

Free Vegetarian Cooking Class

May 27, 2010

PESTO SAUCE

- 1 large bunch of basil (about 3 cups, loosely packed)
- 2-3 large cloves garlic
- 6 tablespoons raw pine nuts or walnuts
- 3/4 – 1 teaspoon salt, or to taste
- 6 tablespoon oil
- 1/4 cup nutritional yeast

Place all ingredients except the olive oil and nutritional yeast into a food processor. Process to a finely ground consistency. Add olive oil and nutritional yeast. Process again, until smooth and creamy. Serve immediately or refrigerate for up to five days.

ROASTED TOMATO SAUCE

- 1 tablespoon grapeseed or olive oil
- 1 onion, chopped
- 3 large cloves garlic, minced
- 2 cans roasted tomatoes
- 1/4 cup sundried tomatoes, chopped (optional)
- 1 teaspoon salt, more to taste
- 1 tablespoon chopped fresh basil

Saute onion and garlic in oil. Add roasted tomatoes and sundried tomatoes. Simmer until most of liquid cooks away. Add salt and basil. Cook an additional 5 minutes. Place in blender and process until smooth if you desire a smooth sauce. Serve over pasta or rice.

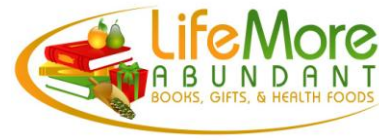
VEGGIE TUNO

- Tuno
- Celery
- Grated carrot
- Scallions or onions
- Veganaise or soy mayonnaise
- Relish (Pa's Pickle Smack)

Combine all ingredients, using the proportions you desire. Serve on bread, lettuce, or crackers.

STRAWBERRY COBBLER

- 8 cups fresh strawberries
- 1 1/4 cup Sucanat
- 1 teaspoon lemon juice
- 3/4 cup whole wheat flour, divided
- 1/2 cup unbleached flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 cup Sucanat
- 1/4 teaspoon salt
- 7 tablespoons Earth Balance
- 2/3 cup soy or rice milk mixed +1 teaspoon fresh lemon juice



Preheat oven to 375 degrees F. Mix 1/4 cup of the wheat flour with the berries, 1 1/4 cup sucanat, and the lemon juice directly into a 9x13 baking dish. Combine 1/2 cup whole wheat flour and the 1/2 cup unbleached flour with the baking powder, baking soda, 1/4 cup sucanat, and salt in a bowl. Mix in the Earth Balance, cutting it in with the dry ingredients until coarse and crumbly. Add the milk with the lemon juice and stir until moist. Pour dough on top of the filling mixture to create a top crust. Bake in your preheated oven for 20-30 minutes or so, until it's lightly browned and bubbly. Serve warm or at room temperature with soy whipped crème or soy ice cream.