



V-Learning Community Recipe Book

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Condiments

Cashew Cream Recipe and Demo



Cashew Cream Base

- 6 oz cashews (can use other nuts, seeds, tofu, cauliflower, butternut squash, legumes, etc.)
- 1/2 teaspoons Himalayan pink salt or sea salt
- 1/4 teaspoons lemon grass or lemon peel spice, or 1/2 tablespoon lemon juice (optional)
- Cover with water

Blend ingredients until smooth with a Vitamix (or another blender device) or food processor. Refrigerate.

Sour Cream

- Cashew cream base
- 1/2 tablespoon UME Plum Vinegar

Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

Note: add probiotic (1/2 Teaspoon – 3 tablets) and let it sit at room temperature for up to 12 hours to give it a tangy flavor. Alternative recipe: only add nutritional yeast and probiotic.

Cream Soup Base

- Cashew cream base
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1 -2 teaspoon miso
- 1/8 teaspoon stevia or 1/2 teaspoon agave
- 1/2 teaspoon dried thyme
- Mushrooms or other veggies

Whipped Cream

- Cashew cream base
- 1 tablespoon coconut butter
- 1/8 teaspoon stevia or 1 1/2 tablespoon agave

Almond Milk

- 1 cup Almonds
- 3 pitted dates
- 5 cups water - depending on desired thickness
- Pinch of salt

Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons UME Plum Vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

Salad Dressing:

- Mayonnaise base
- 1 cup of olive oil
- 1/4 cup nutritional yeast (*optional*)

Dairy and Egg Free

Butter Recipe



- 3/4 cup of coconut oil
- 1/4 cup of vegan milk – soy, coconut or almond milk
- 1/8 cup of canola oil
- 1/4 tsp of salt
- 1 tsp of liquid lecithin (i.e. Sunflower Liquid Lecithin)

Place ingredients in a blender and run at medium speed. Pour into a container and place in the refrigerator. It will harden after a few hours.

Cheese Sauce Recipe and Demo



- 6 oz cashews (can use other nuts, seeds, tofu, cauliflower, or butternut squash)
- 1/2 teaspoon Himalayan pink salt or sea salt
- 1/4 teaspoons lemon grass or lemon peel spice, or 1/4 tablespoon lemon juice (optional)
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard
- Cover with water or coconut milk

Blend ingredients until smooth with a Vitamix (or another blender device) or food processor. Refrigerate.

Note: add probiotic and let it sit at room temperature for up to 12 hours to give it a tangy flavor.

Alternative recipe: only include cashews, salt, coconut milk, nutritional yeast, and probiotic.

Cashew Cheese

Shared by community member

- 1 cup unsalted cashew nuts (soak)
- 5 oz water
- 4 tbsp cornstarch
- 6 tbsp nutritional yeast
- 1 lemon (1 lemon = 3 tbsp)
- 1 tbsp olive oil salt garlic powder

Put in food processor and/or blender to desired consistency.

Parmesan Cheese

Shared by community member

- 1 cup of cashew nuts
- 4 tbsp nutritional yeast
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp salt

Put all in blender and blend until powder



Tofu Scrambled Eggs and Yuba or Rice Paper Bacon Recipe and Demo

Scrambled Tofu Eggs

- Sauté desired vegetables and set aside. For this recipe, we'll use broccoli, mushrooms, and peppers.
- Crumble tofu and sauté in a pan or cut up Tofu Steaks, which can be found on the [From Scratch](#) page.
- Add cheese sauce from Mac & Cheese or Cheese Sauce recipe shown on the [From Scratch](#) page.
- Stir ingredients until desired warmth and texture.

Bacon: please refer to Yuba (Tofu Skin) or Rice Paper recipe shown on the [From Scratch](#) page and use the bacon ingredients.

This is a great example of Developing a System. By keeping a few ingredients on hand (like sautéed vegetables, tofu steaks, cheese sauce, Chick Pea tuna, and unmarinated Yuba), a number of dishes can be easily prepared by adding ingredients and/or combining a few items. Some examples are: mac & cheese, tuna casserole, tofu steaks with Yuba chicken skins, cheese sauce on pasta or starter for a soup base, and of course this recipe.

Cheesy Tofu Scramble

Shared by community member

Ingredients

- 1/4 cup nondairy milk, unsweetened or plain
- 2 tblsp apple cider vinegar
- 2 tablespoons Bragg's Liquid Aminos, soy sauce or tamari, to taste
- 1/2 cup nutritional yeast
- 1 1/2 teaspoons smoked paprika or chili powder
- 1 pound firm tofu, drained and squeezed

Directions

1. Mix nondairy milk, apple cider vinegar and soy sauce in a small bowl. Add nutritional yeast and paprika.
2. Heat oil over medium heat. Crumble tofu into oil and cook for 4 minutes, scrambling tofu in pan.
3. Pour in the liquid mixture and continue to cook until all the liquid is absorbed.
4. Salt and pepper to taste; add hot sauce, if desired.

Soups

Cashew Cream Recipe and Demo



Cashew Cream Base

- 6 oz cashews (can use other nuts, seeds, tofu, cauliflower, butternut squash, legumes, etc.)
- 1/2 teaspoons Himalayan pink salt or sea salt
- 1/4 teaspoons lemon grass or lemon peel spice, or 1/2 tablespoon lemon juice (optional)
- Cover with water

Blend ingredients until smooth with a Vitamix (or another blender device). Refrigerate.

Sour Cream

- Cashew cream base
- 1/2 tablespoon UME Plum Vinegar

Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

Note: add probiotic (1/2 Teaspoon – 3 tablets) and let it sit at room temperature for up to 12 hours to give it a tangy flavor. Alternative recipe: only add nutritional yeast and probiotic.

Cream Soup Base

- Cashew cream base
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1 -2 teaspoon miso
- 1/8 teaspoon stevia or 1/2 teaspoon agave
- 1/2 teaspoon dried thyme
- Mushrooms or other veggies

Whipped Cream

- Cashew cream base
- 1 tablespoon coconut butter
- 1/8 teaspoon stevia or 1 1/2 tablespoon agave

Almond Milk

- 1 cup Almonds
- 3 pitted dates
- 5 cups water - depending on desired thickness
- Pinch of salt

Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons UME Plum Vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

Salad Dressing:

- Mayonnaise base
- 1 cup of olive oil
- 1/4 cup nutritional yeast (*optional*)

Vegetables

Steamed Vegetables Recipe and Demo



Steps from Video: using **Pot and Basket**

- Cut up vegetables and place in 9.5" diameter and 8" tall food basket
- Add water to 10" diameter and 9" tall pot
- Desired spices can be added or just enjoy the flavors of the assortment of vegetables
- Cover and cook to desired texture. Stir occasionally
- Eat as a stew or add to legumes, grains, noodles, etc.

Note: a variety of vegetables also be cooked in an **Instant Pot**

Legumes

Legumes and Grains Recipes and Demo



Steps from Video: using **Pressure Cooker**

- Fill 7 cup Pyrex bowl halfway full of legumes or grains (one type or an assortment)
- Legumes only: soak in water for a few hours (timing depends on type)
- Cook in 6-quart pressure cooker - following the manufacturer's instructions
- Store in 7 cup Pyrex bowl in the fridge, or freezer for longer storage times

Note: legumes and grains can also be cooked in an **Instant Pot**. This approach doesn't require the step of soaking (for some legumes).

Grains

Vegetable and Tempeh Fried Rice

Shared by community member

The Rice:

- 1.5 cups of rice (brown or white);
- 3 cups of water.

Procedure:

1. Bring the water with the rice to a boil.
2. Let it simmer (best to leave the pan completely uncover since the rice will be further cooked later).
3. Fluff the rice with a fork and let it cool down (preferably 24 hours before frying it with other ingredients).

The Vegetable and Tempeh Fried Rice:

- 1 onion (red or white);
- 2 cloves of garlic;
- 1 cup of frozen peas and carrots;
- 1 cup of frozen broccoli and cauliflower;
- 1 tempeh;
- Black pepper to taste;
- 3 tablespoons of soy sauce; and
- 3 tablespoons of peanut or other vegetable oil; and
- 1 green onion.

Procedure:

1. Cut up tempeh into thin slices so they can easily be cooked through
2. Coat the cut-up tempeh slices with one tablespoon of soy sauce.
3. Mince onion and garlic.
4. In a large wok (nonstick if possible) add the peanut oil, onion, garlic, frozen vegetables, and tempeh on high heat. Make sure the ingredients are in a single layer if possible, stirring frequently until the onion and garlic are caramelized and the vegetables are tender.
5. Add the remaining soy sauce and black pepper and keep stirring. Stirring frequently will ensure ingredients are evenly cooked and won't burn or stick to the pan.
6. Add the rice and cook the rice with the other ingredients until the rice is heated as well.
7. Turn off the stove and add the chopped green onion and keep stirring with the other ingredients. The remaining heat will cook the green onion and prevent overcooking.
8. Serve it with more soy sauce and peanuts if desired

Pasta

Mac & Cheese Recipe and Demo



- 4 Tbsp of all-purpose flour
 - 2 tsp of salt
 - 5 cups of soy or nut milk
 - 4 Tbsp of vegan butter
 - 4 cups (2 packages - 16 oz) of Daiya Cheese Mozzarella or Cheddar
-
- 16 oz of elbow pasta
 - 1 container (6 oz) of Nuttin Ordinary - 100% Raw Vegan Cashew Cheese -- *optional*
-
1. Combine first 5 ingredients in blender until warm and melted.
 2. Add cooked elbows and ingredients from blender into baking dish.
 3. Bake uncovered in 375 degrees F oven for 25 minutes or until lightly browned.
 4. Distribute Nuttin Ordinary in spoonful's on top and cook for another 5 minutes.
 5. Spread out Nuttin Ordinary with a spoon.

Makes: 8-12 servings. Fills a 2"x 8.5" x 12.5" baking dish.

Nuttin Ordinary

Ingredients: Organic raw cashews, water, Himalayan Pink Salt, Nutritional Yeast, Probiotic Blend

Daiya Cheese for Mozzarella

Ingredients: Filtered water, tapioca and/or arrowroot flours, non-GMO expeller-pressed canola and/or non-GMO expeller-pressed safflower oil, coconut oil, pea protein, salt, vegan natural flavors (derived from plants; no MSG), inactive yeast, vegetable glycerin, sunflower lecithin, calcium citrate, xanthan gum, citric acid, vegan bacterial cultures.

Plant-Based Meat

Tuna "Chick Pea" Salad Recipe and Demo



- 2 cups cooked or canned Chick Peas (aka Garbanzo beans)
- 1 tsp powdered kelp
- 2 tsp gluten-free tamari
- ½+ cup mayonnaise (my preference: Just Mayo)
- ¼ tsp ground dill weed or ground dill seed
- Pinch of salt

Put all ingredients in a blender and run for a few seconds.

Tofu Steaks Recipe and Demo



- Make marinade:
 - 1/8 cup of soy sauce
 - 1/8 cup of canola oil
 - 1 tbsp of nutritional yeast
- Cut tofu steaks about a ½ inch to inch thick.
- Dip tofu steaks in marinade on each side.
- Place in 4 (or more) cup bowl. May want to flip in bowl a couple times to marinate further.
- After marinating for about 30 minutes, cook in skillet or air fryer (350 degrees for 10 minutes in each side) until crispy on the outside.

Yuba (Tofu Skin) or Rice Paper for Bacon, Chicken Skins, etc. Recipe and Demo



- Pour soymilk in wide skillet - about a half inch deep.
- Turn the heat to medium-low. Too hot and it will bubble.
- Wait for a thin layer of skin to form on the top.
- Run knife around the perimeter to loosen it.
- With tongs, pick up the skin and drape over a dowel that's placed on the rim of a bowl. Allow it to drip for a couple minutes.
- Unwrap (if needed) and lay flat in a bowl to marinate.

Or

- Cut Rice Paper into strips with knife or scissors

Marinate Yuba or Rice Paper for a couple minutes. Portions depend on your taste preference and the amount of Yuba you made.

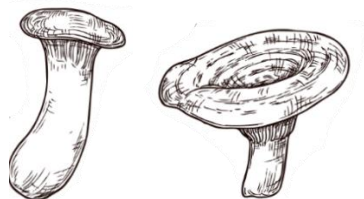
- Bacon: soy sauce, canola oil, and nutritional yeast. May also want to add a sweetener like maple or date syrup, and a small amount of liquid smoke.
 - Chicken Skins (which can be wrapped around marinated pressed tofu): canola oil, nutritional yeast, sea salt, and poultry seasoning.
- Cook in a skillet or air fryer (320 degrees for 7-8 minutes) until it becomes crispy.

Note: these strips can also be added to soup, noodle, or rice dishes.

New England Glam Chowder Recipe

Shared by community member

Click <https://www.theppk.com/> for the homepage of the website, or click [New England Glam Chowder](#)



Gardein Recipes

Shared by community member

Click <https://gardein.ca/recipes/> for recipes.

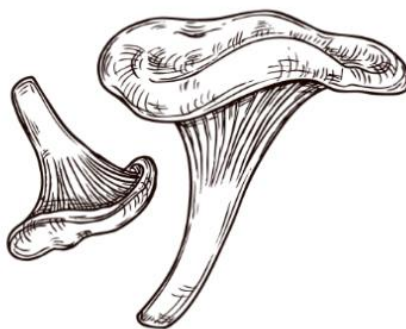
Click the **Recipe** tab for additional Gardein recipes.



Vegan Lobster Roll

Shared by community member

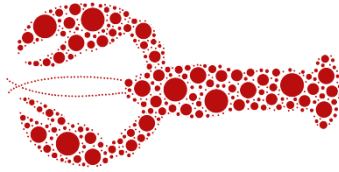
Click <https://www.thespruceeats.com/> for the homepage of the website, or click [Vegan Lobster Roll](#)



Vegan Lobster Mushroom Mac and Cheese Recipe

Shared by community member

Click <https://vegnews.com/> for the homepage of the website, or click [Vegan Lobster Mushroom Mac and Cheese](#)



Sweets

Cashew Cream Recipe and Demo



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- Cashew cream base
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Almond Milk

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- 5 cups water - depending on desired thickness
- Pinch of salt

Mayonnaise

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Tartar Sauce:

- Mayonnaise base
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Salad Dressing:

- Mayonnaise base
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