

Forest Grove Class 49 Menu

November 12, 2023

Biscuits and Gravy, Potatoes O'Brien, and Oatmeal Pumpkin Cream Pies

Simple Biscuits

3 t. Quick-rise yeast
1/3 c. very warm water
1 T. maple syrup
1/2 c. raw cashews
2/3 c. water
2 c. white spelt flour
1/2 t. salt

Preheat oven to 350°. In bowl, stir yeast, warm water and maple syrup together and set aside for 10 minutes. Blend cashews and water in high-speed blender until very smooth. (You can use a regular blender also, it helps to cover the cashews for 1/2 hour in very warm water, drain and rinse, and then blend until smooth) Place in bowl with yeast mixture. Stir in flour and salt. Turn out onto generously floured countertop, sprinkle top of dough with more flour and knead lightly for just a few minutes, until the extra flour is incorporated. Cover and let rise for 10 minutes. Place dough on lightly floured countertop, turn over onto itself a few times, then pat out into a small thick rectangle and cut into biscuit shapes, should make 12 biscuits. Let rise for 15 minutes then bake for 15 minutes. Enjoy!

Simple Gravy

1/2 c. raw cashews
2 c. water
1 T. **Vegetable Bouillon Flakes**
1 1/2 T. brown rice flour
1 t. Salt
1/2 t. Sage, stir in after blending
Pinch of rosemary and thyme, stir in after blending

*Add all ingredients to a high-speed blender except sage, rosemary and thyme and blend for 1 minute until very smooth. (A regular blender works too, just blend 1 minute longer, soaking the cashews ahead of time, like mentioned above, softens them and helps) Place in small kettle and bring to a boil on medium heat, stirring occasionally. Last, stir in sage, rosemary and thyme. (If too thick, thin with a little water, if too thin, sprinkle in some more brown rice flour) Enjoy!
Optional add-ins: sauteed onion, peppers, mushrooms, peas, crumbled tofu.*

Vegetable Bouillon Flakes: Stir together 1/2 c. nutritional yeast, 1 T. each: onion powder, garlic powder, 1/2 T. each: Italian Seasoning, **Homemade Poultry Seasoning**, parsley, and a pinch of turmeric and salt. **Homemade Poultry Seasoning:** Stir together 4 t. Sage, 2 t. Each: thyme, marjoram, 1 t. Celery seed

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Roasted Potatoes O'Brien

FG Class 49

Marla Danielson

5 ½ c. potatoes, cut into bite-size pieces

1 T. **Vegetable Bouillon Flakes**

1 t. Salt

Pinch of Rosemary

Drizzle of olive oil

Preheat oven to 450°. Combine potatoes and spices and salt, drizzle with olive oil and mix well. Place on parchment lined baking tray, or in a casserole dish brushed with olive oil and bake for 30-40 minutes, or until potatoes are fork-tender and lightly browned. While potatoes are baking, do following:

*In fry pan, saute 1/2 medium onion (or scallions), diced, 1/2 pepper (any color), diced, and 1 t. minced garlic in a splash of olive oil and a dab of plant-based butter. Saute for a few minutes on medium heat, then add roasted baked potatoes, mix well and enjoy! Garnish with fresh parsley, if desired, or top with **Simple Gravy** and **Vegan Parmesan without Nuts**.*

To make **Vegan Parmesan without Nuts**: ⅓ c. raw hemp seeds, ¼ c. nutritional yeast, 1 T. potato starch or rice flour, ¼ t. Each: salt, garlic powder.

Place all ingredients in a food chopper or blender and pulse briefly, until crumbly looking, but not powder. Good on potatoes, pasta, rice, toasted bread and pizza! thehiddenveggies.com

Oatmeal Pumpkin Cream Pies *(like Little Debbies with pumpkin cream filling!)* Marla Danielson

1. ½ c. Barney's Bare Almond Butter (no added sugar or salt)
2. ¼ c. each: brown sugar, maple syrup
3. 1 T. each: molasses, plant-based milk
4. 1 t. Vanilla
5. ½ c. each: old-fashioned oats, blanched almond flour
6. ½ t. Salt
7. ¼ t. Cinnamon

Preheat oven to 350°. Stir together ingredients #1-4, add ingredients #5-7 and mix well. Drop by large teaspoonfuls onto parchment-lined baking tray. Smooth and flatten out a bit with wet spoon, making circles. Sprinkle each cookie with a bit of Florida Crystals. Bake for 12-13 minutes and let cool on tray (they will firm up).

To make **pumpkin cream filling**: mix well with back of fork, ½ container softened cream cheese (3 1/2-4 oz, set out for ½ hour to soften), 2 T. each Florida Crystals (unrefined, raw cane sugar), and pumpkin puree, 1 t. Vanilla, and a pinch of cinnamon and salt. (It's best to add ingredients one at a time in the order given, to minimize the lumps!) *Spread filling in cooled cookies, making a sandwich, or use as frosting on single cookies and sprinkle lightly with cinnamon. Enjoy! Store in fridge or freezer.*

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