

## Savory Sage Medallions

LB class 4

*Melissa Lewis*

3 C Water

¼ C Bragg's Liquid Aminos

¼ C Brewers Yeast

2 T Oil

2 T Maple Syrup

1 ½ tsp Onion Powder

1 tsp Sage, dried

2 tsp Poultry Seasoning

¾ tsp Basil

3 tsp Dried Mustard

1 tsp Garlic Powder

3 tsp Paprika

1 T Liquid Smoke

¼ tsp Nutmeg

1/8 C Dry Red Lentils, processed in food processor (or blender) to about ½ original size or smaller

½ C Walnuts OR Pecans, processed in food processor (or blender) to fine-medium texture

½ Can Garbanzo beans, drained (save aquafaba [juice] for another use), processed in food processor (or blender) to a fine mealy texture but not creamy

3 C Quick Oats

### **Cooking and storing instructions:**

Preheat oven to 350 degrees. I use my convection option and separate racks evenly.

Combine all ingredients **EXCEPT** oats & bring to a boil. Turn heat down and simmer for 5 minutes.

Remove from heat – add oats & stir well. Let sit for 5 min, or so, to let oats absorb liquid.

Using a 2" ice cream scoop, scoop oat mixture & scrape off excess on edge of pot, place onto baking sheet, flattening to about ½".

Bake 15 minutes, flip & bake 10 more minutes. Cool to slightly warm before stacking 3-4 together and wrapping in saran wrap before freezing.

1 batch makes approximately 18 **Savory Sage Medallions**. I always double it and make 3 dozen.

I smooth out the extra to about 1/8" onto a nonstick baking pan and bake for 10 minutes on each side. Makes a lunchmeat type of product. Refrigerate or freeze.

8 large yams, or the equivalent thereof (not sweet potatoes, but yams! There is a difference!)

Wash and pat dry. Do not peel them. Cut each yam in half and then cut each one of those halves into large, Jo-Jo sized chunks.

In medium bowl add:

*1 T. garlic powder*

*1 T. onion powder*

*1 T. Spike seasoning* (a floral and spice mixture that you can find usually at Fred Meyer or Walmart)

*1 T. nutritional yeast*

*2 t. smoked paprika*

*¼ t. cayenne pepper* (according to how spicy you like things)

Mix these dry seasons together in the bowl. Dip your wet finger into the spices, and taste....it should somewhat taste like barbecue potato chips seasoning. Adjust as needed. To this add: *1 ½ c. brown sugar* Mix thoroughly and set aside.

Preheat your oven to 450°. Take a large roasting pan spray it lightly with vegetable cooking oil.

Melt slightly more than ½ c. of unrefined organic coconut oil making sure this is the unrefined kind. It has the coconut taste w/it in it which is what we want for these yams. It is not expensive and is easily found at Fred Meyer or Walmart.

In large bowl, place the Jo-Jo sized yams, pour the coconut oil over these yams thoroughly coating each one. Do not pour in all of the oil but simply pour enough until each Jo-Jo is coated with a light coating. If you put too much oil into this recipe the seasonings will basically slide off and you won't have the desired effect for the caramelization. Sprinkle the dry spice mixture over the yams tossing lightly....continue to add and sprinkle and toss lightly. You will have some left over and you can save this for later instead of using it all. Place into the roasting pan. Bake in the oven for at least 45 minutes at 450° checking them after this with a fork for tenderness. You can let them go longer to get that golden brown caramelized effect that you're looking for. Remove, and joyfully serve them immediately! They will keep for up to 2+ weeks in the fridge if you keep them covered.

## **Cranberry Relish**

**LB Class 4**

**Tom Lewis**

### Ingredients

2 large Red Apples, cored and quartered

1 12 oz. bag Cranberries (3 ½ cups)

1 C Dates, pitted

1 organic Orange (or regular orange thoroughly washed), DO NOT PEEL

### Directions

Using shred option on food processor, process all ingredients through to combine. Store in refrigerator until ready to serve.

## **Spelt Cornbread Muffins**

LB Class 4

Marla Danielson

1. ¼ c. white spelt flour
2. ¼ c. blanched almond flour
3. ¾ c. corn meal
4. 2 t. baking powder
5. ¾ t. salt
6. 2 T. applesauce
7. 1 c. plant-based milk

Preheat oven to 375°. Mix ingredients #1-5. Stir in remaining ingredients and place in silicone muffin tray (set on cookie tray to make removing from oven easy) or oiled non-stick muffin pan. (These wouldn't work well in paper liners because there is no oil.) Bake for 15-18 minutes. Makes 12 smaller-size muffins or 8 larger-size muffins. Good warm or cold!

## **Blackberry Chia Jam**

1. 3 c. blackberries, heaping
2. 1/3 c. maple syrup
3. 2 T. water
4. 2 T. chia seeds
5. 1 t. sugar, to taste (opt.)

Place ingredients #1-3 in kettle and bring to boil. Reduce heat to medium and cook, uncovered, for 30 minutes. Remove from heat, mash a little, if desired, and stir in 2 T. chia seeds. Add sugar, to taste, if desired. Let cool then place in jars and store in fridge for up to 2 weeks. Freezes well too.

Longbeachrecipes.com

## **Baked Stuffed Mushrooms**

8 oz. mushrooms (12-14 small mushrooms, Bella or white)

¾ t. Italian seasoning

½ t. nutritional yeast (opt.)

¼ t. each: garlic powder, onion powder, salt

¼ c. Tofutti cream cheese

3 T. panko breadcrumbs

Preheat oven to 400°. Clean mushrooms and pull out the stems carefully. Set stems aside. Place mushrooms on parchment-lined tray and bake for 10 minutes. Let cool while making filling. Chop stems finely and sauté in a non-stick frying pan with 3 T. water and all the seasonings on medium-high until all the water is absorbed. Place in small bowl and add cream cheese and breadcrumbs, mix well. Pat mushrooms dry with paper towel or napkin. Put new parchment paper on tray, add mushrooms and stuff with the filling. Sprinkle with paprika and parsley flakes. Bake for an additional 10 minutes, until hot. Enjoy! ***longbeachrecipes.com***

## **Kettle corn**

LB Class 4 *Tom Lewis*

25-30 cups popped popcorn (pop in an air popper, this is about 1 ½ c. of kernels)

Remove all unpopped kernels and set the popcorn aside. Preheat your oven to 300°.

In a small saucepan place:

*1 c. maple syrup*

*½ c. brown sugar*

*½ stick of plant-based margarine*

*2 t. vanilla*

*¾ t. sea salt*

Stir this mixture over a high heat until it boils into a frothy mix, just about 3-4 minutes. Set aside letting it cool a bit. In a large roasting pan, which has been lightly sprayed with non-stick vegetable oil, place half of the popcorn...using a medium measuring cup, drizzle ½ of the syrup mixture over the popcorn and stir to coat the kernels. Then dump in the rest of the popcorn and drizzle the rest of the syrup mixture. Give this a good toss and turn with a spatula to coat as many pieces as possible without crushing the kernels. Bake in the oven for 5-7 minutes, then take the roasting pan out and turn and toss the popcorn together again. Place back into the oven for another 5-7 minutes then turn the entire mixture out onto a cookie sheet to cool and turn again a few more times with a spatula. After about 20 minutes turn and toss the popcorn again and let air dry until cool! And there you have it! Kettle corn that doesn't cost you \$20 at the carnival!....And a much healthier alternative!

**Creamy No-Bake Pumpkin Pie Dessert**    LB Class 4    Marla Danielson

One 8 oz. container vegan cream cheese  
1 c. cooked sugar pie pumpkin, mashed, or canned pure pumpkin  
¼ c. Florida Crystals (raw, unrefined sugar)  
2 T. cornstarch, generous  
1 ½ t. cinnamon  
1 t. vanilla  
Pinch of ginger  
2 T. *So Delicious* Coco Whip

*Blend all ingredients in food processor until smooth and creamy. Prepare graham cracker crust.*

**Graham cracker crust:**

1 ½ c. graham cracker crumbs  
3 T. margarine, melted  
2 T. maple syrup

Mix all ingredients well, spread evenly in 8 x 8 dish, 7 x 11 dish, extra- large pie dish, or divide into 2 smaller pie dishes, and pat down firmly. Spoon creamy pumpkin on top, spread evenly. Dollop with Coco Whip or spread layer of Coco Whip on top and sprinkle with cinnamon. Refrigerate overnight, or at least 4 hours, to firm up. Enjoy!

**\*Notes:**

To cook sugar pie pumpkin, cut in half, vertically, remove stem, and scoop out seeds and strings. Place face-down on parchment-lined tray, cover loosely with foil and bake in 350° oven until very tender. Scoop out cooked pumpkin and mash with fork or potato masher.

## Caramelized Maple Curry Walnuts/Pecans

LB Class 4

Tom & Melissa Lewis

½ C Pure Maple Syrup

1 T Coconut Oil

1 tsp ground ginger

1 tsp ground curry powder

½ tsp cayenne

3 C Walnut halves or Pecans

### Instructions:

In a large skillet, heat oil over medium. Stir in spices until smooth. Add maple syrup until blended. Stir in nuts until well coated. Stir until liquid is almost gone and caramelized. Spread quickly on parchment lined baking sheet. Salt nuts.

Bake at 250 degrees for 20 minutes. Stir with spatula and continue baking for up to 20 more minutes.

Cool completely. Store in airtight container in refrigerator for best results.

Makes great Christmas treats!

### Need Gravy in a Snap

recipe from: [www.betterthanbouillon.com](http://www.betterthanbouillon.com)

Prep: 10 min.

Cook: 15 min.

Serves: 4

### Ingredients

4 cups water for gravy

2½ Tbsp *Better Than Bouillon*® Vegetable base

⅓ cup corn starch

½ cup cold water for corn starch slurry

### Directions

1. In a large saucepan, bring 4 cups water to a boil.
2. Add Better Than Bouillon Base to the water and whisk to combine.
3. Reduce heat to medium.
4. In a small bowl, add cornstarch and cold water, whisk to combine.
5. Slowly add starch slurry to saucepan, cook and stir until gravy thickens, about 2 minutes. Serve immediately over your favorite dishes.

## **Bragg's Smoked Almonds**

LB class 4

Tom Lewis

Place 3-4 c. of raw almonds (or about 1 lb) into a deep bowl. Empty one complete 16 fluid ounce bottle of Bragg liquid aminos soy protein seasoning over the almonds.

### Stir in:

*2 t. onion powder*

*2 t. garlic powder*

*¼ t. cayenne pepper* (depending on how spicy you like things)

*1 T. liquid smoke* (there is Hickory flavor and Mesquite flavor, whichever you prefer)

*1 T. vegetarian Worcestershire sauce* (that's right! Vegetarian! All Worcestershire sauce on the market contains anchovies unless you specifically get one that is vegetarian style)

Mix all of these ingredients thoroughly together with the almonds and let soak for 3 hrs., stirring about every hour making sure that the almonds are submerged in the BRAGG'S. If you do not have enough liquid to cover the almonds, you can just add more Braggs to cover the almonds, or any soy sauce will do. The reason we are using Braggs in the first place, is to reduce the sodium content as it is about half that of regular soy sauce. After the 3 hours are up, preheat your oven to 350°, drain the almonds through a strainer making sure to save the liquid concoction that you have have created. This can be placed back into the Braggs empty bottle with a small funnel, and can be stored in the fridge for weeks and can be used 3-4 more times to make more almonds! Be sure to mark the bottled almond mixture so as not to confuse with your regular soy sauce. Spray a large cookie sheet with vegetable oil spray, turn the almonds onto the cookie sheet and spread them out evenly. Place them in the oven for 20 minutes. After the 20 minutes are up remove the cookie sheet and turn the almonds with a metal spatula on the cookie sheet making sure that they are not sticking and that they are evenly coated, they will still be a little bit wet. After this, dependent on the size of almonds that you are making you will cook them in about 20 minute intervals taking them out after each 10 minutes and observing them and testing them for roasting. They usually take about 20-25 more minutes of total roasting time. Be careful not to burn them! They burn quickly! Remove from the oven and let them cool in the pan. After about 15 minutes as they cool, you'll hear all kinds of snapping and popping which means you've done it right! When they're completely cooled, place them into an airtight container or Ziploc bag and enjoy! They make great stocking stuffers!