Plant-Based Holiday Entertaining

WITH ROUXBE
INTRODUCTION

The holidays are a time to come together to eat, drink and be merry! To help you do that, we’ve pulled together some great additions for your holiday cocktail party from Rouxbe. These selections are sure to surprise and delight the taste buds of your family and friends. We hope you enjoy.

Share your holiday memories and food spreads with us on Instagram (remember to tag @Rouxbe)!

Also, if you are looking to sharpen your culinary technique or give the gift of cooking, check out some of our course offerings—from our partnership courses Vegan Desserts and Forks Over Knives, to Rouxbe’s more intense Plant-based Certification Course. Gift cards are also available!
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DAIRY & EGG-FREE EGGNOG

SERVES: 7 CUPS  |  ACTIVE TIME: 10 MIN  |  TOTAL TIME: 40 MIN

DESCRIPTION

Crème de cassis gives this traditional cranberry sauce a little twist.

INGREDIENTS

STEP 1: Making the “Eggnog”
- 8 medjool dates, pitted
- 2 cups water
- 1 - 15 oz. can of full-fat coconut milk
- 1 cup raw cashews
- 1 tsp pure vanilla extract
- 1 tsp freshly grated nutmeg*
- 1/2 tsp sea salt
- 1/4 tsp xanthan gum (optional, but recommended)*

METHOD

STEP 1: Making the “Eggnog”

Place the dates and cashews into two separate small bowls. Add 1 cup of water (or enough water to cover) and set aside to soak at least 8 hours or overnight. If pressed for time, you can speed the process by covering with boiling water. The cashews should only take about 30 minutes to soften.

Drain and rinse the cashews. Transfer to a high-speed blender. Drain the dates and add them to the blender along with the coconut milk, vanilla, nutmeg, salt, and xanthan gum, if using. Process for about 2 minutes or until very smooth. Transfer to a clean container. Cover and refrigerate for at least 1 hour or until well-chilled. Stir before serving. If desired, add a bit of spiced rum.

The eggnog will last, covered and refrigerated, for 2 to 3 days.

Note: Do not use pre-ground nutmeg, as the end result will be nowhere near as good freshly ground.

Xanthan gum will give the eggnog that traditional eggnog-like consistency.
**KIRS**

**SERVES: 1**

**ACTIVE TIME: 2 MIN**

**TOTAL TIME: 2 MIN**

**DESCRIPTION**

Commonly served in France, these Kir apéritifs date back to the middle of the 19th century.

**INGREDIENTS**

**STEP 1: How to Make Kir Royale**
- 1 part Crème de Cassis (or any other blackcurrant flavored concentrate)
- 5 parts champagne (or sparkling wine)
- lemon zest (optional)

**STEP 2: How to Make Kir**
- Crème de Cassis (or any other blackcurrant flavored concentrate)
- dry white wine

**STEP 3: How to Make Kir Cardinale**
- Crème de Cassis (or any other blackcurrant flavored concentrate)
- red wine

**STEP 4: How to Make Pernod**
- 1 oz Pernod
- water (optional and to taste)
- ice (optional and to taste)

**METHOD**

**STEP 1: How to Make Kir Royale**

A Kir Royale is simple to make. Just mix about 1 part crème de cassis and 5 parts champagne or sparkling wine into a glass flute.

A strip of lemon zest is optional, but it does add a nice subtle twist.

**STEP 2: How to Make Kir**

To make Kir, it is basically the same thing as a Kir Royale; however, it is made with dry white wine instead of champagne.

In a wine glass, pour about a teaspoon of crème de cassis, and then add your favorite dry white wine.
STEP 3: How to Make Kir Cardinale

Kir Cardinale, also known as Kir Communard, is crème de cassis served with a light-weight red wine. Simply mix about a teaspoon of crème de cassis with your favorite, light-weight red wine.

STEP 4: How to Make Pernod

Another common apéritif in France is Pernod, which has a beautiful anise or licorice flavor.

To prepare this drink, simply add an ounce of Pernod to a glass. Adding water and ice is optional, so add as much as desired.

Chef’s Notes:

When serving Kir Royale, make sure to use champagne glasses. These glasses are designed to expose the least surface area so the bubbles are contained within the glass and last longer. Kir Cardinale is named for the red of a cardinal’s or bishop’s coat.
DOLMADES

SERVES: 40-50
ACTIVE TIME: 1 HOUR
TOTAL TIME: 1.5 HOURS

DESCRIPTION

Grape leaves filled with lemon infused rice pilaf, toasted pine nuts, fresh dill, mint and lemon — these delicious homemade dolmades are worlds apart from the canned ones that many people know. Try making them just once and we are sure you will be hooked.

INGREDIENTS

STEP 1: Making the Filling
- 1 medium onion, finely minced
- 1 1/2 cups long grain white rice
- 1/2 cup pine nuts, toasted and roughly chopped
- 1/2 cup fresh minced dill
- 1/4 cup fresh minced mint
- 2 tbsp freshly squeezed lemon juice, divided
- 1 tbsp lemon zest
- 1 1/4 cup stock*
- 1/4 cup extra virgin olive oil
- sea salt, to taste
- freshly ground black pepper, to taste

STEP 2: Assembling the Dolmades
- 50 + large grape leaves (fresh or jarred)

STEP 3: Cooking the Dolmades
- 1 to 1 1/2 cups vegetable stock
- 1/4 cup extra virgin olive oil
- 1/4 cup fresh lemon juice

STEP 4: Serving the Dolmades
- lemon wedges, for garnish (optional)
- Dairy-Free Tzatziki (optional)
- Hummus (optional)

METHOD

STEP 1: Making the Filling
To make the filling, heat a deep-sided fry pan or medium pot, over medium heat. Once hot, add the oil, followed by the onions. Let cook for approximately 8 to 10 minutes, or until soft and translucent.

Next, add the rice to the pan and stir to coat the rice in the oil and onions. Let cook for about a minute and then add the stock. *Note: It is best to use a yellow, or light colored stock for the dolmades as to not affect the color of the final dish.

Bring to liquid to a quick boil and then lower the heat and let the rice simmer, uncovered, for about 10 to 15 minutes, or until the liquid has been absorbed and the rice is still a bit al dente/undercooked. DO NOT fully cook the rice, or it
will be mushy once the dolmades are fully cooked. Less is more for the rice. Once done, remove the pot from heat.

Lastly, add the pine nuts, dill, mint, lemon zest, and fresh lemon juice to the rice and stir to combine the ingredients. Season to taste with salt and pepper. Let the mixture cool to room temperature.

**STEP 2: Assembling the Dolmades**

To start, bring a large pot of salted water to a boil. As the water heats up, trim the grape leaves by cutting the stems off, so that they are flush with the leaves. Trim any large, hard veins from the leaves. Place the leaves in the boiling water and let cook and soften for 3-5 minutes, or until they are very pliable. Note that fresh leaves may take a bit longer to soften than jarred leaves.

Once done, drain the leaves and place them in an ice bath. Drain, rinse again and then pat the leaves dry.

To assemble the dolmades, place a grape leaf shiny or smooth side down —the bumpy or veiny side should be facing you — onto a flat surface or cutting board.

Next, place a tablespoon or so of the rice filling at the base of the grape leaf, near where the stem would have been. To roll the dolmades, fold the stem end up over the filling and then fold the outer edges of the leaf inward. Continue rolling the leaf until it forms a nice neat roll. Be sure you do not, roll the dolmades too tightly; the rice will expand a bit during cooking, so you do not want the dolmades to burst or unravel the leaves, by being rolled too tightly.

As you roll the dolmades, place them fold-side down into a deep-sided pan. Note: If you find any leaves that are damaged, place them on the bottom of the pan you are going to cook the dolmades in. This will create a nice bed for the dolmades.

Continue to roll the dolmades, until all of the filling has been used. Don’t be afraid to pack the leaves snugly; this will help keep them intact as they cook. If needed, make a second layer on top of the first layer of dolmades.
STEP 3: Cooking the Dolmades

To cook the dolmades, pour the stock, olive oil, and fresh lemon juice over-top of the grape leaves. Note that the liquid should come up at least 3/4's of the way up the dolmades.

Heat the pan over medium heat until it just begins to simmer. Do not let it boil; otherwise, the dolmades may start to fall apart.

Next, turn heat to low and place an inverted, heat-safe plate, on top of the dolmades to weigh them down.

Cover the pot. Let the grape leaves cook for 40 to 60 minutes. The dolmades are done when the rice is fully cooked and the grape leaves are nice and tender.

STEP 4: Serving the Dolmades

Dolmades are typically served warm, room temperature or cold, with either a squeeze of fresh lemon juice.

These dolmades go particularly well with many of these delicious plant-based Greek recipes: Hummus, Tzatziki, Briam, Baked Beans | Plaki, Lemon Potatoes and Pita Bread.

Any leftover dolmades will keep for about a week in the refrigerator. If desired, pour a bit of olive oil and lemon juice over the dolmades to help keep them from drying out. For longer storage, can also be frozen before cooking.
TZATZIKI

SERVES: 4-6 | ACTIVE TIME: 10 MIN | TOTAL TIME: 10 MIN

DESCRIPTION

Crème de cassis gives this traditional cranberry sauce a little twist.

INGREDIENTS

STEP 1: Preparing the Tzatziki
- 1 1/2 cups Cashew Cream
- 1 cup cucumber, roughly chopped
- 3 tbsp onion, grated
- 1/2 tsp sea salt, or to taste
- 3 tbsp fresh mint, chopped
- 1 clove garlic, crushed
- 3 tbsp fresh dill, chopped
- 1/4 tsp freshly ground black pepper

METHOD

STEP 1: Preparing the Tzatziki

To make the tzatziki, first prepare your mise en place— including the making of the Cashew Cream.

Note: For the cashew cream, try naturally fermenting the cashews by soaking them overnight — then drain, rinse, and soak again on the count for another 12 to 24 hours. Also, because the cashew will have a natural tartness to them after fermenting, you can omit the lemon juice and apple cider vinegar from the cashew cream recipe.

To assemble the dish, add all the ingredients together with the cashew cream, mix together and taste for seasoning. If needed, add a touch of non-dairy milk to water to the mixture if it seems a bit too thick.

This tzatziki go particularly well with many of these delicious plant-based Greek recipes: Hummus, Lemon Potatoes, Briam, Baked Beans | Plaki, Dolmades, Pita Bread and Plant-Based Chick'n Souvlaki.
OLIVE & SUN-DRIED TOMATO TAPENADE

SERVES: 2 CUPS | ACTIVE TIME: 30 MIN | TOTAL TIME: 30 MIN

DESCRIPTION
Kalamata olives, sun-dried tomatoes, capers and garlic come together to create this perfectly balanced olive spread. Serve with cashew or macadamia nut cheese and crackers and/or homemade lemon-garlic crostini.

INGREDIENTS

STEP 1: Preparing the Tapenade
- 1 to 2 cloves garlic
- 1 1/2 cups kalamata olives, pitted
- 1/2 cup sun-dried tomatoes
- 2 tbsp capers
- 2 tbsp flat-leaf parsley
- 1/3 to 1/2 cup olive oil

METHOD

STEP 1: Preparing the Tapenade
To prepare the tapenade, in a food processor, pulse to mince the garlic. Then, add the olives and pulse to until quite fine, but not until it is paste–like. Remove the olives and set aside.

Next, roughly chop the sun–dried tomatoes. If using oil–packed tomatoes, drain first.

Place the tomatoes into the food processor and blend until quite fine (like the olives). Then add the capers and parsley and pulse a few times.

At this point, you can either add the olives back to the food processor and pulse a few times, while adding the olive oil, or simply add the tomato mixture to the olives and mix by hand.

Mixing the ingredients by hand at this stage will result in a tapenade with a more rustic texture. Add olive oil until you reach the desired consistency.

This tapenade goes particularly well with crackers and/or crostini’s as well as Cashew Cheese and/or Macadamia Nut Cheese. Either of these recipes can be made with or without the added herbs called for in the recipe.

This tapenade will keep for several days in the refrigerator. Just note that the parsley will not be as vibrant in color, but the flavor will still be excellent.
MUSHROOM PÂTÉ

SERVES: 2 CUPS  |  ACTIVE TIME: 40 MIN  |  TOTAL TIME: 1.25 HOURS

DESCRIPTION

This almost-raw, plant-based pâté is made with porcini and portobello mushrooms, pecans and spices. It also happens to be oil-free. Serve with bread or crackers, or as part of a crudités platter. This pâté also goes very well on sandwiches and pizzas.

INGREDIENTS

STEP 1: Preparing Your Mise en Place
• 1 cup pecans
• 3/4 cup dried porcini mushrooms*
• 1 cup boiling water (to soak mushrooms)
• 1/2 pound portobello mushrooms (approx. 5 mushrooms)*
• 2 tbsp tamari
• 1 tbsp nutritional yeast
• 1 tbsp fresh lemon juice (approx. 1/2 lemon)
• 1 tsp finely chopped rosemary
• 1 heaping tsp light miso
• 4 dry-packed sun-dried tomato halves
• 1/2 tsp garlic powder
• 1/2 tsp onion powder

STEP 2: Making the Pâté
• 2 tbsp nutritional yeast
• 1/2 tsp freshly ground black pepper
• sea salt, to taste
• 1 to 2 tbsp cognac or brandy (optional)*

METHOD

STEP 1: Preparing Your Mise en Place

To start the pâté, place the pecans in a bowl and cover them with cold water. Let stand for about an hour.

Meanwhile place the dried mushrooms into a bowl and cover with 1 cup boiling hot water. Let stand for approximately 15 minutes, or until soft. *Note: Feel free to play around with the type of wild mushrooms. For example, if desired, use part porcini and part chanterelle and/or morels. It really just comes down to personal preference.

Once the mushrooms are soft, remove them from the liquid by lifting them out of the bowl (leaving the grit behind). Reserve the soaking liquid.
For the portobello mushrooms, cut them in half and then trim off the dark gills on the underside. Slice the mushrooms into 1/4-inch-thick pieces.

Next, whisk together the tamari, nutritional yeast, onion and garlic powder, lemon juice, rosemary and miso. Add the sliced portobellos and toss to thoroughly coat. Let stand for 15 minutes, tossing occasionally.

Lastly, in a small saucepan, combine the soaked porcini mushrooms and sun-dried tomatoes. Next, slowly pour in the porcini soaking liquid, stopping before you reach the grit at the bottom. Bring the liquid to a boil, cover and simmer over low heat until the tomatoes are tender, about 4 minutes.

**STEP 2: Making the Pâté**

To make the pâté, drain the pecans and transfer them to a food processor. Using a slotted spoon, transfer the marinated portobellos, as well as the porcini and tomatoes to the food processor. Next, add the nutritional yeast and pepper to the processor; purée to mixture until you reach a coarse paste — adding about 2 tablespoons of the porcini cooking liquid. You may need to add up to 4 tablespoons, depending on the thickness.

*Note: For a more classic pâté flavor — instead of adding the reserved soaking liquid, add a tablespoon or so of cognac.

Once you have reached the desired consistency — we like ours quite smooth — stop and taste for seasoning.

Transfer the pâté to a crock and serve with toasted baguette rounds, vegetables or your whatever is your preferred way to serve pâté. This pâté also happens to go really well in sandwiches and pizzas.

**Chef’s Notes:**

The pâté can be refrigerated for a few days. In fact, it’s even better if made the day before. Serve lightly chilled or at room temperature. Additional flavorings that can be added to the pâté, if desired — 1 teaspoon dry mustard, 1/4 teaspoon freshly ground nutmeg and/or a pinch of ground clove.
SLOW-ROASTED TOMATOES

SERVES: 12  |  ACTIVE TIME: 10 MIN  |  TOTAL TIME: 4-5 HOURS

DESCRIPTION
Take ripe tomatoes and slow roasted them with your favourite spice blend.

INGREDIENTS

STEP 1: Prepping & Roasting the Tomatoes
- 12 ripe Roma tomatoes
- 1/4 cup stock (or water)
- herbs or seasoning blend of choice

METHOD

STEP 1: Prepping & Roasting the Tomatoes
Preheat the oven to 250° F (120° C).
Cut the tomatoes in half and arrange them on a parchment-lined baking tray, cut side up.
Spoon a bit of the stock over each tomato and then garnish with your favourite spice blend, such as Herbes de Provence.
Bake the tomatoes for 4 to 6 hours. The longer you bake them, the more concentrated their flavor will be. The tomatoes can be served hot, warm or they can be refrigerated and used in other dishes for added flavor.

Chef’s Notes:
When tomatoes are in season and are juicy and full of sweet flavor, you can make a big batch. The great thing about these tomatoes is that they will keep in the refrigerator for a few weeks. Also note that these tomatoes can also be dehydrated using a dehydrator.
ROASTED RED PEPPER PESTO

SERVES: 6-8
ACTIVE TIME: 30 MIN
TOTAL TIME: 30 MIN

DESCRIPTION
This refreshing relish is a wonderful addition to wraps, salads, atop crostini or as a versatile condiment.

INGREDIENTS

STEP 1: Preparing the Pesto
- 2 cups roasted peppers (freshly roasted preferred)
- 1/3 cup pine nuts, toasted
- 2 tbsp lemon zest
- 1/4 cup Kalamata olives, pitted and chopped
- 1 tsp chile flakes
- freshly ground black pepper, to taste
- 2 1/2 tbsp fresh parsley (or fresh basil), chopped

METHOD

STEP 1: Preparing the Pesto
First, prepare your mise en place.

If using jarred red peppers, strain and rinse well.

Using a food processor, add the roasted red peppers and pulse with the rest of the ingredients, except the parsley, until the mixture is coarsely puréed.

Add the fresh parsley or basil, and other herbs if you choose, and pulse a few times quickly to blend.
GOLDEN CRISPY CROSTINI

SERVES: 12 | ACTIVE TIME: 15 MIN | TOTAL TIME: 15 MIN

DESCRIPTION
Crispy garlic crostini are the perfect accompaniment to a variety of soups and salads.

INGREDIENTS

STEP 1: Making the Crostini
- 1 French baguette
- 4 tbsp extra-virgin olive oil
- 1 clove garlic (optional)
- 1/2 tsp grey salt (optional)

METHOD

STEP 1: Making the Crostini
To start the crostini, preheat the oven to 375° Fahrenheit. Cut the baguette into 1/2-inch slices and place the pieces onto a parchment-lined baking tray. Brush lightly with olive oil. Bake, oil-side up, for 8 to 10 minutes or until slightly golden.

While the bread is cooking peel the garlic and set aside. Once the bread is ready, lightly rub the oiled side with the raw garlic. While the bread is still warm, sprinkle with a little grey salt.
CRUDITE PLATTER WITH VEGAN RANCH DRESSING

SERVES: 4 - 5  |  ACTIVE TIME: 10 MIN  |  TOTAL TIME: 10 MIN

DESCRIPTION
This egg-free creamy ranch dressing is a delicious addition to any salad, served as a dip or a cooling dressing with the Buffalo Chick’n Wrap.

INGREDIENTS

STEP 1: Making the dressing
- 1/2 cup vegan mayonnaise
- 1 1/2 tbsp rice wine vinegar
- juice of 1/2 lemon
- 1 1/2 tbsp nutritional yeast
- 1 tbsp shallot, minced
- 1/2 tbsp agave or other sweetener of choice
- 1/4 cup soy or almond milk, unsweetened
- 1 1/2 tbsp fresh dill, minced
- 1 tbsp fresh chives, minced

METHOD

STEP 1: Making the dressing
In small mixing bowl, whisk together well all ingredients. Add additional soy or almond milk, as needed, until you reach the desired consistency.

This is a wonderful creamy dressing to add to salads, serve as a dip for crudités, or as a cooling creamy dressing for Buffalo Chick’n Wrap.
WARM MARINATED OLIVES

SERVES: 2 CUPS | ACTIVE TIME: 15 MIN | TOTAL TIME: 15 MIN

DESCRIPTION

Served warm, this beautiful mixture of picholine, nicoise, kalamata, green and black olives are marinated in citrus zest, garlic and rosemary.

INGREDIENTS

STEP 1: Preparing the Marinade & Olives
- 1/2 cup extra-virgin olive oil
- 4 garlic cloves
- 1 orange
- 1 lemon
- 1 sprig fresh rosemary
- 2 small, dried bay leaves
- crushed red pepper flakes
- pinch of ground allspice (optional)
- 2 cups olives (with pits)

METHOD

STEP 1: Preparing the Marinade & Olives

Note: Any combination of olives can be used for this recipe. We used equal parts of picholine, nicoise, large green and large black olives, as well as kalamata. For the best flavor, we recommend buying the olives with the pits still inside.

To start, peel and lightly crush the garlic. Next, using a peeler, remove four 1” x 3” pieces of zest from the lemon and the orange. Trim off any white pith. Break the rosemary down into smaller sprigs by pinching it off of the stem. Gather the remaining ingredients.

In a large pan, heat the oil and garlic over medium-low heat. Cook for about 3 minutes, just until the garlic begins to turn golden. Do not let it burn. Add the strips of zest, rosemary sprigs, bay leaves, red pepper flakes and allspice. Stir and let sizzle for about 2 minutes. Add the olives and toss to coat. Transfer to a bowl and let cool. Cover and refrigerate, stirring from time to time. The olives will keep for up to one week.

Before serving, place the mixture into a pan and reheat over low until warmed through, about 2 to 3 minutes. Place into a serving bowl and serve warm.
MAPLE CHIPOTLE CANDIED WALNUTS

SERVES: 2 CUPS  |  ACTIVE TIME: 25 MIN  |  TOTAL TIME: 12 HOURS

DESCRIPTION
There are more than a delicious sweet snack. Use these raw, maple-candied walnuts on a variety of desserts. These pair perfectly with slow roasted beets and cashew cream cheese.

INGREDIENTS

STEP 1: Soaking the Walnuts
- 2 cups raw walnuts
- 3 to 4 cups water

STEP 2: Preparing the Mixture for Dehydration
- 1/2 tbsp cinnamon
- 1/2 tsp chipotle powder
- 1/2 cup maple sugar, finely ground
- 1 1/2 tsp sea salt

Chef’s Notes:
These maple spiced walnuts pair well with both sweet and savory dishes. They’re a great addition to desserts, or sprinkled on your favorite salads.

METHOD

STEP 1: Soaking the Walnuts
To prepare the walnuts, in a medium bowl, soak the walnuts for 3 to 4 hours to soften. Strain, reserving the walnuts and discarding the liquid.

STEP 2: Preparing the Mixture for Dehydration
To prepare the mixture, place walnuts in a mixing bowl with the remaining ingredients and toss well.

STEP 3: Dehydrating the Walnuts
To finish the candied walnuts, set dehydrator at 115°F (45°C). Spread an even layer of walnuts on dehydrator trays, leaving room for air circulation. Continue to dehydrate for 7 to 10 hours or until crisp.

Store walnuts in a sealed container and refrigerate to retain crispness.
MUSHROOM TARRAGON BRAISED TEMPEH

SERVES: 4  |  ACTIVE TIME: 40 MIN  |  TOTAL TIME: 1 HOUR

DESCRIPTION

This comforting and flavorful dish is all about the sauce — mushrooms, Madeira wine, Dijon mustard, horseradish and tarragon are the main components of this rich and tasty dish.

INGREDIENTS

**STEP 1: Making the Sauce**
- 2 sm. shallots, minced (1/2 cup minced)
- 4 cups sliced mushrooms
- 1/2 cup Madeira wine (or another fortified wine)
- 3 tbsp Dijon mustard
- 1 tbsp horseradish, or to taste
- 2 cups Mushroom Stock (or other dark stock)
- 2 tsp cornstarch*
- 1 tbsp fresh tarragon, finely chopped
- sea salt, to taste
- freshly ground black pepper, to taste
- 1/4 cup cold water

**STEP 2: Preparing the Tempeh**
- 4 cloves garlic
- 1/2 cup tamari or soy sauce
- 5 cups water
- 2 - 8 oz packages of tempeh
- 3 tbsp oil*
- sea salt, to taste
- freshly ground black pepper, to taste

METHOD

**STEP 1: Making the Sauce**

To make the sauce, heat a large fry pan over medium-high heat. Note: The large surface area of the pan will help the mushrooms get good color.

Once hot, add the shallots and cook for 30 seconds or so, then add the mushrooms and stir to combine. Let cook until the mushrooms start to release their juices, stirring frequently. Once the mushrooms start to release their juices, turn up the heat until all of their juices have evaporated and the mushrooms are nice and golden. Again, make sure to stir
frequently to prevent them from burning. Next, deglaze the pan with the Madeira. Let the Madeira reduce down by about half and then add the stock. For the stock, we used this [Mushroom Stock](#). Also note that if you do not want to use any cornstarch (or the Madiera even), the stock can be reduced down to a more sauce-like consistency before adding it to the dish.

Next, add the Dijon and horseradish and let the sauce cook for 10 to 15 minutes.

Meanwhile, go ahead and make the slurry — by combining together the cornstarch and water. *Note: You may need to use a bit more cornstarch (or arrowroot) to thicken the sauce; it really depends on how much your sauce has reduced and the final consistency you are looking for.

The tempeh can also be prepared while the sauce is cooking.

After the sauce has cooked for about 12-15 minutes, whisk in the slurry. Once you have reached the desired consistency, let the sauce simmer for a minute or so, to cook out any cornstarch flavor.

At this point, turn off the heat, add the fresh tarragon and taste for seasoning.

**STEP 2: Preparing the Tempeh**

Note: To save time, rather than braising the tempeh in this step, it can simply be fried and then placed into the sauce to braise.

If braising the tempeh first — which will add moisture and flavor to the tempeh — use a large pot, and combine together the tamari, garlic and water and bring to a simmer.

To prepare the tempeh pieces, cut each piece of tempeh into about 8 to 10 thin slices, diagonally. *Note: How the tempeh is ultimately sliced will depend on what shape the tempeh was to begin with. In the end, you just want even-sized pieces to work with. Add the tempeh to the pot and continue to gently simmer for at least 45 minutes.

Once the tempeh is ready, drain onto a tray lined with a cooling rack—or something that will allow the tempeh to dry as it cools.

Just before frying the tempeh, season it with salt and pepper. To fry the tempeh, heat a large fry pan over medium to medium-high heat. Once hot, add the oil, followed by the tempeh. Note: If using a non-stick pan, the tempeh can be fried using no oil, if desired.

Cook for 2 or 3 minutes on the first side, or until nice and golden. Then flip and cook for another 2 minutes or so. Remove from the pan and set aside while you prepare the sauce.
STEP 3: Finishing the Dish

To finish the dish, place the fried tempeh into the sauce and let gently simmer for 5 to 10 minutes. Lastly, taste for seasoning and then serve.

This dish goes particularly well with mashed potatoes and a big helping of leafy greens. Enjoy!
GARLIC MASHED POTATOES

SERVES: 3-4  |  ACTIVE TIME: 45 MIN  |  TOTAL TIME: 45 MIN

DESCRIPTION
No need for butter and cream in this recipe. Russet potatoes are mashed with roasted garlic “butter” in this delicious oil-free version of the classic favorite.

INGREDIENTS

STEP 1: Cooking the Potatoes
• 2 lb russet potatoes, peeled and cubed

STEP 2: Finishing the Dish
• 1 cup Roasted Garlic & Onion Butter
• 1/4 cup unsweetened non-dairy milk of choice
• sea salt, to taste (optional)

METHOD

STEP 1: Cooking the Potatoes
To cook the potatoes, place them into a medium saucepan, cover with salted water and simmer until tender. Strain and return to the pan. You can also simply steam the potatoes until tender.

STEP 2: Finishing the Dish
To finish the dish, while the pan is still on the hot burner, add the Roasted Garlic & Onion Butter and non-dairy milk.

Using a potato masher, mash until mixed thoroughly and smooth. Season to taste with the optional sea salt.

Serve as is with Wild Mushroom Gravy or pipe into potato shells for twice-baked potatoes.
BRUSSELS SPROUTS W/ MISO SESAME SAUCE

SERVES: 4 | ACTIVE TIME: 20 MIN | TOTAL TIME: 20 MIN

DESCRIPTION

Tender, yet crunchy Brussels sprouts are finished with a delicious miso sesame sauce.

INGREDIENTS

**STEP 1: Making the Miso Sesame Sauce**
- 1 cup HOT water
- 1/2 cup light miso
- 1/4 cup mirin
- 1 tbsp rice wine vinegar
- 1/4 cup cane sugar
- 1 tbsp Garlic Confit
- 2 tbsp sesame oil

**STEP 2: Preparing the Brussels Sprouts**
- 2 lbs Brussels sprouts, approx.

**STEP 3: Cooking the Brussels Sprouts**
- 3 cups Brussels sprouts leaves
- 1 1/2 tbsp olive oil
- sea salt, to taste
- freshly ground black pepper, to taste
- 1/4 cup Miso Sesame Sauce

METHOD

**STEP 1: Making the Miso Sesame Sauce**

To make the sauce, first gather and prepare your mise en place, including the Garlic Confit.

Next, blend together the miso paste, cane sugar, Garlic Confit, HOT water, mirin, rice wine vinegar—blending until smooth. Lastly, slowly drizzle in the sesame oil.

Note: Hot water is used as it helps the cane sugar melt. Alternatively, the whole sauce, minus the sesame oil, can be heated first on the stovetop and then blended.

Once done, set aside until ready to use. This versatile sauce can be used hot, warm or cold, either as a sauce or as a dressing. Any leftover sauce will keep for several days in the refrigerator.
**STEP 2: Preparing the Brussels Sprouts**

To prepare the Brussels sprout leaves, peel away any dirty leaves and then trim just the very bottom of the sprouts. Then start to peel away the outer leaves. Once the you get to the point where it becomes more difficult to peel away the outer leaves, cut a bit more off of the bottom of the sprout and continue to peel away the leaves.

Once most of the leaves have been peeled away, you will be left with a small cabbage-like core, save this for another time.

**STEP 3: Cooking the Brussels Sprouts**

To cook the Brussels sprouts, heat a wok or large fry pan over high heat. Once hot, add the oil followed by the Brussels sprouts. Cook for a minute or two – the leaves should still be crunchy, so be sure you don't over cook them.

Next, add the [Miso Sesame Sauce](#) and toss. Continue to cook for about a minute, just to heat the sauce through.

Finish the Brussels sprouts by seasoning to taste with salt and pepper. Serve immediately, to maintain their crispiness and vibrant color.
ROASTED EGGPLANT

This simple, yet highly flavorful eggplant is one recipe that should be in everyones repertoire. Eggplant halves are baked with fresh thyme until they are tender and creamy.

**METHOD**

**STEP 1: Salting the Eggplant**
To salt the eggplant, simply slice the eggplants in half lengthwise. Then using the tip of a knife, score the flesh in a diamond cross-hatch pattern. Make sure that you go quite deep, but not so deep that you cut through the flesh.

Next press open the cuts and sprinkle the eggplant halves with the salt. Set aside for approximately 30 minutes.

Salting the eggplants draws out their moisture and makes them less like sponges when it comes to oiling them.

**STEP 2: Roasting & Serving the Eggplant**
Preheat the oven to 400°F (200°C). Line a baking tray with parchment paper.

To prepare the eggplant for roasting, gently squeeze the eggplant to remove the salty water — you may want to do this over the sink or over a bowl. Then wipe the eggplant with paper towel to dry them off a bit.

Next, brush the halves of the eggplant with olive oil, if using. Then place the eggplant, cut side down, on top of a couple of sprigs of fresh thyme on the baking tray.

Roast for 1 hour, or until the eggplant collapses and the underside is a rich brown caramel color.
Once done, let cool for about 15 to 20 minutes, before handling.

To serve, gently turn the eggplant cut side up and squeeze with some fresh lemon juice or drizzle with your favorite vinaigrette. If using with another dish, scoop out the flesh, using a large spoon.

**Chef’s Notes:**
You can roast either small Italian eggplants and serve them as a side dish, drizzled with lemon juice or you can roast larger globe eggplants and use the flesh to add flavor to things like pastas and soups.
ROASTED SWEET POTATO SALAD W/ ARUGULA & BALSAMIC VINEGAR

SERVES: 4  |  ACTIVE TIME: 1.25 HOURS  |  TOTAL TIME: 1.25 HOURS

DESCRIPTION

This roasted sweet potato salad highlights the no-oil roasting method. While the finished product is a bit drier than it would be with oil, it’s refreshed and flavored by a flavorful dressing.

INGREDIENTS

STEP 1: Preparing the Sweet Potatoes
- 2 cups sweet potatoes, peeled and cut in 1-inch cubes
- 2 tbsp white balsamic vinegar
- 1/4 tsp freshly ground black pepper
- 1/4 tsp cinnamon

STEP 2: Preparing the Dressing
- 1/2 cup white balsamic vinegar
- 3 tbsp liquid sweetener
- 1/4 tsp cinnamon
- 2 tbsp fresh chives, minced

STEP 3: Finishing the Dish
- 4 cups baby arugula
- 1 small fennel bulb, thinly shaved on mandolin

METHOD

STEP 1: Preparing the Sweet Potatoes

Preheat oven to 375 °F (or 190°C).

Toss the sweet potatoes with the vinegar, freshly-ground black pepper, and cinnamon.

On a non–stick sheet pan, or one lined with parchment or a silpat, spread out the potatoes evenly. Place in the oven and roast, turning vegetables over once, for 12 to 15 minutes or until tender and slightly browned.

Let the potatoes cool until they are near room temperature.
**STEP 2: Preparing the Dressing**

Prepare the dressing while the potatoes are roasting.

In a small bowl, whisk together the remaining balsamic vinegar, honey, cinnamon and chives.

**STEP 3: Finishing the Dish**

To finish the dish, in a large bowl, gently toss together the arugula and shaved fennel. Next, add the potatoes, drizzle with dressing and toss.

To serve, place a large helping of salad on a plate and sprinkle with toasted seeds or nuts for an added crunch.
WARM WHEAT BERRY, MUSHROOM, TOMATO & ARUGULA SALAD

SERVES: 4  |  ACTIVE TIME: 40 MIN  |  TOTAL TIME: 2 HOURS

DESCRIPTION

This hearty, warm salad of wheat berries, sautéed mushrooms, oven-dried tomatoes and arugula is full of flavor.

INGREDIENTS

**STEP 1: Soaking & Cooking the Wheat Berries**
- 1 cup cooked wheat berries

**STEP 2: Slow-Roasting the Tomatoes**
- 8 oz baby tomatoes
- 2 tbsp red wine vinegar
- 1 tsp sugar

**STEP 3: Sautéing the Mushrooms**
- 1 tbsp grapeseed oil
- 1 lb button mushrooms
- sea salt (to taste)
- freshly ground black pepper (to taste)

**STEP 4: Assembling the Salad**
- extra-virgin olive oil (to taste)
- sea salt, to taste
- freshly ground black pepper, to taste
- 10 oz arugula, washed

METHOD

**STEP 1: Soaking & Cooking the Wheat Berries**

Wheat berries are best soaked before cooking. Simmer the soaked grains by following the instructions in the lesson on How to Cook Grains.

**STEP 2: Slow-Roasting the Tomatoes**

Preheat your oven to 250 degrees Fahrenheit (120 degrees Celsius).

Cut the tomatoes in half and place into a bowl. Gently toss the tomatoes with the red wine vinegar and sugar. Line a tray with parchment and arrange the tomatoes cut-side up.

Transfer to the oven and slow roast for approximately 2 hours or until the tomatoes have just started to brown, shrivel and concentrate.
STEP 3: Sautéing the Mushrooms

Clean, trim and slice the mushrooms. Start to cook the mushrooms once the grains are just about done.

Pre-heat a stainless-steel pan over high heat. Once hot, but not smoking, add the oil, followed by the mushrooms. Sprinkle with a touch of salt and pepper to taste. Let the mushrooms cook over high heat until they release their moisture and turn golden brown. Toss the mushrooms from time to time so they color evenly. Once the mushrooms are golden brown, season to taste and transfer to a plate. Set aside.

STEP 4: Assembling the Salad

If the grains are pre-cooked, steam them to reheat them (refer to the grains lesson).

Place the arugula into a large bowl and pour the warm grains and sautéed mushrooms over top. Drizzle with a touch of olive oil and toss. Season to taste.

Plate the salads and top with the roasted tomatoes and serve.
**ROASTED GREEN BEANS WITH SESAME SEA SALT**

**SERVES:** 4  |  **ACTIVE TIME:** 15 MIN  |  **TOTAL TIME:** 20 MIN

**DESCRIPTION**

Roasted green beans sprinkled with sesame sea salt.

**INGREDIENTS**

**STEP 1: Preparing the Sesame Salt**
- 4 tbsp sesame seeds
- 1 tsp sea salt

**STEP 2: Roasting the Green Beans**
- 1 lb green beans
- 1 to 2 tbsp olive oil

**METHOD**

**STEP 1: Preparing the Sesame Salt**

Preheat your oven to 475 degrees Fahrenheit to get it good and hot to roast the veggies.

To prepare the sesame salt, heat a small fry pan over medium heat and add the sesame seeds. Stir or toss often until the seeds become light-golden brown, about 3 to 5 minutes. Once done, remove the seeds from the pan or they will continue to cook. Cool completely.

In a clean spice grinder or mortar and pestle, add the toasted seeds and salt. Pulse and grind into a coarse texture. Set aside.

**STEP 2: Roasting the Green Beans**

Wash, dry and trim the green beans. Place into a large bowl and toss with the olive oil just to coat. Arrange onto a parchment-lined tray and roast for approximately 5 minutes or until just starting to brown.

**STEP 2: Assembling the Dish**

As soon as the beans are cooked to your liking, transfer them to a shallow serving dish and sprinkle the with sesame salt to taste. Serve immediately.
Desserts
EASY CARAMEL SAUCE

SERVES: 1 CUP  |  ACTIVE TIME: 20 MIN  |  TOTAL TIME: 40 MIN

DESCRIPTION
This caramel sauce has less of a "classic" caramel flavor and more of a "sweetened condensed milk" sort of taste. That being said, it's still delicious and it's easy to make. See the notes below the recipe for a plant-based version of a more "classic caramel sauce".

INGREDIENTS

STEP 1: Making the Caramel Sauce
- 1 can coconut milk
- 1/2 cup palm sugar
- 1 tsp vanilla extract
- 1/2 tsp sea salt (or to taste)
- 1/4 cup pure maple syrup

METHOD

STEP 1: Making the Caramel Sauce
Combine the coconut milk, palm sugar and maple syrup in a small heavy bottomed saucepan. Place over medium heat and bring to a gentle boil. Immediately reduce the heat to medium-low and simmer, stirring occasionally, for 15 minutes.

Whisk in the vanilla and salt and remove from the heat.

Allow the Caramel Sauce to cool for at least 20 minutes before serving. The sauce will continue to thicken slightly as it cools. This is not a super thick caramel sauce and it can be served warm, at room temperature or cold.

Store, covered and refrigerated, for up to 1 week.

For more of a "classic" caramel sauce, try this recipe for Caramel Sauce.
CHOCOLATE BROWNIE COOKIES

SERVES: 12-15 | ACTIVE TIME: 20 MIN | TOTAL TIME: 40 MIN

DESCRIPTION

Made with a base of dates, walnut and almond flours, cocoa powder, flax eggs and, of course, chocolate, these cookies are ridiculously moist and full of chocolatey goodness — and they also happen to be easy to make.

INGREDIENTS

STEP 1: Making the Cookies
- 1 cup walnuts
- 1 cup almond meal (also known as almond flour)
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 cup nuts (such as pecans, Brazil or walnuts), chopped*
- 1 cup pitted dates
- 2 tsp pure vanilla extract
- 2 tsp chocolate extract
- 5 tsp flax meal
- 1/2 cup chopped 70% chocolate wafers
- 1/4 tsp fleur de sel (or other quality salt)
- 1/2 cup water
- 1/4 cup cocoa powder
- 1/2 tsp cinnamon
- 1/8 tsp almond extract (optional)

METHOD

STEP 1: Making the Cookies

Preheat the oven to 350°F (175°C). Line a cookie sheet with parchment or a silicone baking mat.

Prepare your mise en place.

Combine the flax meal and water in a small bowl. Set aside.

Place the walnuts into the bowl of a food processor fitted with the metal blade. Process for 2 to 3 minutes or until the walnuts start to become moist and a bit oily — almost like walnut butter. Add the almond meal and pulse a few times to combine the two ingredients. Note: if you using a super powerful processor, such as a Robot Coupe, the times mentioned will likely be less.
Place the ground nuts in a medium bowl. Add the cocoa powder, baking soda, baking powder, cinnamon, and salt (grind the salt between your fingers, if the crystals are quite large.).

Place the pitted dates into the food processor (no need to clean the bowl) and pulse until they are in very small pieces. The dates should start to come together in a ball and be smaller than a pea, but not paste-like.

Next, add the vanilla and chocolate extract along with the reserved dry mixture to the date mixture in the food processor. Pulse for just a few turns to combine.

Scrape the mixture back into the mixing bowl. Add the chopped nuts followed by the chopped chocolate wafers.

*Note: For the additional nuts, you can use whatever you like, almonds, walnuts or even pine nuts would work here. To chop the nuts, this can either be done by hand or they can be pulsed a few times in the food processor — after the other nuts have been ground and removed. Also note that a variety of other ingredients could be used here instead, try adding dried cherries, or other dried fruit.

At this point, add the flax and water to the food processor and blend for a minute or so.

Lastly, add the flax egg to the cookie mixture and fold the ingredients together.

Let the mixture sit for a few minutes before forming. This will give the cookie dough time to soak up a bit of the moisture, making the cookies easier — and less messy — to roll.
STEP 2: Baking the Cookies

To bake the cookies, roll into round balls and then flatten — the cookies will not spread out during baking.

Place the cookies into the preheated oven and bake for 15 to 18 minutes. When done, the cookies should hold together, yet still be moist in the middle. That being said, the amount of time they will take will depend on your oven, how big the cookies are and how you like your cookies.

Let cool for a few minutes on the baking tray and then carefully remove them and let them cool on a cooling rack.

Like most baked goods, they are best when first made; however, that being said, these cookies are still extremely moist the next day (if they last that long). They are even forgiving enough that if left unbaked, they can be baked the next day. They also freeze well.

Chef’s Notes:

These cookies are sure to become part of your regular repertoire — and no one will even guess that they are sugar, egg, dairy, and wheat-free.

Try experimenting with these cookies, by playing around with different spices. For example, add a bit of ground ginger and see how you like that. Alternatively, different nuts and or dried fruits could be added as well. If you come up with something really good, please make a comment on the recipe so we can all benefit from your experiments. Enjoy!
DAIRY-FREE TRUFFLES

SERVES: 36-48 | ACTIVE TIME: 1 HOUR | TOTAL TIME: 2 HOURS

DESCRIPTION
Made with rich dark chocolate, coconut milk and a touch of liqueur and sea salt, these truffles are addictive!

INGREDIENTS

STEP 1: Preparing the Truffle Mixture
- pinch or two of fine quality sea salt (optional)
- 300 grams quality chocolate*
- 250 ml full-fat coconut milk
- 1 ounce liqueur of choice**

STEP 2: Rolling the Truffles
- 1/2 cup raw hemp seeds (can also use cocoa powder and/or crushed nuts)

METHOD

STEP 1: Preparing the Truffle Mixture
To prepare the truffles, finely chop the chocolate (if not using chocolate pellets) and place into a heat-proof bowl. Set aside.

Place the coconut milk in a small saucepan over medium heat and bring to a gentle boil, stirring occasionally to prevent the milk from scorching. Pour the milk over the chocolate, making sure that it covers the chocolate—you may need to shake the bowl a bit to distribute the milk. Add the liqueur and allow the chocolate mixture to sit for a few minutes; then, stir until smooth.

*Note: The better the chocolate, the better the truffles. For the best results, use a bittersweet or semisweet chocolate. We have had great results using both a 62% and a 72% (percentage of cocoa) chocolate.

**Note: Any liqueur, such as Grand Marnier, Frangelico or triple sec would work.

Once the chocolate has melted, let cool slightly before adding the salt. Be sure to use a good quality sea salt. While the salt is optional, it does add a nice contrast to the sweet chocolate.

Because we use a mini ice cream scoop to make these truffles, we don’t need to pour the mixture out onto a tray; however, if you don’t have a small enough scoop, simply pour the truffle mixture onto a flat tray before it sets.
At this point, place the mixture into the refrigerator for approximately 1 hour, or until the mixture is firm but still a tiny bit pliable.

**STEP 2: Rolling the Truffles**

Place the hemp seeds in a plate or shallow soup bowl.

To roll the truffles, use a 1 teaspoon size scoop (sometimes labelled a mini ice cream scoop). This method works really well as it prevents you from handling the truffles very much. Alternatively, you can use a small spoon or melon baller. Drag the spoon along the tray to make a small chocolate curl. Then roll into a small ball. Transfer the balls to a parchment lined tray as you work.

It’s important to work fast and keep your hands as cold as possible; otherwise, the heat from your hands will melt the chocolate as you roll the truffles.

Once done, roll the truffles in any coating you prefer. Feel free to experiment here. For example, finely chopped pistachios or other nuts work nicely as well.

The truffles can be made several hours ahead and refrigerated. Serve them close to room temperature, so they melt nicely in your mouth.

**Chef’s Notes:**

To make the truffles up to 2 weeks ahead, scoop balls of the chocolate mixture into rough rounds. Refrigerate truffles for 10 minutes. Then, using your hands—dusted with cocoa powder—dip each truffle in cocoa powder to coat. Quickly shape each truffle into a rough round. Refrigerate truffles in an airtight container until ready to serve. Before serving, reshape the truffles into rounds, and roll each truffle in cocoa powder, if desired.
RAW DATE SQUARES

SERVES: 8-10 | ACTIVE TIME: 15 MIN | TOTAL TIME: 25-1 HOUR

DESCRIPTION

Dates, almonds, banana, cacao nibs and shredded coconut are the main ingredients in these delicious squares which also happen to be gluten- and dairy-free.

INGREDIENTS

STEP 1: Preparing the Date Squares

- 1 1/2 cup almonds**
- 1 cup fresh dates, pitted*
- 1/2 cup cacao nibs***
- 1 tsp pure vanilla or almond extract
- 1 banana, peeled and cut into pieces
- Fleur de sel or other quality salt (to taste)

STEP 2: Forming and Serving the Date Squares

- 1/2 cup (approx.) dried shredded coconut

METHOD

STEP 1: Preparing the Date Squares

*Note: Dried dates can be used if you cannot find fresh dates, but if using dried dates, soak before using. Place the dates in either hot water or orange juice for 5 minutes or until soft. Drain before using.

Place the almonds in the bowl of a food processor fitted with the metal blade and process until very fine. Note: Cashews or other nuts also work well in this recipe. You can also use a mix of half almonds and half cashew nuts. The cashew nuts give the mixture a slightly softer texture.

If using, add the nibs and pulse a few times. *Note: A few tablespoons of cocoa powder and a handful of dark chocolate chunks can be used instead of the cacao nibs, but the cacao nibs do add a nice crunch to these delicious power bars.

Scrape the nuts from the food processor into a medium mixing bowl. Set aside.

Add the pitted dates to the food processor and process to a paste. Add the banana and vanilla (almond extract also works well with this recipe), and pulse a few times to blend everything together.

Scrape the date mixture into the nuts. If desired, add a pinch of a good quality salt, such as fleur de sel. This gives a nice contrast of salty and sweet. Mix to blend well.
STEP 2: Forming and Serving the Date Squares

Sprinkle the bottom of a small baking pan with a thin layer of the coconut. You will probably use about half of the coconut.

Using a spatula, gently place the date mixture over the coconut by the spoonful. Gently spread the mixture evenly over the coconut. You may find it easier to use your hands to do this. The mixture is easier to spread if your hands are cold and even slightly wet.

Sprinkle the top with an even coating of the remaining coconut, lightly pressing down to help it stick.

Transfer to the refrigerator or freezer for at least 1 hour to firm up. This makes the bars easier to cut. These date squares are equally good served cold or at room temperature.

When firm, cut into pieces and serve or wrap individually in plastic wrap and store, airtight, frozen.

Chef’s Notes:
These date squares freeze very well. You may want to make a double batch, as they seem to disappear quickly. I like to take one with me to eat after a run since they are a great source of energy.
JASMINE POACHED PEARS

SERVES: 4-5  |  ACTIVE TIME: 45 MIN  |  TOTAL TIME: 1.5 HOURS

DESCRIPTION
Poaching fruits is a great way to infuse flavor and these pears showcase this technique. This same poaching method can be used with other fruits, such as apples, pears, apricots, peaches and plums.

INGREDIENTS

STEP 1: Preparing the Poached Pears
- 4 to 5 small semi-ripe pears, cored and peeled
- 3 tbsp dried jasmine flowers
- 2 1/2 cups water
- 3 cups muscat or reisling wine
- 1 vanilla bean, sliced down middle
- 1 star anise
- 1/2 cup agave
- pinch of sea salt

Chef's Notes:
Make sure the fruit used is still slightly firm, but not soft to the touch. This will allow the poaching liquid to be absorbed without losing the texture of the fruit.

METHOD

STEP 1: Preparing the Poached Pears
Gather and prepare your mise en place.

Combine the jasmine flowers with 2 1/2 cups of hot water in a heat-proof container. Allow to steep for 10 minutes. Strain the liquid through a fine mesh sieve and discard the flowers. Transfer the tea to the pot in which you will poach the pears.

Place the pot with the jasmine tea over medium–high heat. Add the wine, vanilla bean, star anise, agave and salt and bring to a simmer. Gently place pears into the poaching liquid and poach them for 12 to 15 minutes or until they are fork tender. Take care not to overcook them. Remove the pears from the liquid and allow them to cool.

To serve, cut each pear, lengthwise, into a few slices and fan the slices out over each plate. Serve with your favorite non-dairy vanilla ice cream and garnish with Maple Candied Walnuts.
TIPS & TECHNIQUES

We’ve also included some tips & techniques to help you get through the holiday festivities stress-free.

- Honing Your Knife
- What is Mise en Place
- How to Cut a Squash Safely
- How to Slice an Onion
- Mincing, Dicing, and Cutting Onions
- How to Slice Potatoes
- Kitchen Tools: Mashers and Ricers
- How to Buy & Cut Cauliflower