce.
6. Blend the sauce with a regular or immersion blender.
7. Season sauce with salt & pepper.
8. Optional: add hummus to make sauce creamier, and/or add nutritional yeast to taste.
9. Add pasta sauce to the pasta.
10. Serve with favorite herbs or cheese, anything goes!



Vegan Lasagna

STUDENT: Alyssa Bailey



INGREDIENTS

Ingredients for Bechamel Sauce:

- 3 tbsp vegan butter
- 2 tbsp flour
- 2 cups milk (non-dairy)
- Pinch of nutmeg
- Salt and pepper

Ingredients for Lasagna:

- 1 cup Leeks
- 1 tsp garlic
- 1 cup mushrooms
- 2 cups carrots
- 2 cups tomato (canned)
- 2 cups lentils
- 2 cups crushed tomatoes
- Oregano
- Thyme
- 1 1/2 cup dairy free cheese
- 3 cup bechamel sauce
- Pre-bake lasagna noodles



DIRECTIONS

Prep Time : 10 Minutes

Cook Time: 45 Minutes

1. Drain any excess liquid from vegetables if they have been frozen prior.
2. In a medium pan, add one tablespoon of oil, carrots, and other vegetables. Sauté for three to five minutes until tender yet crisp.
3. Add the crushed tomatoes and bring to a boil for three to five minutes
4. Add the lentils to the mixture and heat through a minute longer.
5. Spray a 9x13 inch pan with cooking spray.
6. Spread half the white béchamel sauce in the bottom of the pan. Place a layer of noodles, add a layer of the tomato and vegetable mixture, then place another layer of noodles and spread the other half of the white sauce. Top with cheese.
7. Bake at 375 degrees for 30 minutes or until cheese is melted, sauce is bubbling, and middle is heated through.
8. Remove and let sit for 5 to 10 minutes
9. Cut into generous pieces and serve. Supper is ready, enjoy!

Creamy Dairy-Free Alfredo Sauce



A NICE CREAMY DAIRY-FREE ALFREDO SAUCE FOR YOUR PASTA NEEDS. FINDING THIS RECIPE TOOK A LOT OF HITS AND MISSES WITHIN ONLINE SEARCHING BUT AFTER MAKING THIS ONE IT'S STUCK. MY FAMILY WHO EATS ANYTHING AND EVERYTHING UNDER THE SUN LOVES THIS AND HAS ADOPTED IT AS ONE OF OUR HOUSEHOLD STAPLES. THIS RECIPE IS ALSO LACTOSE FREE.

INGREDIENTS

- One medium white onion, diced (200g) (MAKE SURE to measure out 1 1/2 cups because this is where lots of flavour comes from).
- 1-2 cups low sodium vegetable broth, divided
- 1/2 tsp salt
- 1/4 to 1/2 tsp ground black pepper
- 4 extra-large minced garlic cloves
- 1/2 heaping cup raw unsalted cashews
- 1-2 tbsp lemon juice (start with one tbsp and taste after blended)
- 2-4 tbsp nutritional yeast (I highly recommend Sari brand it is non-fortified with much better taste)



DIRECTIONS

Prep Time : 10 Minutes

Cook Time: 10 Minutes

NOTE: If you are using raw cashews and you don't have a high-powered blender, then you must soak them overnight in a bowl of water, drain and rinse. Otherwise, your result will be gritty and NOT creamy. A food processor usually works better with soaked cashews versus a blender that isn't very powerful.

1. Add the onion and only 1 cup of the broth to a large pan over medium to medium-high heat. Cook for about 8 minutes until the onion is very tender. Add a tiny bit more broth if it is cooking too fast, or turn the heat down so the onions don't burn. After 8 minutes, add the garlic and cook a couple of minutes more, stirring often. All of the broth should have evaporated by now. If not, keep letting it cook until the broth is gone. You don't want any more liquid once it's done cooking, so the end result is thick and creamy.
2. Add the cooked veggies (the onion and garlic) to a blender. Start out by adding just $\frac{1}{2}$ cup more of the remaining broth and add the remaining ingredients (salt, pepper, cashews, starting with just one tablespoon lemon juice, starting with just two tablespoons yeast). Blend on high for a couple of minutes until very creamy and smooth. Add any more broth to reach desired consistency, if necessary. If you don't add more broth, you would likely not need any more yeast. Taste and add anymore salt and pepper or lemon, if desired.
3. Serve over preferred pasta and enjoy!

Vegetable Japchae

(Korean Glass Noodle)

STUDENT: Felinda Chandra

100%
VEGETARIAN

INGREDIENTS

Toppings:

- Spinach
- Mushroom
- Egg
- Half sweet onion
- Potato noodle
- Sesame seeds

Sauces:

- Minced Garlic
- Soy sauce
- Sesame oil
- Sugar
- Salt
- Mirin (optional)

DIRECTIONS

1. Mix all the sauces ingredients and chop up the mushrooms.
2. Make omelette from the egg and cut into long pieces (set aside).
3. Blanch the spinach and put seasonings (set aside).
4. Boil the noodle for about 6 mins.
5. Drain the noodle and blanch it with cold water.
6. Mix noodle with the sauce made earlier.
7. Sauté the onion and mushroom with a tbsp of oil, and put the noodles in. Stir for about 3 mins.
8. Ready to eat with the eggs and all veggies.



Sweet Potato & Black Bean Enchiladas



DID SOMEONE SAY SWEET POTATO? A FRESH LIME-CILANTRO SAUCE TO ACCOMPANY A HEALTHY TWIST ON A CLASSIC MEXICAN DISH.

INGREDIENTS

Ingredients for Enchiladas:

- 2 cups (500ml) sweet potato, peeled and chopped into small bits
- 1 tbsp (15ml) extra-virgin olive oil
- 1 red onion, chopped
- 2 large cloves garlic, minced
- Fine-grain sea salt and freshly ground black pepper
- 1 bell pepper, chopped
- 1 (15 oz/425g) can black beans, drained and rinsed
- 2 large handfuls spinach, roughly chopped
- 2 ½ cups (625ml) Store bought Enchilada Sauce
- 1 tbsp (15ml) fresh lime juice
- 1 tsp (5ml) chili powder, or to taste
- 1/2 tsp (2ml) ground cumin
- 1/2 tsp (2ml) kosher salt, or to taste
- 5 sprouted-grain tortilla wraps or gluten-free corn tortillas



INGREDIENTS

Ingredients for the Avocado-Cilantro Cream Sauce:

- 1/2 cup (125ml) fresh cilantro
- 1 medium avocado, pitted
- 2 tbsp (30ml) lime juice
- 1/4 tsp (1ml) fine-grain sea salt
- 1/2 tsp (2ml) garlic powder
- Fresh cilantro leaves, for serving
- Sliced green onion, for serving

DIRECTIONS

Prep Time : 30 Minutes

Cook Time: 20-25 Minutes

1. Preheat the oven to 350 degrees Fahrenheit. Lightly grease a large rectangular baking dish
2. Make the Enchiladas: Place the sweet potato in a medium saucepan and add enough water to cover. Bring the water to a boil, then reduce the heat to medium high and simmer for 5 to 7 minutes, or until tender. Drain and set aside.
3. In a large skillet heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes until the onion is translucent. Season with sea salt and black pepper
4. Add the bell pepper, cooked sweet potato, black beans, and spinach. Raise the heat to medium-high and cook for a few minutes more, or until the spinach is wilted.
5. Remove the skillet from the heat and stir in 1/4 cup (60ml) of the enchilada sauce, the lime juice, chili powder, cumin, and kosher salt.
6. Serve and enjoy!

Vegetable Korma

THIS RECIPE COMES FROM THE BLOG RUNNING
ON REAL FOOD.



INGREDIENTS

Ingredients for Cashew Cream:

- 1 Cup of raw cashews
- 1 Cup of Boiling Water

Ingredients for Korma Sauce:

- 1 medium onion, diced
- 2 cloves of garlic
- 1 tbsp olive oil
- 2 tsp cumin
- 2 tsp turmeric
- 28 oz can crushed tomatoes
- 2 cups carrots (peeled and chopped)
- 1 tsp chilli powder
- 1/2 tsp chilli flakes
- 1 tsp ginger
- 2 tsp curry powder
- 1/2 tsp ground coriander (optional)
- 2 cups water or vegetable broth
- 2 tsp salt

Vegetables:

- 2 medium potatoes (peeled and diced)
- 2 celery stocks (chopped)
- 1 cup frozen peas
- 2 cups small florets of cauliflower



DIRECTIONS

1. In a small bowl place your cashews with boiling water. Leave to soak while you complete the following steps.
2. In a medium pot on medium high heat, sauté your onions with olive oil until translucent, approx. 3-4 minutes.
3. Add the garlic and spices, and continue to cook for an additional 2-3 minutes to toast the spices (add a splash of water if you notice the spices sticking to the bottom of the pan).
4. Add the crushed tomatoes and water/stock and bring to a boil. Reduce heat to medium low and add the potato, celery, and carrots stirring occasionally until potatoes are fork tender, approx. 10 – 15 minutes.
5. While the potatoes are cooking, puree the soaked cashews by placing the nuts and water into a blender. Blend on high for 1-2 minutes until completely smooth in texture. Reserve for later.
6. Once the potatoes are cooked, add the cauliflower, peas and cashew cream. Bring sauce back to a simmer and cook for an additional 7-8 minutes, remove from heat and enjoy!

****** Serve on its own or together with rice. As well, you can top with toasted cashews or freshly chopped cilantro.

****Optional:** you can swap out the cashew cream for a 14 oz can of coconut milk or 1/2 cup of plain yogurt (vegetarian option)

Spicy Chickpea Veggie Burger

STUDENT: Sarah Schur

THIS RECIPE COMES FROM THE BLOG RUNNING ON REAL FOOD WHICH IS FROM VANCOUVER, CANADA! THIS IS A PLANT BASED RECIPE.

INGREDIENTS

- One 19 oz can or 2 cups of cooked chickpeas, mashed
- 1/3 red onion, finely diced
- 1 small zucchini, grated
- 3 tbsp finely chopped cilantro
- 3 tbsp red or white wine vinegar
- 1 tbsp sriracha sauce
- 1 cup rolled oats
- 2 tbsp natural peanut butter
- 1 tsp cumin
- 1 tsp garlic powder
- 2 tsp black pepper
- 1.2 tsp sea salt
- 2 tbsp extra virgin olive oil

DIRECTIONS

1. After draining and rinsing the chickpeas, place them in a bowl and mash them with a fork or pulse a few times with an immersion blender.
2. Add all the other ingredients to the bowl and use your hands to mix very well.
3. Form into 6-8 patties.
4. Cook on the BBQ around 400 F for approximately 10 minutes each side or fry in a pan with some oil for 3-5 minutes per side.

**Serve with lettuce, avocado, tomato, cucumber and some mayo!



Pizza Zucchini Boats

STUDENT: Amy Spearman

THIS IS A FAMILY RECIPE!

100%
VEGETARIAN

INGREDIENTS

- Zucchini
- Tomato Sauce
- Cheese (whatever dietary cheese form preferred)

DIRECTIONS

1. Cut zucchinis length wise into two halves.
2. Scoop out inner zucchini with a spoon leaving as much zucchini as you would like, but with enough of a “divot” to fill with tomato sauce and cheese. *Ensure that ends of zucchini aren't scooped out completely otherwise sauce will spill out the sides*
3. Fill zucchini “boats” with tomato sauce and garnish with cheese.
4. Place on a baking sheet and bake for 18 minutes at 425F until zucchinis soften and cheese melts.
5. Let cool for couple minutes and ENJOY a healthy and delicious version of pizza!



Borscht

100%
VEGETARIAN

STUDENT: Karina Krychun

BORSCHT IS A DISH THAT HAS BECOME HIGHLIGHT OF UKRAINIAN CUISINE AND IS KNOWN ALL OVER THE WORLD. DELICIOUS, HEARTY, RICH HOMEMADE BORSCHT WILL WARM AND UNITE THE WHOLE FAMILY AT THE DINNER TABLE. THERE ARE MANY RECIPES FOR BORSCHT AND ALMOST EVERY FAMILY HAS ITS OWN. SOME ADD MUSHROOMS, DRIED VEGETABLES, APPLES, PEARS, MEAT, AND IN ONE REGION PEOPLE ADD WILD BOAR'S BLOOD, WHICH MAKES THE BORSCHT VERY DARK. QUITE OFTEN, BORSCHT RECIPES IN FAMILIES ARE CAREFULLY PASSED DOWN FROM GENERATION TO GENERATION. MY FAMILY MAKES BORSCHT ACCORDING TO MY GRANDMOTHER'S RECIPE WITH BEANS AND A SECRET INGREDIENT THAT MY GRANDMOTHER TOLD ME WHEN I STARTED COOKING IT MYSELF. SHE SAYS THAT THE SECRET INGREDIENT IS PEOPLE. THE MAIN THING IS TO SMILE AND BE HAPPY WHEN YOU COOK BORSCHT, OTHERWISE IT WILL NOT BE SO TASTY AND TRULY "UKRAINIAN". FOLK WISDOM!

INGREDIENTS

- 1 1/2 big pr 3 small beetroots
- 1 big onion
- 1 big carrot
- 4 tbsp tomato paste
- Olive oil



INGREDIENTS

Ingredients for Broth:

- 4 big potatoes
- Quarter of cabbage
- 300 gram of beans
- Salt/Pepper
- Garlic (optional)

Ingredients for Serving:

- Sour Cream (optional)

*all ingredients per 4 liters of borscht

Tip: do not be afraid to change something in this recipe, there is no unambiguous recipe for this dish, in total there are more than 70. Turn on the imagination and add something yours to the borscht if you want!

DIRECTIONS

First, heat the olive oil in a pan and add the finely chopped onion. Fry for about 3 minutes until golden. Then add the grated carrots and stew under a closed lid for another 4 minutes. The next step is to add the grated beets and stew until they become soft, about another 7 minutes. At the end add the tomato paste, stir and simmer for another 2 minutes. Borscht dressing is ready.

Next you need to prepare the broth. To do this, heat about 3 liters of water on the stove on high heat and wait until it boils. Then add pre-cooked beans (you can use canned, drain the water and add after the potatoes boiled for 5 minutes) and sliced potatoes. Cook the potatoes until almost ready and add the dressing. Cook for another 15 minutes and add chopped cabbage. Add salt, pepper to taste, finely chopped garlic(optional) and cook for another 10 minutes. The finished borscht can be left for 20 minutes to infuse and saturate with the aromas.

Ladle into serving bowls and garnish with sour cream if desired and fresh parsley or dill. In general, there are many options with what and how to eat borscht but it all depends on you. For example, I like to eat borscht with sour cream, bread and green onions. Many people prepare buns with garlic and herbs for borscht. Choose what you like!

DESSERTS



Tiramisu
pg. 57



Vegan Sticky Buns
pg. 61



Vegan Brownie Cookies
pg. 69

Tiramisu

STUDENT: Scott Thorne

AN AMAZING COFFEE DESERT THAT IS
CHOCOLATEY, LIGHT AND DELICIOUS!

INGREDIENTS

- 6 large egg yolks (approximately $\frac{1}{2}$ cup of yolks)
- 1 cup of sugar
- 1 $\frac{1}{4}$ cup mascarpone cheese (room temperature)
- 1 $\frac{3}{4}$ cup heavy whipping cream
- 30 each Italian ladyfingers about 1 $\frac{1}{2}$ of the 7 ounce packages (Savoardi style)
- 1 cup cold espresso or strong coffee
- $\frac{1}{2}$ cup coffee flavoured liqueur (optional)
- 1 ounce unsweetened cocoa for dusting



DIRECTIONS

1. Combine egg yolks and sugar in the top of a double boiler, over boiling water using a whisk to mix. Reduce heat to low, and cook for about 10 minutes, stirring constantly with a wire whisk. This is your sabayon, remove from the heat and continue to whip yolks until thick and lemon-coloured. Allow to cool briefly before mixing in mascarpone.
2. Add room temperature mascarpone to whipped yolks, mix until well combined.
3. In a separate bowl, use an electric mixer to whip the cream into stiff peaks. (hand mixer or stand mixer is fine)
4. Gently fold the whipped cream in the mascarpone sabayon mixture and set aside. The mascarpone does not have to be at room temperature, but it will mix easier if it is at room temperature. Take it out of the refrigerator as you gather ingredients to make the recipe.
5. Mix the cold espresso with the coffee liquor and dip the ladyfingers into the mixture just long enough to get them wet, do not soak them!
6. Arrange the ladyfingers in the bottom of a 9-inch square baking dish (or container similarly sized)
7. Spoon half the mascarpone cream filling over the ladyfingers.
8. Repeat process with another layer of ladyfingers.
9. Add another layer of tiramisu cream.
10. Refrigerate at least 4 hours. Overnight is best.
11. Dust with cocoa before serving and enjoy!

Crispy Rose Cake

STUDENT: Manzuma Khanam

100%
VEGETARIAN

IT IS ONE KIND OF CAKE OF BANGLADESH. IT IS CRISPY AS WELL AS JUICY AND CAN BE SERVED AS A DESSERT FOR VEGETARIANS. THE COOKING PROCEDURE IS EASY; USE RICE FLOUR TO MAKE A DOUGH AND ROLL IT. THEN CUT THE ROSE PETAL BY USING THE CAP OF ANY BOTTLE. AFTER THAT JOIN THE PETAL WITH ONE ANOTHER TO GIVE THEM ROSE SHAPE AND FRY THE ROSE IN OIL. FINALLY, DIP THAT INTO LIQUID JAGGERY WHICH WILL GIVE IT A JUICY TEXTURE. THEN IT WILL BE READY TO ATTRACT EVERYONE TO THE DINING TABLE.

INGREDIENTS

- 2 cups rice flour,
- 2 cups water,
- 1/2 tea spoon salt
- To make the Jaggery syrup-
 - 1 cup Jaggery
 - 1/2 cup water.



DIRECTIONS

Boil 2 cups of water and add half a tea spoon salt. Then add 2 cups of rice flour into it and make the dough. Then roll the dough and give it a shape of tortilla wrap. Cut that by using a cap of a bottle to make the rose petal. Join each petal and give it the shape of a rose. Then deep fry it in oil. On another pan put the 1 cup jaggery and half cup water. Keep the heat on medium. Wait until the jaggery melts. Then put the deep fried rose cake into the melted jaggery syrup which will give it a juicy texture. Wait for 30 minutes to soak the jaggery into the cake and it will be ready to serve.



Vegan Sticky Buns

STUDENT: Claire Settee



INGREDIENTS

DOUGH

- 1 cup Unsweetened Original Almond Breeze almond milk
- 3 Tbsp vegan butter
- 1 packet rapid-rise (instant) yeast (1 packet yields ~ 2 1/4 tsp)
- 1 Tbsp sugar
- 1/4 tsp salt
- 2 1/2 - 3 cups unbleached all-purpose flour (I mixed all-purpose and whole-wheat pastry 2:1)

FILLING

- 1/4 cup vegan butter (melted)
- 1/2 cup brown sugar OR granulated sugar
- 1/2-1 Tbsp cinnamon

STICKY GLAZE

- 1/2 cup brown sugar
- 1/2 cup vegan butter
- 1/2 cup pecans (chopped)

DIRECTIONS

1. In a large sauce pan (or in a bowl in the microwave at 30 sec increments), heat the almond milk and vegan butter until warm and melted, never reaching boiling. Remove from heat and let cool to 110 degrees (43C), or the temperature of bath water. It should be warm but not too hot or it will kill the yeast.
2. Transfer mixture to a large mixing bowl and sprinkle on yeast. Let activate for 10 minutes, then add sugar and the salt and stir (you should see some foaming / bubbling if the yeast is fresh and the water temperature is correct).



DIRECTIONS

3. Next add in flour 1/2 cup at a time, stirring as you go. The dough will be sticky. When it is too thick to stir, transfer to a lightly floured surface and knead for a minute or so until it forms a loose ball, adding more flour as you go as it will absorb. Rinse your mixing bowl out, coat it with avocado oil or other neutral oil, and add your dough ball back in. Roll around to coat all sides. Cover with a dish towel and set in a warm place to rise for about 1 hour, or until doubled in size.
4. While dough is rising, prepare sticky glaze by mixing butter and brown sugar and spreading it in an even layer on the bottom of an 8x8 baking dish (adjust if altering batch size). Top with pecans and set aside.
5. On a lightly floured surface, roll out the dough into a thin rectangle. Brush with melted vegan butter and top with brown sugar (or granulated sugar) and cinnamon.
6. Starting at one end, tightly roll up the dough and situate seam side down. Then with a serrated knife cut the dough into 1.5 - 2 inch sections and position in your 8x8 dish with the glaze layer on the bottom (you should have about 10 rolls as original recipe is written // adjust if altering batch size). Cover with a dish towel and set on top of the oven to let it briefly rise again while you preheat oven to 350 degrees (176 C).
7. Once the oven is hot, bake rolls for 25-30 minutes or until slightly golden brown. Let cool for a few minutes, carefully invert, and then serve immediately.

Vegan Apple Crisp

STUDENT: Marissa Manahan



AFTER ALWAYS LOOKING FOR THE QUICKEST, EASIEST DESSERT TO SATISFY MY SWEET TOOTH, I STUMBLED UPON THIS EASY APPLE CRISP RECIPE ON LOVINGITVEGAN.COM. ITS SIMPLE ENOUGH FOR EVERYONE TO MAKE, AND CAN LAST YOU DAYS!

INGREDIENTS

For the filling:

- 8 cups Peeled and Cubed Granny Smith Apples (2.2lb/1kg)
- 1/2 cup (100g) Brown Sugar
- 1/4 cup (31g) All Purpose Flour
- 1 tsp Ground Cinnamon
- 1/2 tsp Ground Nutmeg
- 1/4 tsp Salt
- 1 Tbsp Lemon Juice
- 1 tsp Vanilla Extract

For the topping:

- 1 cup (125g) All Purpose Flour
- 1 and 1/2 cups (150g) Rolled Oats
- 1 cup (200g) Brown Sugar
- 1 tsp Ground Cinnamon
- 3/4 cup (170g) Vegan Butter (weighed then melted)
- 1 tsp Vanilla Extract



DIRECTIONS

1. Peel and cube the apples and add to a mixing bowl with the brown sugar, all purpose flour, cinnamon, nutmeg, salt, lemon juice and vanilla extract and toss together so that all the apple pieces are coated.
2. Transfer the apple mix to a 9×13 dish sprayed with non-stick spray and smooth down.
3. Preheat the oven to 350°F (180°C).
4. Prepare the topping. Add the all purpose flour, rolled oats, brown sugar and cinnamon to the mixing bowl and mix together. Then add in the melted vegan butter and vanilla and stir in.
5. Use your fingers to spread the topping over the apple layer, crumbling it with your fingers until it is evenly spread across the top.
6. Place into the oven and bake for 50 minutes until the top is nicely golden brown and the apple mix is bubbling up the sides.
7. Remove from the oven and allow to cool for 10 minutes before serving.
8. Serve with vegan vanilla ice cream or vegan whipped cream.

Chocolate Chip Cookies

STUDENT: Marissa Manahan

100%
VEGETARIAN

THESE ARE THE BEST CHOCOLATE CHIP COOKIES EVER!

INGREDIENTS

- $\frac{3}{4}$ cup of soft dairy-free butter or margarine
(do not melt)
- 1 cup brown sugar
- $\frac{3}{4}$ cup white sugar
- 2 eggs, beaten OR 2 mashed bananas
- 1 tsp. vanilla extract
- 2 $\frac{3}{4}$ cups flour
- 1 tsp salt
- 2 tsp baking soda
- 2 cups rolled oats (optional)
- 1 $\frac{1}{4}$ cups Enjoy Life chocolate chips



DIRECTIONS

Preheat the oven to 375°F. Using an electric beater, cream the butter (or margarine) with the brown sugar and white sugar until fully incorporated together. Mix in the eggs and vanilla. Next, add salt, baking soda, rolled oats (optional), and add flour into mixture a little at a time to ensure mixture is fully blended. If mixture feels too tough, add 1 tbsp of water. The mixture should be smooth but flexible. Finally, add chocolate chips and mix in. On a lined cookie sheet, use a spoon to line the baking sheet with cookie batter scoops that are approximately 2 inches wide and kept tall, not spread out. Leave enough room between cookies to expand, and depending on cookie sheet dimensions, use 2 cookie sheets. Bake for approximately 12-15 minutes, cookie should begin to have a light golden exterior but soft interior. Let cool off after removing from oven approximately 10 minutes, and enjoy!

Vegan Rainbow Sprinkle Sugar Cookies

STUDENT: Kezia Wong



A SOFT VEGAN RAINBOW SPRINKLE SUGAR COOKIE
FROM THE MOSTLY VEGAN WEBSITE.

INGREDIENTS

- 2 cups all-purpose flour
- 1 tsp baking powder
- $\frac{3}{4}$ tsp baking soda
- 1 tsp sea salt
- 3 tbsp sprinkles
- 1 cup vegan white sugar
- $\frac{1}{2}$ cup neutral vegetable oil
- $\frac{1}{4}$ cup water
- 1 tsp apple cider vinegar
- $\frac{1}{2}$ tsp vanilla extract



DIRECTIONS

1. In a large size bowl whisk together the flour, baking powder, baking soda, salt and sprinkles.
2. In a medium size bowl whisk together the sugar, oil, apple cider vinegar and vanilla extract.
3. Add the wet ingredients to the dry and mix until combined. Then cover the bowl and refrigerate for 1 hour.
4. Set the oven to 375F. Form 2 tbsp dough balls and bake them on a parchment lined sheet for 8-10 minutes.
5. Let the cookies cool on the pan for 2 minutes.



Vegan Brownie Cookies

STUDENT: Ishaanee Didwania



RECIPE INSPIRED BY @SOMETHINGVEGAN ON YOUTUBE! HAD TO COMBINE MY LOVE FOR BROWNIES AND COOKIES INTO ONE WITH A VEGAN KICK.

INGREDIENTS

- 1/2 cup brown sugar
- 1/4 cup neutral oil
- 3 Tbsp. non-dairy milk
- 1 tsp. vanilla extract
- 1/2 cup vegan dark chocolate, melted
- 1 cup all-purpose flour
- 2 Tbsp. unsweetened cocoa powder
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/4 cup vegan chocolate chips



DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit.
2. To a bowl, add brown sugar, oil, non-dairy milk, and vanilla extract. Stir well.
3. Add melted vegan chocolate and stir until everything is well combined.
4. Add flour, cocoa powder, baking powder, and salt. Stir until a dough forms.
5. Add vegan chocolate chips, and stir in.
6. Scoop the dough onto a lined baking pan, and don't press down.
7. Bake 12-14 minutes (the cookies should still be soft when you take them out of the oven, but will set as they cool).

Let cool completely before removing from the pan.

Makes one dozen cookies.

