

Willapa Harbor SDA Church

Lunch, September 21, 1 pm.

Menu: *Baked Potatoes with Cheesy Cauliflower Sauce or Country Gravy Quick, Salad with Dilly Dressing, Homemade Spelt Bread with Berry Chia Jam, Carob Pecan Mousse*
(recipes by Marla Danielson unless otherwise noted)

Cheesy Cauliflower Sauce

blog.fatfreevegan.com

2 cups water
2 heaping cups small cauliflower florets
1 teaspoon onion powder
2 cloves garlic peeled, or 1/2 teaspoon garlic powder
1/4 teaspoon paprika
1/8 teaspoon turmeric
1/4 cup nutritional yeast
1 tablespoon cornstarch or potato starch
1/2 tablespoon lemon juice
salt to taste

Instructions: Bring the water to a boil in a medium saucepan. Add the cauliflower, onion powder, garlic, paprika, and turmeric. Cover tightly and reduce the heat to very low. Simmer until the cauliflower is so tender that it easily comes apart when poked with a fork, about 15-20 minutes. Let cool for 5-10 minutes then place in a blender and add all remaining ingredients. Blend until you have a completely smooth sauce. Pour the sauce back into the saucepan, add salt to taste if you like, and heat until it begins to bubble, stirring occasionally. Allow it to cook and thicken for at least another 2 minutes. Enjoy!

Dilly Dressing

1 c. raw cashews (soaked in hot water 15-30 minutes)
1/2 c. water
2 T. lemon juice
1/2 t. Salt
1/8 t. Dill, stir in after blending

Instructions: Drain soaked cashews, rinse, place in a blender with remaining ingredients except the dill. Blend until very smooth. Stir in the dill. To make it like a Thousand Island Dressing, whisk in 1 t. Tomato paste after blending. Enjoy!

Homemade Spelt Bread

3/4 c. hot water
1 packet quick-rise yeast (2 1/4 t.)
1/2 T. maple syrup
1/2 T. olive oil
1/2 c. whole grain spelt flour
1 1/2 c. white spelt flour
1/2 t. salt



Instructions: Preheat oven to 350°. Mix water, yeast, and maple syrup and let rest for 10 minutes. Add all remaining ingredients and mix into a loose ball. Place on a lightly floured countertop and knead into a smooth ball, adding a few more sprinkles of flour, when needed. Place back in the bowl, cover with a light kitchen towel and let rise for 15 minutes. Knead briefly again on lightly floured countertop, shape into a loaf and place in a 2 lb. (smaller size) parchment-lined bread pan and let rise until a little over the top of the pan (10 minutes). Bake for 30 minutes until golden brown. Remove to a wire rack and cover with a light kitchen cloth as it cools. Enjoy!

Let us remember that there is practical religion in a loaf of good bread.

{Counsels on Diets and Foods 251.1}

Country Gravy Quick

Make your own cashew milk: (or 1 1/2 c. store bought)

1/4 c. raw cashews (soaked in hot water for 15-30 minutes)
1 1/2 c. water

Other ingredients:

2 T. cornstarch mixed with 2 T. water (*slurry*)
2 t. onion powder, scant
1 t. salt

Make cashew milk: drain and rinse soaked cashews. Place in a blender with 1 1/2 c. water. Blend until very smooth. Add cashew milk to a skillet and whisk in the other ingredients. Bring to a boil over medium-high heat, stirring constantly, and enjoy!

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” 1 Corinthians 10:31

