

# Creamy Potatoes Au Gratin

## Ingredients

- 8-10 potatoes, peeled, cooked and sliced, seasoned with 1 t. salt
- 3 c. water (divided)
- ½ c. raw cashews
- 4 T. flour (I used white spelt)
- 2 T. sensational seasoning (recipe from previous class #2)
- 2 T. lite coconut milk
- ½ c. onions, chopped
- 2-3 garlic cloves
- 6 leaves fresh sage
- 6 sprigs fresh thyme (don't use stem, just small leaves, scrape off in a downward direction)
- 1/4 t. paprika
- 1 t. salt
- Dried seasoned bread crumbs
- Vegan Parmesan (recipe from previous class #2)
- Grated vegan cheddar cheese
- Paprika
- Fresh spring onions, chopped (sprinkle on top before serving)

## Directions

1. Peel, cook and slice potatoes and sprinkle with 1 t. salt.
2. Blend cashews with 1 c. of the water until very smooth.
3. Add remaining 2 c. water, flour, sensational seasoning, milk, onions, garlic, sage, thyme, paprika and salt and blend again briefly.
4. Bring mixture to a boil and remove from heat. Mix gently with salted potatoes.
5. Place in casserole dish and sprinkle with bread crumbs, Parmesan, cheese and paprika.
6. Bake at 350° for 30 minutes. Broil for the last few minutes to brown the top if desired.
7. Sprinkle with fresh spring onions. Enjoy!

## Did You Know? *The spruce.com*

In the culinary arts, the term au gratin (pronounced "oh-GRAH-tan") refers to a dish that is baked with a topping of seasoned breadcrumbs and cheese.

### \*Notes

*To make your own fresh bread crumbs, pulse fresh bread in food processor and season with a little Italian seasoning and salt. Spread evenly on a cookie sheet and bake at 300° for 20-30 minutes or until dried out.*

## Fried Gluten Steaks or Seitan *Yield: 45*

### Ingredients for steaks

- 1 ½ c. water
- ¼ c. pecans
- ¼ c. nutritional yeast
- ¼ c. flour, I used white spelt
- ½ c. oats
- ½ c. onion, chopped
- ½ c. celery, chopped
- 2 garlic cloves
- 2 t. natural soy sauce (class #1) (opt.)
- 1 t. basil
- 1 t. oregano
- 1 t. salt
- 1 t. vegetarian chicken seasoning
- ½ t. paprika
- 1 1/2 c. vital wheat gluten flour (Winco, bulk bin #1417)

### Ingredients for Broth

- 8 c. water
- ¼ c. natural soy sauce
- ¼ c. nutritional yeast
- 1 8 oz. can tomato sauce
- 1 T. onion powder
- 1 t. garlic powder
- 1 t. basil
- 1 t. celery seed

### Directions

1. Put all ingredients for steaks except gluten flour in blender and blend until very smooth.
2. Pour into bowl and add gluten flour ½ cup at a time. Mix very well until one big ball.
3. Prepare the broth. Bring to a boil and reduce heat to simmering gently.
4. Cut off pieces of dough and flatten with moist hands. Drop gently into simmering broth. Continue simmering for 30-40 minutes, covered, until patties have floated to top.
5. Gently remove steaks from broth and fry in a small amount of vegetable oil or in some of the broth.
6. Serve with your favorite gravy, marinara sauce or sautéed onions and peppers.

# Creamy Holiday Salad

## Ingredients

- 12 oz. fresh cranberries
- 1 c. (8 oz.) pineapple, fresh or canned with juice
- ¼ c. dates, chopped
- ¼ c. golden raisins, chopped
- 1 apple, chopped
- 1 c. raspberries, fresh or frozen
- 1 t. honey
- 1 can Thai Kitchen coconut milk, full fat
- 1 T. agave
- 1 T. maple syrup
- ½ t. vanilla powder or 1 t. vanilla extract
- ¼ t. lemon powder or 1 t. lemon juice

## Instructions

1. Pulse cranberries, pineapple, dates and raisins in food processor until evenly chopped.
2. Refrigerate for 2 hours or overnight.
3. Stir in chopped apple, raspberries and honey.
4. Make whipped cream using only the hardened white cream from top of can.
5. Blend briefly then add agave, maple syrup, vanilla powder and lemon. Blend again until smooth like whipped cream.
6. Stir into cranberry mixture and enjoy!

## \*Notes

*Top with mini vegan marshmallows if desired (New Seasons Market)*

*Top with chopped nuts or coconut flakes.*

*Add in mandarin oranges for extra flavor.*

## Did You Know? [Medicalnewstoday.com](http://Medicalnewstoday.com)

*Cranberries are a healthful food, due to their high nutrient and antioxidant content. They are often referred to as a "super food." Half a cup of cranberries contains only 25 calories.*

*The nutrients in cranberries have been linked to a lower risk of urinary tract infections, prevention of certain types of cancer, improved immune function, and decreased blood pressure.*

*Research has shown that the nutrients in cranberries can help slow tumor progression, and that they can have a positive impact on prostate, liver, breast, ovarian, and colon cancers.*

## Mini Corn Muffins

Yield: 15-18

### Ingredients

- ½ c. cornmeal
- ½ c. white spelt flour
- ½ t. salt
- 1 t. flax + 3 t. water (mini flax egg)
- 1 t. maple syrup
- ½ c. raw cashews
- 1/3 c. water
- ¼ c. non-dairy milk
- ¼ c. corn, canned and drained, fresh or frozen

### Directions

1. Combine cornmeal, flour and salt in bowl. Make mini flax egg and set aside.
2. Add remaining ingredients except corn and flax egg to blender and blend until smooth.
3. Combine blender mixture with cornmeal mixture. Stir in mini flax egg and fold in corn.
4. Drop by heaping teaspoons into mini muffin tins.
5. Bake at 350° for 15 minutes. Broil for a few minutes at end of time, if desired, to slightly brown tops.
6. Makes 15-18 mini muffins.

### \*Notes

This is an unleavened bread recipe, meaning there is no leavening agent that causes the bread to rise such as yeast, baking soda or baking powder. Unleavened bread is easy to digest and is said to have anti-inflammatory effects. Baking soda or powder are chemical mixtures that are irritating and harmful.

“Hot biscuits raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach.” *Counsels on Diets and Foods* 319

Yeast is a natural leavening agent. When using yeast in bread-making it should be thoroughly baked to destroy all the live yeast germs.

“Bread should be light and sweet. The loaves should be small, and so thoroughly baked that, as far as possible, the yeast germs shall be destroyed. When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread.” *Counsels on Diets and Foods* 316

In the Bible, leaven is symbolic of wickedness, malice or sin. (1 Cor. 5:6-8) When we observe communion in our church, we eat unleavened bread, representing the broken body of the Sinless One, Jesus.



## Vegan Cheddar Cheese

- 1 ½ c. water
- 4 T. agar flakes (New Seasons Market or Whole Foods)
- ½ c. raw cashews
- ¼ c. nutritional yeast
- ¼ c. fresh red pepper, chopped
- 1 ½ t. onion powder
- ¾ t. salt
- ½ t. garlic powder
- ½ t. paprika
- Juice of 1 lemon or 2 T. lemon juice

### Directions

1. Bring water and agar flakes to a boil and remove from heat.
2. Add to blender with all remaining ingredients and blend until very smooth.
3. Pour into a container and refrigerate until firm.

### \*Notes

- Add your own favorite herbs like basil or oregano!
- Stir in roasted red pepper, chopped olives, or jalapenos for variations!
- Use as a pizza topping or in lasagna!
- Mash with a fork and add chopped tomatoes, onions and olives. Add a little oregano and spread on buttered bread and place under broiler for a tasty toasted cheese bread!

Why not real cheese? We advocate the Garden of Eden diet that consists of fruits, nuts, grains and vegetables. This diet makes the best blood for a healthier you!

*"Many a mother sets a table that is a snare to her family. Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion." Counsels on Health, 114, 1890*

# Pumpkin Cheesecake with Berry Compote

## Ingredients for Crumble Crust:

- $\frac{3}{4}$  c. pecans
- $\frac{3}{4}$  c. oatmeal
- $\frac{1}{2}$  c. coconut, sweetened or unsweetened, finely shredded or flakes
- $\frac{1}{2}$  c. dates, chopped
- 1 T. flax meal
- $\frac{1}{8}$  t. maple flavoring
- Pinch of cardamom
- Pinch of vanilla powder or  $\frac{1}{2}$  t. vanilla extract
- Pinch of salt
- 1 T. maple syrup

## Ingredients for Pumpkin Cheesecake Filling:

- 1 c. raw cashews, soaked in hot water for 1 hour, drained and rinsed
- $\frac{1}{2}$  c. lite coconut milk
- $\frac{1}{2}$  c. pumpkin
- $\frac{1}{2}$  c. maple syrup
- 2 t. molasses
- $\frac{1}{2}$  t. vanilla powder or 1 t. vanilla extract
- $\frac{1}{8}$  t. maple flavoring
- Pinch of salt
- Pinch of cardamom

## Ingredients for Berry Compote:

- 2 c. berries – I used frozen blueberries and blackberries, 1 c. each
- $\frac{1}{4}$  c. maple syrup
- 2 t. cornstarch or arrowroot

## Directions

1. Place all ingredients for crumble crust in food processor except maple syrup and process until crumbly. Drizzle in maple syrup and process until mixture will clump together when pinched.
2. Press into a 6" springform pan, the bottom lined with parchment paper. Spread evenly, pressing down firmly. Place in freezer while making filling.
3. Place all ingredients for pumpkin filling into blender and blend until very smooth.
4. Pour over crumble crust and place in freezer.
5. Make berry compote by bringing all ingredients to a boil and then simmering for a few minutes. Mash berries slightly if desired.
6. When ready to serve, thaw cheesecake for 15-30 minutes and top with berry compote and whipped cream if desired.