

Curried Lentil Soup

LB Class 3

Recipe by Melissa Lewis

2 T. coconut oil

1 onion, finely chopped

2 medium carrots, peeled and finely diced

1 rib celery, finely diced

2 cloves garlic, garlic pressed or minced

1 ½ t. curry powder

1 t. turmeric

½ t. ground cumin

½ t. ground paprika

1 lb. split red lentils (dried)

6 c. vegetable stock, hot

½ (14 oz.) can coconut cream

1 T. chopped cilantro leaves

1. Sauté over medium-high heat onion, carrots, and celery in coconut oil for 5-6 minutes.
2. Add garlic and spices and stir to combine; once aromatic, add lentils and vegetable stock.
3. Cover and simmer for 20 minutes stirring occasionally.
4. Add salt to taste and stir in coconut cream and cilantro.

Visit longbeachrecipes.com for more recipes

Easy Artisan Bread

LB Class 3

Tom Lewis

3 c. flour, of any kind (whole grain flours encouraged)
½ t. of dry yeast
1 t. of salt
1 ½ c. very hot water

In a medium-sized bowl, stir together the flour, the yeast, and the salt until thoroughly mixed. Then add the 1 ½ c. of very hot water but you do not want it to be boiling, just hot tap water.

Mix this quickly and thoroughly together but do not over mix. We want the dough to be “shaggy” in texture which is kind of a loose, wobbly mixture.

Cover the bowl with saran wrap, let it sit on your kitchen counter at room temperature for 3 hours while you go off and do something profitable.

When you come back, it will probably have doubled in size.

Put onto a floured surface, and mold it gently without kneading it, into a ball.

Using the same bowl, place a sheet of parchment paper inside of it to fully line the bowl, gently place this loaf into the bowl, and cover again with saran wrap and let rise for 30 minutes.

While the bread is rising, preheat your oven to 450° with a Dutch oven INSIDE the oven with the lid on. When the temperature has reached to 450°, wait just a few more minutes, then CAREFULLY remove the Dutch oven placing it on a safe surface, take off the lid pull the load of bread out of the bowl using the parchment, and place into the Dutch oven, cover the Dutch oven with the lid, and place the whole thing back in the oven and bake for 30 minutes.

After the 30 minutes, remove the Dutch oven, take off the lid, slide the parchment paper out from under the bread leaving the loaf in the pan and put it back in the oven for 10-20 minutes depending on how crispy you like your bread.

This will give it that crispy, tasty crust, with moist bread inside.

You can add almost anything to this artisan bread to make it your own! You can add garlic, onion, chives, Italian seasoning, or you can even add such things as raisins and dates and coconut sugar to make it a sweet bread.

A very versatile and easy way to make your own artisan bread!

Almond Cheese Spread

LB Class 3 Recipe by Marla Danielson

1 c. raw almonds covered with water, soak overnight
½ c. chopped red bell pepper
3 T. nutritional yeast
2 T. fresh lemon juice
½ T. lite soy sauce
½ T. maple syrup
1 small clove garlic
½ t. each: onion powder, paprika
¼ t. each: turmeric, cumin
½ - ¾ c. water
2 T. brown rice flour
½ t. salt, or to taste

Cover almonds with water and soak overnight on countertop (cover with large plate or plastic wrap). Drain, rinse and remove skins. Place all ingredients in high-speed blender or food processor and blend until very smooth. Spread on fresh artisan bread or see more ideas below! Keeps well in fridge for 7-10 days.

****Chef's Notes:***

More ideas for this recipe! Use this as a base for cheddar broccoli soup by thinning with plant-based milk and adding cooked broccoli, use as a dip for chips, thin and use as a sauce for cheesy scalloped potatoes, mix spread with a bit of veganaise (1 t. per ½ c. cheese spread) add finely chopped tomatoes, onions and olives, spread on buttered bread and broil for 2-3 minutes until bubbly, use as a spread in burger buns with all the fixings, or it makes a delicious grilled cheese sandwich!

Quick-Soak Method: cover almonds with water, bring to boil and boil for 1 minute. Remove from heat and let soak at least 15 minutes before blending.

Visit longbeachrecipes.com for more recipes

Tasty Ramen Salad

LB Class 3

Marla Danielson

2 c. of your favorite veggies, chopped or sliced

Cook your favorite veggies in lightly salted water until tender then drain and set aside. Next prepare 2 blocks Millet and Brown Rice Ramen according to directions. Season Ramen with a bit of salt and garlic powder. Add a dash of lite coconut milk to keep noodles from sticking together. Chop or cut into smaller pieces, if desired. Next make ***Coconut Ginger Sauce***.

Coconut Ginger Sauce

½ c. lite coconut milk

1/3 c. raw cashews

2 t. maple syrup

1 t. each: orange juice, almond butter, sesame seeds

¼ t. each: salt, ginger, garlic powder

Blend all ingredients in a high-speed blender until smooth and creamy. (If you don't have a high-speed blender, soak cashews in warm water for 30 minutes, drain. Then they will blend easily in regular blender)

Mix veggies and ramen noodles in bowl. Add ½ c. chopped, fresh cilantro and garnish with pineapple and chopped, unsalted, roasted peanuts. Dressing can be served on the side or mixed in! Enjoy!

***Notes:** you can substitute lemon juice for orange juice or peanut butter for almond butter.

Visit ***longbeachrecipes.com*** for more recipes

Apple Crisp

LB Class 3

Recipe by Melissa Lewis

Preheat oven to 350 degrees

Filling:

6 med-lg apples: 3 Granny Smith plus 3 sweet apples of your choice, peeled, cored and sliced

2 Tbsp Flour

1 tsp Cinnamon

3 Tbsp Maple syrup

Combine together very well and pour into oil-sprayed baking pan.

Topping:

$\frac{3}{4}$ C Flour

$\frac{3}{4}$ C Quick oats

$\frac{1}{4}$ tsp Salt

$\frac{1}{2}$ tsp Baking soda

1 tsp Cinnamon

$\frac{1}{4}$ C (1/2 stick) plant-based butter, softened

$\frac{1}{3}$ – $\frac{1}{2}$ C Maple syrup

Combine dry ingredients first, then add butter and maple syrup. Crumble on top of filling. Bake for 40-45 minutes or until topping is golden brown. Cool. Serve warm, topped with plant-based vanilla ice cream or whipped coconut cream.

Visit ***longbeachrecipes.com*** for more recipes