

Free Vegetarian Cooking Class

October 2010

BULGUR AND LENTIL PILAF

- 1/2 cup green or brown lentils
- 3 – 4 cups water
- 1 cup coarse bulgur
- 2 tablespoons grapeseed or olive oil
- 2 medium onions, finely chopped
- 2 garlic cloves, minced
- 1/2 cup chopped celery
- 1/2 cup grated carrots
- 5-6 sun dried tomatoes, finely chopped
- 1 hot pepper, chopped
- 2 cups water
- 2 teaspoons Spike
- 3 tablespoons tomato paste

Boil 1/2 cup green lentils with 3-4 cups of water until soft, approximately 15-20 minutes, and drain.

Heat olive oil and saute onions, garlic, celery, and carrots. Stir for another 3 minutes. Add bulgur, lentils, 2 cups of hot water, and Spike. Once it starts boiling, turn it all the way to low. Cover and cook until there's no more water left. Cover with the lid and let sit at least for 10 minutes before you serve.

BULGUR PILAF II

- 3/4 cup diced onions
- 1/2 cup diced carrots
- 1/2 cup diced red or green bell peppers
- 2 tablespoons olive oil
- 1 1/2 cups bulgur
- 3 cups vegetable stock or water
- 1/4 cup toasted ground nuts (optional)
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh basil (1 tablespoon dried)
- 2 tablespoons chopped fresh lovage or celery leaf
- 1 teaspoon soy sauce
- 1/4 teaspoon salt
- 1 cup grated soy cheese (optional)

Preheat the oven to 300°F. In an ovenproof skillet large enough to contain all the ingredients, sauté the onions, carrots, and peppers in the oil. When the onions and carrots have just softened, add the bulgur and sauté for a minute or two, stirring constantly to prevent scorching. Add the rest of the ingredients, except for the cheese, and bring to a boil. Cover and bake for 20 minutes, until all the liquid is absorbed. Serve topped with the grated soy cheese if desired.

FRUITTY BULGUR PILAF

- 2 ounces dried apricots (about 1/3 cup)
- 2 ounces prunes (about 1/3 cup), pitted
- 1 cup coarse bulgur
- 2 tablespoons Earth Balance
- 1/2 teaspoon salt, or to taste
- 1/4 cup dark or golden raisins (or use half raisins, half-dried cranberries)
- 1/4 cup blanched almonds, lightly toasted
- 2 tablespoons pine nuts or walnuts, lightly toasted
- Plain soy yogurt for serving

Place the apricots and prunes in a bowl, cover with water and soak overnight or for several hours. Place a strainer over a bowl, and drain the dried fruit. Cut in thin slices. Measure out 2 cups of the soaking water (or add enough water to make 2 cups), and bring to a simmer. Meanwhile, melt the Earth Balance in a saucepan over medium heat. Add the bulgur, and stir constantly for a few minutes until the bulgur smells toasty. Add the salt, dried fruit and water, and bring to a boil. Boil for five minutes, then reduce the heat and simmer gently for eight to 10 minutes until the water has been absorbed. Remove from the heat, cover with a clean dish towel and place a lid over the towel. Allow the bulgur to sit for 15 minutes.

Spoon the bulgur into a serving dish, top with the nuts and serve with plain soy yogurt on the side.

MILLET SALAD

- 1 cup millet
- 3 tablespoons [extra virgin olive oil](#) or grapeseed oil, divided
- 1 medium [onion](#), cut julienne (about 1 1/2 cups)
- 1 tablespoon chopped [garlic](#)
- 1 tablespoon minced ginger
- 1 tablespoon [paprika](#)
- 1/8 teaspoon [ground allspice](#)
- 1/8 teaspoon [cayenne](#) (to taste)
- 1 1/2 cups [water](#)
- 1 teaspoon [salt](#)
- 1/4 cup [lemon juice](#)
- 1 tablespoon [agave](#) nectar or honey
- 1 frozen corn, thawed
- 1 small [green bell pepper](#), chopped
- 1 whole [roma tomato](#), chopped
- 1/4 cup chopped [parsley](#)
- 1/4 cup [roasted peanuts](#), chopped

In a two quart saucepan with tight-fitting lid, heat one tablespoon of the oil, then saute the onion over medium heat until very golden and soft. Add the garlic and ginger and cook for a minute, then add the paprika, , allspice and cayenne and cook for a minute more. Wash the millet quickly and drain. Add the millet to the pan and stir, coating the grains and cooking until hot to the touch. Add the water and salt and bring to a boil, then reduce the heat and cover. Simmer on low for 20 minutes before checking for doneness. When all the liquid is absorbed and the grain is tender, cover and take the pan off the heat for 10 minutes to steam.

Scrape the cooked millet into a bowl and cover, then let cool. Whisk the remaining two tablespoons olive oil with the lemon juice and brown sugar in a small bowl. Stir the corn, bell pepper, tomato and parsley into the cooled millet mixture, then drizzle the dressing over it and stir to coat.

Serve topped with the peanuts.

NORTHEAST AFRICAN MILLET PATTIES

- 1 cup millet, uncooked
- 2 cups water
- 3/4 cup tahini (or any other nut butter)
- 1 small onion, finely diced
- 1 1/2 teaspoons celery seed
- 2 tablespoons Brags liquid aminos
- 1 tablespoon sesame oil

Rinse the millet and soak in the water at room temperature over night. Bring the water and millet to a boil, the quickly turn down the heat to low and cover. Simmer for about 20 minutes or until the water is absorbed. Remove from heat, fluff, and let sit uncovered for a few minutes to cool down.

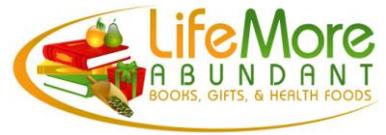
Add all the other ingredients and mix well. Form into patties, and bake on cookie sheet spread with non-stick cooking spray. Bake at 350 degrees for 35 minutes, turning halfway through baking time. Serve as is or with chutney.

Option: Millet may be served without baking.

CURRIED QUINOA AND CHICK PEAS

- 1 tablespoon grapeseed or olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 3/4 cup quinoa
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon cumin
- 1/4 teaspoon cinnamon
- 1 1/2 cups no chicken broth
- 1 (14 ounce) can chick peas, drained and rinsed
- 1/2 cup toasted pine nuts
- 1/2 cup raisins, soaked in hot water and drained

Stir together the olive oil, onion, and garlic in a saucepan over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the quinoa, curry powder, salt, pepper, cumin, cinnamon, and no chicken broth. Bring to a boil, then reduce heat to medium-low, cover, and simmer 20 minutes until the quinoa is tender. Once the quinoa has finished cooking, stir in the drained garbanzo beans, toasted pine nuts, and raisins. Serve warm or cold.



BREAKFAST QUINOA PUDDING

- 1 1/2 cups water
- 3/4 cup quinoa
- 2 cups soy milk
- 2 ripe bananas
- 2 tablespoons agave nectar or honey
- salt to taste
- 1/2 tablespoon Earth Balance
- 1/2 teaspoon vanilla extract

Rinse and drain the quinoa. Bring water and quinoa to a boil in a saucepan over high heat, stirring occasionally. Reduce heat, cover, and simmer for 15 minutes. Remove from the heat.

Blend together the milk, bananas, agave nectar, and salt in the bowl of a blender or food processor until smooth. Pour the milk mixture into the saucepan with the quinoa. Place the pan over medium heat. Cook and stir until the mixture becomes thick and creamy, 5 to 10 minutes. Remove from the heat. Stir in the Earth Balance and vanilla and serve warm.

PEPPER STEAK WITH POTATOES AND MUSHROOMS

- 4 large red potatoes, quartered
- 2 tablespoons grapeseed or olive oil
- 2 cups mushrooms, sliced
- 1 each red and green pepper, cut julienne
- 1 onion, cut julienne
- 2 garlic cloves, minced
- 1/2 cup sliced scallions
- 2 tablespoons Braggs liquid aminos
- 1/2 teaspoon salt
- 1/2 teaspoon thyme leaves
- 1 package Vegetarian Pepper Steak

Preheat oven to 450°F. Toss potatoes with vegetable oil in 13x9x2-inch baking pan; bake uncovered, 10 minutes. Stir in mushrooms, bell pepper and garlic; bake uncovered, about 15 minutes until potatoes are almost tender. Stir in green onions, salt, thyme and pepper steak. Bake about 10 minutes longer or until vegetables are tender.

PINEAPPLE SPARERIBS

- 1 package Vegetarian Citrus Ribs
- 1/2 cup lemon juice
- 3 tablespoons cornstarch
- 1 tablespoon cup molasses
- 2 tablespoons Braggs liquid aminos
- 2 tablespoons agave nectar or honey
- 1 can (1/2 pineapple chunks)
- 1 green pepper, cut julien



Mix together the lemon juice, cornstarch, molasses, Braggs, and agave, along with juice drained from canned pineapples. Place in saucepan and allow to boil and thicken. Add citrus ribs, green pepper and pineapple. Cook 5 minutes longer.