



# Recipe Collection

*Clorofil is an all-volunteer animal advocacy nonprofit and micro-sanctuary in the San Francisco Bay area. We grow awareness in our community by giving talks about the plight of farmed animals and the impact of animal agriculture on our planet. Through our cooking demonstrations, we encourage a plant-based lifestyle.*

*On a gloomy day during the COVID lockdown, we baked crêpes to lift our spirits. Peter filmed the process for fun, and I posted it on Facebook. Many friends enjoyed it and asked for more. That's how La Cuisine de Clorofil was born! This series of lighthearted cooking videos shares vegan recipes with a French twist. You can find them on our website: [www.clorofil.org/la-cuisine-de-clorofil](http://www.clorofil.org/la-cuisine-de-clorofil). This collection presents the recipes in a printable format.*

*Isabelle*

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# Hors d'Oeuvres

This cashew cheese log is a festive appetizer for the holidays.  
It's super easy to make and so delicious!

## INGREDIENTS

### CHEESE:

2 cups raw cashews,  
soaked for at least 2 hours  
2 Tbsp nutritional yeast  
1 tsp miso paste  
2 Tbsp lemon juice  
1 garlic clove  
1 tsp onion powder  
1 Tbsp dried dill  
1 tsp salt  
1/2 tsp pepper

### CRUST:

1/2 cup raw almonds  
1oz chives

## DIRECTIONS

Blend all the cheese ingredients together.  
Pour the dough in a food wrap, and give it roughly the shape of a log.  
Put in the fridge for about 2 hours.

Meanwhile finely chop the ingredients for the crust.

After the dough has firmed up in the fridge, roll it in the almond/chives mix and cover it fully with this beautifully crust.  
Keep refrigerated until serving.

These small French cheese puffs, made with choux pastry, originate from Burgundy, where I grew up. They were traditionally served during wine tastings in cellars and are also popular as appetizers.

## INGREDIENTS

*makes about 15 gougères*

1/4 cup water  
1/4 cup soy milk  
2 oz vegan butter  
(I use Earth Balance)  
3 oz bread flour (\*)  
1/2 cup Just Egg  
1/4 cup soy milk  
(to mix with Just Egg)  
1/4 tsp salt  
3 oz vegan shredded  
cheese  
(I use Violife mozzarella)

*(\*) All-purpose flour can be used, but the puffs will be less airy. Einkorn all-purpose flour also works well but should be sifted first to prevent clumping.*

## DIRECTIONS

Preheat oven to 400F.

1) Start choux dough.

In a small pot, combine water, soy milk, and vegan butter. Bring to a simmer, stirring until butter melts.

Add flour all at once. Reduce heat to low and stir continuously until the mixture forms a ball and easily comes away from the sides of the pot. Transfer dough to a bowl and cool to room temperature. To speed up cooling, flatten the dough and place in the freezer for 5 minutes.

*Important: Cooling is crucial to prevent the eggs from cooking when added to the dough. The eggs should only start cooking later in the oven.*

2) Prepare the egg mixture and cheese.

In a small bowl, whisk together 1/4 cup soy milk, Just Egg, and salt. Chop the shredded cheese in small pieces.

3) Finish choux dough.

Once the dough is at room temperature, gradually incorporate the egg mixture, a few spoonfuls at a time. Mix thoroughly after each addition. Add cheese and mix.

4) Form and bake the puffs.

Line a baking sheet with parchment paper.

Using a pastry bag with a round tip, pipe dough into small mounds (about 2" wide and 1" high) on the prepared sheet.

Bake for 30-35 minutes, until puffs are evenly golden brown.

*Important: Do not open the oven door during baking to prevent puffs from deflating. Use the oven light to check their color in the final few minutes.*

Best served warm. But can be kept for a couple of days, they will just soften a bit.

## PIGS IN A BLANKET

Plant-based hors d'oeuvres to impress your friends and family this Easter (and any other occasion!).  
Recipe from "The Superfun Times Vegan Holiday Cookbook" by Isa Chandra Moskowitz.

### INGREDIENTS

*makes ~30*

1 lb thick baby carrots  
olive oil  
salt  
1 1/2 tsp smoked paprika  
1 vegan puff pastry  
(I use Pepperidge Farm)  
1 Tbsp toasted sesame  
seeds  
Dijon mustard for serving

### DIRECTIONS

Preheat the oven to 450°F.

Toss the carrots with some olive oil and salt in a bowl. Place them in a single layer on the baking sheet. Cover the baking sheet with aluminum foil, and roast until tender, about 20 minutes.

Keep the oven on because you'll be using it again.  
Put the roasted carrots back in the bowl and toss them with the smoked paprika.

Place the pastry sheet on a lightly floured cutting board and roll it out into a long rectangle. Cut the pastry into long, thin strips that are about 1 inch wide (a bit shorter than the length of your carrots).  
Wrap each carrot in the puff pastry, seal the edge with a little water, and place it, seam side down, on the baking sheet.  
Brush the tops of the piggies with water and gently press sesame seeds into the pastry.  
Put them back into the oven until golden and puffy, 10 to 15 minutes.

Serve warm with mustard.

Plant-based hors d'oeuvres to impress your friends and family this Easter (and any other occasion!).  
Recipe from "The Superfun Times Vegan Holiday Cookbook" by Isa Chandra Moskowitz.

### INGREDIENTS

*makes 12*

6 small (egg size) thin-skinned potatoes, like Yukon Gold  
olive oil  
salt  
1/4 cup raw cashew, soaked for 2+ hours  
1/4 cup vegetable broth ([I make my own](#))  
1/4 tsp turmeric  
1 tsp fresh lemon juice  
1/2 tsp salt (use black salt aka kala namak for an eggy taste)  
pepper  
sweet paprika  
fresh dill sprigs

### DIRECTIONS

Preheat oven to 350 F.

Cut the potatoes in two. Brush the cut sides with olive oil and sprinkle with a bit of salt. Place cut sides down on the baking sheet. Bake for 30 minutes, until potatoes are tender.  
Let cool enough to handle.

Drain the cashews and place them in the blender with vegetable broth, turmeric, salt, lemon juice and pepper. Blend until very smooth and creamy.

Scoop the center of the potatoes out with a rounded teaspoon, leaving about 1/4 inch lining of potato inside. Place the scooped out potato into the blender with the cashew cream mixture and blend until smooth. Chill in the fridge for about 30 minutes so that the mixture stiffens up.

Once cool, scoop into pastry bag fit with a medium sized serrated tip and fill the potatoes. Sprinkle with paprika and top with a little sprig of dill.

Serve at room temperature.

Plant-based hors d'oeuvres to impress your friends and family this Easter (and any other occasion!). Inspired by a recipe from "The Superfun Times Vegan Holiday Cookbook" by Isa Chandra Moskowitz.

## INGREDIENTS

16 oz extra firm tofu  
3/4 tsp turmeric  
1 Tbsp hot water  
1/4 cup vegan mayo  
([I make my own](#))  
2 Tbsp fresh lemon juice  
1/2 tsp salt  
(use black salt aka kala  
namak for an eggy taste)  
pepper  
1/4 cup fresh dill, chopped  
1/4 cup finely chopped dill  
pickles  
1 small carrot, finely grated  
3-4 endives

## DIRECTIONS

1) Make the egg salad  
In a small bowl, whisk the turmeric with the hot water.  
In a big bowl, mash the tofu. Add the turmeric mixture, mayo, lemon juice, salt, pepper, dill, pickles, and carrot. Mix well. Taste and adjust the salt and pepper.

2) Prepare the boats  
Detach their leaves of the endives. Wash and dry them.  
Scoop some egg salad in each leave and place on a serving tray.

Alternatively, you could serve the egg salad in cucumber cups, on crackers, or even between two slices of bread.



# Soups

## CHILLED AVOCADO CITRUS SOUP

Nothing beats a cold soup on hot summer day. Beside the famous Spanish gazpacho, try this amazingly refreshing avocado citrus soup. The recipe is from Nadsa De Monteiro at Elephant Walk restaurant.

### INGREDIENTS

*serves 4*

1 small onion, chopped  
1 Tbsp salt, regular  
1 quart orange juice,  
freshly squeezed  
1 cup lime juice, freshly  
squeezed  
1 Tbsp sugar  
2 tsp salt, regular  
1/2 teaspoon black pepper  
1 tsp garlic, chopped  
2 Tbsp extra virgin olive oil  
or soybean oil  
3 avocado, cut 1/2 inch  
cubes  
2/3 cup button mushroom,  
sliced 1/4 inch thick  
2 cups cherry tomatoes, cut  
in half  
cilantro, chopped

### DIRECTIONS

Cover the chopped onion with salt for 20 to 30 minutes. Rinse the salt completely off the onion, drain and squeeze off excess water.  
Mix salt, black pepper, orange juice, lime juice, garlic and sugar. Stir to mix well.  
Add olive oil and mix well. Add the avocado, mushroom, tomatoes and onion. Stir gently now to mix well.  
Let chill for 1 hour before serving.  
When serving, add the chopped cilantro to soup and stir to mix.

A cool and refreshing soup for hot summer days.

## INGREDIENTS

*serves 4*

1 big cucumber (~1 lb),  
optionally peeled, roughly  
chopped  
1 1/4 cup vegan yogurt  
([I make my own](#))  
3 Tbsp olive oil  
1 Tbsp lemon juice  
1 garlic clove  
a few leaves of mint  
cayenne pepper (optional)  
salt

## DIRECTIONS

Blend all the ingredients together.  
Place soup in fridge at least 1 hour before serving.

This French onion soup is served gratinéed with bread covered with cheese floating on top. It's perfect for cold winter nights.

## INGREDIENTS

*serves 8 (we eat 2 servings as a full meal)*

5 onions sliced (~3lbs)  
1-2 Tbsp olive oil  
1 tsp salt  
3 cloves garlic minces  
1/2 tsp thyme dry or 2  
sprigs fresh  
1/2 cup red wine (I used  
Pinot Noir, but a Cabernet  
Sauvignon is good too)  
6 cups veggie broth  
([I make my own](#))  
1 Tbsp soy sauce  
1 Tbsp miso  
bread toasted (French  
baguette preferably)  
vegan cheese (something  
that melts nicely like  
Miyoko's mozzarella or  
Violife slices)

## DIRECTIONS

Heat oil in large Dutch oven. Add sliced onions with salt. Cover and cook for 20 minutes. Uncover, stir and cook for another 30-40 minutes until the onions are soft and start browning. Add the minced garlic and thyme. Wait for a couple of minutes till the garlic releases its aroma. Add the wine and the broth. Bring to a boil, cover and simmer for 30 minutes. Add the soy sauce and the miso, and simmer for another 15 minutes. Pour soup in serving bowls. Place slice of toasted bread on top with cheese. Broil in oven for 5min until the cheese is melted. Serve immediately.

# Quick Meals

Quiches are savory French tarts traditionally made with lots of eggs, cream, and cheese. Here are two ways to bake them without eggs and dairy.

## INGREDIENTS

1 vegan puff pastry  
(I use Pepperidge Farm)

vegetables for the filling  
(choose your favorites):

onions  
mushrooms  
spinach  
broccoli  
cherry tomatoes  
...

two options for the egg /  
cream mixture:

tofu base:  
12 oz firm tofu  
1/4 cup soy milk

Just Egg base:  
1/3 cup raw cashews  
2/3 cup water  
8 fl oz Just Egg

1 cup vegan shredded  
cheese  
salt & pepper

## DIRECTIONS

Preheat oven to 400F.

Sautee / steam vegetables and season to taste.

Roll out the pastry. Place on tart pan lined with parchment paper.

If choosing tofu base:

Blend the tofu, milk, half the cheese, salt and pepper.  
Mix it with the vegetables, and spread on the pastry.

If choosing Just Egg base:

Spread the vegetables evenly on the pastry.  
Blend cashews and water together. Mix in the Just Egg, half the cheese,  
salt and pepper.  
Pour the mixture on top of the veggies.

Sprinkle the remaining cheese on top. And bake for about 45 minutes until  
the quiche is puffed and golden.

Serve hot with a green salad.  
It's also delicious cold.

Baking a plant-based quiche Lorraine. It's a classic French dish traditionally made with eggs, cream, bacon, and cheese.

## INGREDIENTS

1 vegan puff pastry  
(I use Pepperidge Farm)  
1/3 cup raw cashews  
2/3 cup water  
8 fl oz Just Egg  
1/2 cup vegan parmesan  
(I use Follow Your Heart)  
salt & pepper  
[1 recipe tofu bacon bits](#)

## DIRECTIONS

Preheat oven to 400F.

Roll out the pastry. Place on tart pan lined with parchment paper.  
Spread the bacon bits evenly on the pastry.

Blend cashews and water together. Mix in the Just Egg, salt and pepper.  
Pour the mixture on top of the bacon bits.  
Sprinkle the cheese on top. And bake for about 45 minutes until the quiche is puffed and golden.

Serve hot with a green salad.  
It's also delicious cold.

Croque-monsieur, literally translated as “crunch-sir”, is a hot sandwich made of ham and cheese. It’s served as a quick snack in French cafés and bars.

## INGREDIENTS

bread slices  
vegan butter  
(I use Earth Balance)  
vegan cheese slices  
(I use Violife cheddar)  
Tofurky deli slices

## DIRECTIONS

Heat a large non-stick pan over medium heat.  
Butter one side of each bread slice.  
Place half of the slices in the pan, buttered side down.  
On each slice in the pan, layer: one slice of cheese, one slice of Tofurky, and one more slice of cheese.  
Top each sandwich with a remaining bread slice, buttered side up.  
Cover the pan with a lid to retain heat.  
Cook until the bottom is golden brown, then flip the sandwiches.  
Cook until the other side is also golden brown.  
Serve hot with a green salad.



## CROISSANT JAMBON FROMAGE

The "croissant jambon fromage" is the rich and decadent cousin of the "croque-monsieur". It's a hot croissant sandwich made with ham, cheese and béchamel!

### INGREDIENTS

*serves 4*

4 vegan croissants (I get them at Whole Foods)  
1/3 cup raw cashews  
(soaked overnight if you don't have an high speed blender)  
2/3 cup water  
salt, pepper, nutmeg to taste  
1 Tbsp nutritional yeast  
vegan cheese shreds  
(I use Violife's)  
Tofurky deli slices

### DIRECTIONS

Preheat oven to 350F.

Cut the croissant in half but not completely, leave the 2 parts attached. Blend the water and cashews. Mix in the salt, pepper, nutmeg, and nutritional yeast. Heat béchamel sauce in saucepan while stirring continuously, till thickened.

Spread half of the sauce in the croissants, sprinkle with cheese, add deli slice. Add the other half of the sauce and sprinkle again with cheese. Bake croissants for 20 minutes.

A creamy, fluffy vegan take on the classic French omelette, perfect for breakfast, lunch, or dinner.

## INGREDIENTS

*serves 1*

1/2 cup Just Egg  
1/2 Tbsp 1/2 Tbsp vegan  
milk or heavy whipping  
cream  
1/8 tsp baking powder  
salt and pepper to taste  
vegetable oil or vegan  
butter

## DIRECTIONS

Heat the oil or butter in a nonstick pan over low to medium heat.  
Whisk all the ingredients together in a bowl until smooth.  
Pour the mixture into the pan and cook slowly for 12 to 15 minutes.  
Patience is key!  
Once the edges have set, gently run a spatula around the sides to keep  
them from sticking.  
When the center is fully cooked and no longer liquid, fold the omelette  
gently in half and slide it onto a plate. Serve warm.

Tofu Scramble by our friend Davy.

## INGREDIENTS

*serves 4 to 6*

16 oz firm tofu, drained  
2 tsp ground cumin  
1 tsp salt  
1/4 tsp black pepper  
1 Tbsp ginger, minced  
1/4 tsp ground turmeric  
3 Tbsp olive oil  
1 onion, chopped  
1 red pepper, chopped  
6 oz mushrooms, sliced  
2-3 cups fresh spinach

## DIRECTIONS

Crumble tofu into bit-size pieces in bowl and mix with cumin, salt, pepper, ginger, turmeric. Set aside.

Heat pan to medium to medium-high. Add olive oil. Sauté onions in oil until they begin to soften (about 2 minutes). Add mushrooms and red pepper. Sauté until just soft. Cover a minute to speed cooking and release juices if you like.

Stir in tofu mixture. Heat through about a minute. Add spinach leaves and cover for half a minute to soften them. Mix in spinach until it's barely wilted.

Serve warm with toast, potatoes, vegan sausage, etc.

# Main Dishes

# GRATIN DE CRÊPES WITH BUTTERNUT AND SAGE

This delicious gratin of crêpes with roasted butternut and sage is perfect to impress your friends and family during the holiday.

## INGREDIENTS

*serves 4 as main dish, 8 as side dish*

### CRÊPES:

[1 recipe crêpes](#)

### BÉCHAMEL:

1 cup raw cashews  
3 cups water  
salt, pepper, and nutmeg to taste  
1 Tbsp nutritional yeast

### FILLING:

1 butternut squash, diced  
1 bunch sage  
vegan goat cheese, opt  
(I use Violife feta)

## DIRECTIONS

There are many parts in this recipe that can be done in parallel, so read the recipe entirely before starting.

### 1) Roasted butternut:

Preheat oven to 400F.

Toss the diced butternut with a little olive oil and salt, and place on a baking sheet in the oven for 35 minutes or until golden.

### 2) Sage:

Toss the leaves in the bowl where you tossed the butternut, so it uses the rest of the oil. Add them in the oven next to the butternut and roast for 10 minutes only.

An alternative is to fry them in a small pan with oil until crisp, but you will need to drain them on paper towels so it's not too oily.

### 3) Crêpes:

Make 8 crêpes and keep them warm.

### 4) Cheesy béchamel:

Blend cashews with water. Cook in a saucepan until the sauce thickens. Mix in the nutritional yeast. Add salt, pepper, and nutmeg to taste.

### 5) Gratin:

In each crêpe, put some roasted butternut, cheese (optional), béchamel, and a few sage leaves (save some for garnish!).

Roll the crêpes and place them in a baking dish next to each other.

Pour the remaining béchamel sauce on top.

Put the dish under the grill and cook for 3-5 minutes.

Garnish with the reserved sage leaves and serve. I usually serve it with a nice crisp green lettuce.

# MUSHROOM WELLINGTON

Let this mouthwatering mushroom Wellington be the star attraction on our holiday table. A celebration of earth's wonders without harm.

## INGREDIENTS

serves 4

### PORTOBELLOS:

2 small portobello mushrooms (or 2 large cremini)  
2 cloves garlic, minced  
2 tsp fresh thyme, finely chopped  
2 tsp fresh rosemary, finely chopped  
olive oil  
salt & pepper

### FILLING:

2 shallots, chopped  
1 Tbsp fresh rosemary, finely chopped  
1 Tbsp fresh thyme, finely chopped  
1 Tbsp fresh tarragon, finely chopped  
1 Tbsp fresh sage, finely chopped  
2 cloves garlic, minced  
1 Tbsp of white wine (I use a Sauvignon Blanc)  
1/2 Tbsp dark brown sugar  
1/2 cup cremini mushrooms, diced  
1/2 cup oyster mushrooms, diced  
1/2 cup shiitake mushrooms, diced  
1 Beyond Meat sausage, Bratwurst or Sweet Italian  
1 Tbsp of vegan butter (I use Earth Balance)  
1/4 cup pecans, chopped  
1/4 cup walnuts, chopped  
1/4 cup fresh breadcrumbs  
1 tsp of white truffle oil  
olive oil  
salt & pepper

### PASTRY WRAP:

1 vegan puff pastry, thawed (I use Pepperidge Farm)  
1/4 cup soy milk

## DIRECTIONS

### 1) Cook the portobellos:

Preheat oven to 350F. Place portobellos upside down in a lightly oiled baking dish. Top with herbs, garlic, salt, and pepper. Drizzle with olive oil. Bake until slightly browned but still holding their shape, about 20 minutes. Let it cool, discard juice if any, and cut in thick slices. Set aside.

### 2) Prepare the filling:

Heat olive oil in a large pan over medium heat. Add shallots with a pinch of salt and cook until soft and slightly browned, about 10 minutes. Stir in the herbs and garlic, cook for 3 more minutes. Mix in the white wine and brown sugar until dissolved. Cook for a couple more minutes, then transfer to a large bowl.

Heat olive oil in the same large pan over medium high heat. Sauté the chopped mushrooms with a bit of salt until tender. Don't crowd the mushrooms in the pan, cook in batches if needed. Transfer the sautéed mushrooms to the large bowl with the shallots and herb mixture.

Crumble the sausage and cook it in the same pan on medium heat. Once hot and slightly brown, about 8 minutes, add them to the large bowl.

Melt the butter and add to the large bowl.

Add the nuts and breadcrumbs to the large bowl. Combine everything. Add truffle oil, salt and pepper to taste.

### 3) Assemble the Wellington:

Lightly flour a piece of parchment paper, and roll out the puff pastry to form a 10' x 14' rectangle.

Spoon half of the filling mixture onto half of the rectangle and leave a 1" border around as we will fold the pastry in half after the filling is added. See the video.

Place the portobellos on top of the filling, then add more filling on top of the portobellos. Softly mold the mixture into a log shape.

If you have too much filling, keep it and enjoy it with pasta.

Brush soy milk along the outer edge and center of the pastry. Fold the half of the pastry over the filling. Line up the edges. Use a fork to firmly seal the Wellington.

Bake the Wellington in oven at 350F until golden brown for about 1 hour. Let cool for at least 10 minutes. Brush with some truffle oil before serving warm.

This vegan take on the traditional Italian dish tastes as though it's been perfected over generations.

## INGREDIENTS

serves 8

1 lb no-boil (oven-ready)  
lasagna noodles  
1 [recipe Bolognese sauce](#)  
vegan shredded cheese  
(I use Daiya mozzarella)  
olive oil

### BÉCHAMEL SAUCE:

1 1/2 cup raw cashews  
3 cups of water  
1-2 Tbsp nutritional yeast  
salt & pepper  
nutmeg

## DIRECTIONS

Prepare the Bolognese sauce according to [this recipe](#).

Prepare the béchamel by blending the cashews and the water until smooth. Cook the mixture in a saucepan over medium heat, stirring constantly until it thickens. Add nutritional yeast, salt, pepper, and nutmeg to taste.

Preheat oven at 375F.

Oil a 9"x13" baking dish.

Spread a thin layer of Bolognese sauce on the bottom. Layer the lasagna noodles on top.

Ladle half of the Bolognese sauce on the noodles, followed by a third of the béchamel sauce. Add another layer of noodles.

Repeat one more time and finish with a layer of béchamel sauce. Sprinkle generously with cheese.

Cover and bake in oven for 30 minutes.

Remove cover and bake for another 20 minutes, or until lightly browned and the sauce is bubbling.

Serve warm with a fresh green salad.

A plant-based version of the famous Italian pasta sauce with a French twist.

## INGREDIENTS

1 onion, diced  
1 bell pepper, diced  
a dozen crimini mushrooms, sliced  
4-6 garlic cloves, minced  
1 hot pepper, crushed  
12 oz beef-less ground beef  
3 (14oz) cans diced tomatoes  
a splash of red wine  
salt and pepper to taste

## DIRECTIONS

In a large pot, cook the onion and bell pepper on medium heat.  
In a separate pan, sauté the sliced mushrooms.  
Once the onions are becoming translucent, add the garlic and hot pepper to the pot. Add the sautéed mushrooms to the pot.  
Brown the beef-less beef in the pan used for the mushrooms.  
When the onions are soft enough (taste to check), deglaze the pot with a splash of wine.  
Add the beef crumbles to the veggie mixture, along with the diced tomatoes, salt, and pepper.  
Cover the pot and cook for 20 minutes.  
Use an immersion blender to achieve the desired texture, et voilà!

PS: This sauce freezes well, so you can always keep some ready in the freezer for quick meals.



A plant-based version of this rich Italian pasta dish that usually uses cream, cheese, eggs and bacon.

## INGREDIENTS

*serves 3*

9 oz spaghetti  
1/4 cup raw cashews  
1/2 cup water  
1/2 cup vegan parmesan  
(I use Forager)  
1/2 cup Just Egg  
1 [recipe Bacon Bits](#)

## DIRECTIONS

Cook the spaghetti according to the instructions on the package.  
Blend the cashews with the water. Stir in the eggs and the cheese. And set aside.  
After draining the spaghetti, put them back in the pot on low heat. Add the cream mixture and cook until it thickens a bit. Then add the bacon bits.  
Serve hot!

The tian de courgettes is a Provencal gratin where the rice is cooked with the natural moisture of the zucchinis. It's one of my favorite summer dish!

## INGREDIENTS

serves 3

olive oil  
4 zucchinis, sliced  
1 cup white rice  
3 garlic cloves, minced  
salt & pepper  
1/3 cup raw cashews  
2/3 cup water  
1 Tbsp nutritional yeast  
1/2 cup vegan parmesan  
(I use Follow Your Heart)  
1/2 cup Just Egg  
a dozen basil leaves,  
chopped

## DIRECTIONS

Sauté the courgettes in a pan for a few minutes on high heat.  
Add the garlic, rice, salt, and pepper. Reduce heat, cover, and let cook for 20min.  
Turn off heat and let it rest for 20-30 minutes.  
Preheat the oven at 400F.  
Meanwhile, blend the cashew with the water to make cream. Add the nutritional yeast, Just Egg, parmesan, and basil. Mix.  
When the zucchinis and rice are ready, add the cream mixture, mix well, and put everything in a baking dish.  
Bake in oven for 30 minutes.

Note that I use a Dutch oven to avoid using (thus cleaning) 2 pots, but it's a bit too deep for an elegant serving :)

A plant-based version of the beef Burgundy, a French beef stew braised in red wine. (Based on a recipe from the Culinary Institute of America.)

## INGREDIENTS

*serves 4*

olive oil  
2 oz smoked tempeh (opt)  
3 shallots, diced  
2 cloves garlic, minced  
4 carrots, peeled, diced  
12 oz cremini mushrooms, quartered  
4-6 potatoes, peeled, diced (opt)  
1 sprig thyme  
1 sprig rosemary  
1 bay leaf  
1 can crushed or diced tomatoes  
1 cup vegetable broth  
1 cup red wine  
(I use Pinot noir)  
2 cans kidney beans, drained  
salt and pepper, to taste  
2 tablespoons vegan butter  
(I use Earth Balance)  
1 Tbsp corn starch

## DIRECTIONS

In a large sauté pan (or Dutch oven), heat the oil over medium heat. Add the tempeh, shallots, carrots, and garlic, and cook until the shallots are translucent, about 5-6 minutes.

Add the mushrooms and potatoes, and continue to cook for 5-6 minutes more.

Stir in the thyme, rosemary, bay leaf, tomatoes, broth, and half of the wine. Bring the mixture to a boil, reduce heat to low, cover, and simmer until the vegetables are tender, about 20–25 minutes.

Add the rest of the wine, beans, salt, and pepper. Cover and continue to simmer until good flavor develops, about 20 minutes more. Remove and discard the herbs and bay leaf.

Combine the butter and corn starch in a small bowl. Add the mixture to the pan and allow the liquid to thicken. Remove from heat and serve.

# MUSHROOM STROGANOFF

Delicious garlicky creamy plant-based version of the popular Russian dish.

## INGREDIENTS

serve 4-6

olive oil  
1 onion, diced  
1 lb cremini mushrooms,  
sliced  
1 Tbsp soy sauce  
(or tamari for gluten-free)  
4 cloves garlic, minced  
1 Tbsp tomato paste  
2 tsp paprika  
1 cup vegetable broth  
1/2 cup raw cashews  
1 cup water  
1-2 Tbsp lemon juice (opt)  
salt & pepper

## DIRECTIONS

Heat olive oil in large pan. Sauté onion with some salt until soft and golden.

Add mushrooms, soy sauce, and pepper. Let it reduce.

Once mushrooms have shrunk, add garlic and cook for couple minutes.

Add tomato paste, broth and paprika. Simmer for 10 minutes.

Blend cashew with water to make cream. Add cream and lemon juice in pan.

Adjust seasoning to taste. and let it thicken to desired creaminess.

Serve with pasta or rice.

This gâteau de crêpes is a French take on Italian lasagna.

I hope it inspires you the way it inspired me. And it will certainly impress your friends and family!

## INGREDIENTS

serves 6

CRÊPES:

[1 recipe crêpes](#)

BÉCHAMEL:

1 cup raw cashews

3 cups water

salt, pepper, and nutmeg to taste

VEGGIE LAYERS:

1 kabocha squash, halved with seeds removed

1lb cremini mushrooms, finely chopped

0.5 oz dried mushrooms (optional, I use porcini)

4-6 shallots, finely chopped

1/2 bunch parsley, finely chopped

1/2 cup red wine

(I use pinot noir)

1lb greens (spinach or mixed greens), roughly chopped

## DIRECTIONS

There are many parts in this recipe that can be done in parallel, so read the recipe entirely before starting :)

It does take some time, but it's really worth it!

### 1) Béchamel:

Blend cashews with water. Cook in a saucepan until the sauce thickens. Add salt, pepper, and nutmeg to taste.

### 2) Kabocha layer:

Preheat oven to 400F.

Place both halves of the kabocha, face down, on a baking dish and add some water at the bottom. Bake for about 1 hour or until cooked. Scoop out flesh in a bowl. Mix in one cup of the béchamel sauce. Set aside.

### 3) Duxelles layer:

Remove as much water as possible from the mushrooms by squeezing them with a towel or in a drainer.

(Optional) To add extra flavor, rehydrate the dried mushrooms with boiling water and let sit for 30 minutes. Squeeze them, chop them finely, and add to the fresh mushrooms.

In a pan, put a little oil and the shallots and cook until they are soft and golden. Add the mushrooms and salt. Cook for 15 minutes until the mushrooms are dry. Add the parsley and wine. Mix in one cup of the béchamel sauce.

Set aside.

### 4) Greens layer:

In a pan, put a little water and all the greens. Cook until reduced and water is mostly evaporated.

Mix in one cup of the béchamel sauce.

Set aside.

### 5) Crêpes:

Make 7 crêpes and keep them warm.

### 6) Assembly:

In a dish, assemble the gâteau: 1 crêpe + kabocha + 1 crêpe + duxelles + 1 crêpe + greens, repeat, and end with a crêpe on top.

Cover with aluminum foil, and put in the oven for 20 minutes at 400F.

Remove foil and coat with the remaining béchamel sauce (you may need to reheat it before).

Et voilà!

## OYSTERS ROCKEFELLER

A plant-based version of oysters Rockefeller, a popular American restaurant appetizer. It consists of baked oysters with a rich green sauce, and is named after John D. Rockefeller for its extreme richness.

### INGREDIENTS

serves 2

12 oz oyster mushrooms,  
tough parts of stems  
removed  
olive oil  
1 lb baby spinach  
1/4 cup vegan mayonnaise  
(I use Just mayo)  
1/4 cup fresh fennel,  
chopped  
1 tsp Dijon mustard  
1 shallots, chopped  
1 clove garlic, minced

### DIRECTIONS

Preheat oven to 400°F. Spread mushrooms in baking dish.  
Heat a little oil (or water) in large skillet over medium-high heat. Sauté half of spinach 1 to 2 minutes, or until wilted, tossing occasionally. Remove from pan and place in baking dish on top of mushrooms. Repeat with remaining spinach.  
Whisk together remaining 1 Tbsp oil, mayonnaise, fennel, mustard, shallots, and garlic in bowl. Spread sauce over spinach until well covered. Bake 15 minutes, or until sauce begins to brown. Then broil 2 to 3 minutes, or until brown and bubbly.  
Serve as side dish, or with rice or quinoa as main dish.

Note that instead of using one baking dish, you can divide the ingredients into individual ramekins for a fancier serving.

# Sides & Salads

This fall and winter baked vegetables dish is not only very tasty, but it's so pretty that it steals the limelight on any table, including the holiday table!

## INGREDIENTS

*serves 3 as main dish,  
or 6 as side dish*

1 onion, diced  
8 oz crimini mushrooms,  
diced  
2 garlic cloves, crushed  
4 potatoes, sliced into thin  
rounds  
2 sweet potatoes, sliced  
into thin rounds  
1 butternut squash, sliced  
into thin half moons  
olive oil  
salt

*Note that since the size  
of a squash and potatoes  
vary greatly, I weigh the  
2 sweet potatoes and take  
about the same amount of  
potatoes and butternut.*

FOR THE SAGE BUTTER:

1/4 cup vegan butter  
(I use Miyoko's)  
10-12 sage leaves, finely  
chopped  
pinch salt

## DIRECTIONS

Preheat oven to 400F.

Put some olive oil in a pan, and cook the onion with a pinch salt over medium heat until soft. Add mushrooms and garlic. Cook 10 more minutes.

Transfer the mixture to a round (\*) baking dish and spread evenly. (\* It works also in a rectangular dish but you won't get the nice flower design at the end.)

Place the vegetables on top of the mushroom mixture in tight circles starting at the edge of the dish. Fill any gaps with smaller pieces. Season with salt and pepper and drizzle with olive oil. Cover with lid (or foil) and cook in oven for 35 minutes until vegetables begin to soften. Remove lid and cook for 40 more minutes until vegetables are very soft and golden.

In a small saucepan, melt the butter. Add chopped sage leaves and a pinch salt. Pour the sage butter on top of vegetables just before serving. Serve warm.



## TOMATES À LA PROVENÇALE

Here is another way to enjoy the summer tomatoes. Tomatoes Provençale is a French classic and a perfect side dish!

### INGREDIENTS

tomatoes  
salt  
pepper  
garlic, minced  
dried oregano (or thyme or  
any herbes de Provence)  
vegan cheese (I use Violife  
mozzarella shreds)  
olive oil

### DIRECTIONS

Preheat oven to 400F.  
Cut the tomatoes in 2. Place open side up in a baking dish. Add minced  
garlic, salt and pepper to taste. Add plenty of oregano and cheese. Drizzle  
with olive oil. Bake for 20 minutes.  
Serve hot as a side dish or as main entree with rice.

The roasted version of the Provencal summer vegetable stew.

## INGREDIENTS

onion  
eggplants  
bell peppers  
zucchini  
tomatoes  
thyme  
rosemary  
olive oil  
salt

*The quantity of each varies  
on what available in my  
garden and fridge at the  
time I am making the dish.*

## DIRECTIONS

Preheat oven at 400F. Dice all the veggies in the order listed above (the order is important!). Once you've diced one veggie, put it in the baking sheet, add a little olive oil, some salt, thyme and rosemary, and put in oven. Dice the next veggie, add to baking sheet... till you've added the tomatoes in. Cook for 30-45min or until the onions and eggplants are tender. If you like it a bit caramelized like I do, let it cook a bit longer. Then remove the herbs and mix all the veggies together, put it back in the oven for 15min or so. Serve hot or cold.

PS: It freezes really well, so make more than you can eat and keep some summer flavors for the winter!

## ROASTED ARTICHOKES

I always steamed artichokes until I had a roasted one. It's so much tastier and so simple to make that I never looked back.

### INGREDIENTS

*serves 2*

2 large artichokes, rinsed  
and trimmed  
4-6 leaves of sage, finely  
chopped  
4 cloves of garlic, slivered  
1 lemon  
olive oil  
salt

### DIRECTIONS

Preheat oven to 425F.

Stuff the garlic slivers and sage between the leaves of the artichokes.

Sprinkle with salt. Drizzle lemon juice and olive oil on top.

Wrap the artichokes in 2 layers of aluminum foil, and close it tight so it keeps the moisture in and doesn't dry.

Place artichokes on baking sheet in oven, and bake for 1h15 (or 1h for smaller artichokes).

Unwrap when cool enough to handle and serve warm.

I love to serve it with aioli.

The celery root remoulade is a classic French salad that can be found in everywhere in France from small restaurants to cafeterias to takeouts. It's simple to make and quite tasty!

### INGREDIENTS

*serve 4 as side dish*

1 celery root  
1/4 cup vegan mayonnaise  
(I used Just Mayo but [now make my own](#))  
2 Tbsp Dijon mustard  
1 Tbsp lemon juice  
4 French cornichons, diced  
(tiny pickled cucumbers)  
1 Tbsp capers, diced  
3-4 sprigs of parsley,  
chopped  
salt and pepper to taste

### DIRECTIONS

Peel the celery root and grate it.  
In a large bowl, mix the mayonnaise, Dijon mustard, lemon juice, cornichons, capers, parsley, salt and pepper.  
Add the celery root and toss until evenly combined.  
Chill in fridge for at least a couple of hours before serving. It allows the celery root to soften and absorb flavors.

This tabbouleh is my family's version of the Middle Eastern dish. It's the perfect refreshing dish for hot summer days. It can be served as side dish or main entree. It's a great addition to a summer potluck.

## INGREDIENTS

*serve 4 as entree, more as side dish*

1 cup couscous  
1/2 cup olive oil  
1/2 cup lemon juice  
4-5 sprigs of mint,  
chopped  
3-4 tomatoes, diced  
1 cucumber, diced

## DIRECTIONS

In a big bowl, mix the couscous, olive oil, lemon juice, and mint. Let it sit overnight in the fridge.

The next morning, fluff up the couscous and add the diced tomatoes and cucumber (and their juice). Mix well. Keep in fridge till ready to serve.

This is an excellent recipe by Brian Patton published in a [VegNews Thanksgiving Cookbook](#).  
I added a few notes in *italic*.

## INGREDIENTS

serves 8

1 tablespoon vegan butter,  
plus more for greasing  
casserole dish (*I use olive  
oil instead*)  
1 /2 cup diced carrot  
1 /2 cup diced celery  
1 /2 cup diced onion  
1 /2 teaspoon salt  
1 /4 teaspoon pepper  
2 cups chicken-style stock  
(*I use Better Than Bouillon  
No Chicken*)  
4 sprigs fresh sage  
4 sprigs fresh thyme  
2 sprigs fresh rosemary  
8 garlic cloves, smashed  
1 teaspoon ground fennel  
seed  
6 cups day-old baguette  
cubes  
1 /2 cup cooked and cooled  
wild rice  
3 cups cauliflower florets  
2 tablespoons chopped  
fresh Italian parsley

## DIRECTIONS

*Instead of using a saucepan, a mixing bowl, and a casserole dish, I do everything in one big Dutch oven.*

1. Into a medium saucepan over medium heat, melt butter and add carrot, celery, onion, salt, and pepper. Cook for 4 minutes or until tender. Add stock, sage, thyme, rosemary, garlic, and fennel. Simmer over medium-low heat for 8 minutes. Discard garlic cloves and herb stems, and set aside. (*I like to save the garlic to use in another dish :*)
2. Preheat oven to 375 degrees. Into a large mixing bowl, add baguette cubes, wild rice, cauliflower, parsley, and stock mixture. Mix to combine and let rest for 5 minutes to allow bread to absorb liquid.
3. Rub a thin layer of butter on inside of a casserole dish. Pour stuffing into dish and spread out evenly. Bake for 40 minutes, remove from oven, and let rest 10 minutes. Serve immediately.

# GREEN BEAN CASSEROLE

This plant-based version of classic green bean casserole is the perfect holiday side dish.

## INGREDIENTS

serves 6-8

2 lb green beans  
(fresh or frozen)  
2 yellow onions, thinly  
sliced  
1 lb cremini mushrooms  
4 cloves garlic, minced  
1 cup raw cashews  
(soaked if you don't have a  
high-speed blender)  
3 cup water  
2 cup vegetable broth  
([I make my own](#))  
6 oz fried onions  
(I use Trader Joe's)  
salt & pepper  
olive oil

## DIRECTIONS

Preheat oven to 350F.

Steam the green beans until tender, 5-10 min if fresh, 15-20 min if frozen.  
Put in baking dish.

In pan on medium heat, cook onions with some olive oil and a pinch of salt  
until softened, about 10 minutes. Add to baking dish.

In the same pan, on high heat, sauté mushrooms until browned, about  
8-10 minutes. Add garlic, stir until fragrant, about 1 minute. Season with  
salt and pepper, and add to baking dish.

Blend cashews with water and broth. Pour blended mixture in a saucepan,  
and heat on medium heat. Stir constantly until thickened. Pour in baking  
dish and stir to combine.

Bake in oven for 30 minutes.  
Top with fried onions and bake for 5 more minutes.

# Desserts



Making plant-based French crêpes based from my mom's recipe.

## INGREDIENTS

*makes about 8 crêpes*

2 cups flour  
2 cups soy milk  
1/2 cup Just Egg  
1 Tbsp oil  
1 pinch of salt

Don't worry if you don't have Just Egg, replace it and the soy milk by:

3 cups water  
2 oz tofu  
2 tsp baking powder

## DIRECTIONS

Blend all the ingredients together.

If you are using tofu instead of Just Egg, let the batter rest for a couple of hours before using it.

Use a non-stick pan, ideally a crêpe pan. Oil it thoroughly and heat it well on medium-high heat.

Remove briefly from heat. Using a ladle, pour batter on the pan. The batter should sizzle immediately. Tilt the pan to spread the batter evenly into a thin layer.

Cook until the edges are lifting, about a minute and a half.

Flip the crêpe and cook the other side for another minute and a half or until lightly browned.

Profiteroles are a French pastry classic. These small, sweet puffs are made with choux pastry, filled with ice cream, and topped with chocolate sauce.

## INGREDIENTS

*makes about 15 choux puffs with extra chocolate sauce*

### CHOUX:

1/4 cup water  
1/4 cup soy milk  
2 oz vegan butter  
(I use Earth Balance)  
3 oz bread flour (\*)  
1/2 cup Just Egg  
1/4 cup soy milk  
(to mix with Just Egg)  
1/2 tsp sugar  
1/4 tsp vanilla extract

*(\*) All-purpose flour can be used, but the puffs will be less airy. Einkorn all-purpose flour also works well but should be sifted first to prevent clumping.*

### CHOCOLATE SAUCE:

1/2 cup unsweetened cocoa powder  
1 tsp vanilla extract  
6 Tbsp maple syrup  
6 Tbsp oat milk

### ICE CREAM:

vegan vanilla ice cream

## DIRECTIONS

Preheat oven to 400F.

Note that you will want to follow this recipe pretty closely as there is lots of science behind choux pastry.

1) Start choux dough.

In a small pot, combine water, soy milk, and vegan butter. Bring to a simmer, stirring until butter melts.

Add flour all at once. Reduce heat to low and stir continuously until the mixture forms a ball and easily comes away from the sides of the pot. Transfer dough to a bowl and cool to room temperature. To speed up cooling, flatten the dough and place in the freezer for 5 minutes.

*Important: Cooling is crucial to prevent the eggs from cooking when added to the dough. The eggs should only start cooking later in the oven.*

2) Prepare the egg mixture.

In a small bowl, whisk together 1/4 cup soy milk, Just Egg, sugar, and vanilla extract.

3) Finish choux dough.

Once the dough is at room temperature, gradually incorporate the egg mixture, a few spoonfuls at a time. Mix thoroughly after each addition.

4) Form and bake the puffs.

Line a baking sheet with parchment paper.

Using a pastry bag with a round tip, pipe dough into small mounds (about 2" wide and 1" high) on the prepared sheet.

Bake for 30-35 minutes, until puffs are evenly golden brown.

*Important: Do not open the oven door during baking to prevent puffs from deflating. Use the oven light to check their color in the final few minutes.*

5) Prepare chocolate sauce (from My Quiet Kitchen).

In a small saucepan, combine cocoa powder, vanilla, maple syrup, and oat milk. Simmer over low heat for 2 minutes, stirring until thick and creamy.

*Note: This sauce can be made a day in advance and refrigerated. Reheat before using.*

6) Assemble.

Once the puffs are cooled, slice them in half horizontally with a sharp knife.

Place a small scoop of vegan ice cream on the bottom half of each puff. Replace the top half of the puff.

Drizzle with warm chocolate sauce.

Serve immediately.

This rich creamy lemon curd is from a recipe from Miyoko's cookbook "The homemade vegan pantry".

## INGREDIENTS

1 cup raw cashews, soaked  
1 cup water  
5 lemons (2 Tbsp zest +  
3/4 cup juice)  
1 cup sugar  
1/2 cup vegan butter  
(I use Earth Balance)  
1 pinch turmeric (optional)

## DIRECTIONS

Blend the cashews with the water till smooth and creamy.  
Bring the cream to a simmer until thickened. Stir constantly with a spatula.  
Whisk in the cream lemon juice, zest, and sugar. Cook a few minutes until it's smooth and creamy again. Remove from heat  
Add the butter and turmeric to achieve the desired color.  
Cool in fridge before using. (\*)  
Serve as topping, make lemon bars, or parfaits.

(\*) It could be stored up to a week in a airtight container in the fridge.

Crème Brûlée is a classic French dessert consisting of a rich custard base topped with a contrasting layer of hard caramelized sugar. Here's an easy plant-based version of this fancy dessert.

### INGREDIENTS

*serves 4*

#### CREAM:

2/3 cup raw cashews  
1 1/2 cup plant-based milk  
(I use oat milk)  
1/2 cup sugar  
3/4 Tbsp cornstarch  
1 Tbsp vanilla extract

#### CARAMEL:

1 tsp superfine sugar  
(caster sugar) per ramekin

### DIRECTIONS

Blend all the ingredients for the cream until smooth.

In a saucepan, cook the mixture over medium high heat, stirring constantly until the sauce thickens.

Pour the cream into 4 ramekins. Flatten the surface of the cream in each ramekin.

Let cool in the refrigerator until ready to eat.

When ready to serve, evenly spread a thin layer of superfine sugar on top of each ramekin.

Using a kitchen torch, carefully caramelize the sugar (this requires some practice!).

Serve immediately.

No need to give up yummy desserts when eating plant-based!  
Here is how to make a chocolate mousse with avocados.

## INGREDIENTS

2 ripe avocados  
1/2 cup cocoa powder  
1/4 cup maple syrup  
3 Tbsp soy milk  
1/2 tsp vanilla extract  
pinch of salt

## DIRECTIONS

Blend all the ingredients together et voila!

Easy and delicious plant-based waffles.

## INGREDIENTS

*makes 3-4 waffles*

3/2 cup flour  
1 Tbsp baking powder  
1 Tbsp sugar  
3/2 cup soy milk  
3 Tbsp oil  
3 Tbsp orange juice  
1/2 tsp vanilla extract

## DIRECTIONS

Preheat the waffle iron.

Blend all the ingredients together.

Lightly oil the waffle iron.

Pour some batter and cook until golden brown.

## MOEMOE'S APPLE CAKE

Peter's grandma always baked an apple cake when we visited her. It was delicious and we were always looking forward to it. Moemoe is no longer with us, but her recipe lives on and we veganized it!

### INGREDIENTS

1 Tbsp flaxseed meal  
3 Tbsp water  
1 cup flour  
3/4 cup sugar  
1/3 cup soy milk  
2 Tbsp oil  
1 1/2 tsp baking powder  
2 apples, peeled and cut in  
8 pieces each  
2 Tbsp brown sugar  
2 Tbsp vegan butter  
(I use Miyoko's)

### DIRECTIONS

Preheat the oven at 350F.  
Mix the flaxseed meal with the water and let sit for 5 minutes. (You just made a flaxegg! :)  
Oil a baking dish.  
Mix the flour, sugar, soy milk, oil, and baking powder. Add the 'flaxegg' when it's ready, and mix.  
Pour the dough in the baking dish. And place the apple slices on top, pressing them slightly in the dough.  
Bake for 25 minutes.  
Mix the brown sugar with the melted butter (or put the mix in the microwave for 20 seconds). Pour the mix on top of the cake.  
Bake for another 30 minutes.

Want a slice of cake with your coffee but don't have time to bake a whole cake?  
Here is a quick recipe for a quick all plant-based chocolate cake for 1 person.

## INGREDIENTS

*makes 1 mug cake*

3 Tbsp flour  
2 Tbsp cocoa powder  
2 Tbsp sugar  
1/4 tsp baking powder  
1 pinch of salt  
4 Tbsp soy milk  
2 tsp oil  
1/2 tsp vanilla extract

## DIRECTIONS

Mix all the dry ingredients well before adding the wet ones.  
Put 1 minute in the microwave for a moist lava type cake.



La galette des rois (aka the French king cake) is a puff pastry filled with frangipane. It's baked throughout January in France to celebrate Epiphany (January 6th). Enjoy this plant-based version!

## INGREDIENTS

5 Tbsp vegan butter, at room temperature  
(I use Earth Balance)  
3/4 cup coconut sugar  
1 3/4 cup almond meal  
2 Tbsp cornstarch  
3 Tbsp almond milk (or any plant-based milk)  
1 Tbsp applesauce  
1 tsp almond extract  
1/2 tsp vanilla extract  
1 fève (an almond or a large bean, traditionally it's a little figurine)  
2 vegan puff pastries  
(I use Pepperidge Farm)

### FOR THE WASH:

1 Tbsp maple syrup mixed  
with 2 Tbsp almond milk

## DIRECTIONS

Preheat oven at 350F.

Cream the sugar with the butter until soft and fluffy. Add all the other ingredients and mix. Set aside.

Roll one pastry and place in tart pan. Spread almond filling on top. Place second pastry on top and close the sides. Make a little hole in the center for steam to escape. Draw diamond shape pattern and brush with the maple syrup wash.

Bake in oven for 35-40 minutes or until golden brown.

Let cool a little bit before serving, but serve still warm.

The one who gets the fève is the king/queen of the day! and bakes the next galette! :)

My favorite go-to apple pie!  
It has very few ingredients, super easy to make, and so delicious.

## INGREDIENTS

vegan puff pastry  
(I use Pepperidge Farm's)  
apricot jam  
([I make my own](#))  
apples, diced  
brown sugar

## DIRECTIONS

Preheat oven to 350F.  
Roll out the pastry. Place on baking sheet lined with parchment paper.  
Spread apricot jam on pastry.  
Put the diced apples on top in a single layer.  
Sprinkle some sugar on top.  
Bake for 50 minutes until nicely caramelized.  
Enjoy warm or cold.

Note: Sometimes I substitute the jam with a thin layer of applesauce. This makes the tart moister but less crispy and caramelized.

It's cranberry season! I discovered cranberries when I came to the US and I immediately fell in love with them. I like to add them to apple or pear crumbles, but here is a tart where they shine by themselves.

## INGREDIENTS

### CRANBERRY LAYER:

12 oz fresh cranberries,  
finely chopped  
1/3 cup sugar  
1/2 cup roasted almonds,  
finely chopped

### CRUST:

2 Tbsp Bob's Red Mill egg  
replacer + 4 Tbsp water  
(\*)  
1/4 cup vegan butter,  
melted (I use Earth  
Balance)  
3/4 cup sugar  
1 cup flour  
1 1/2 tsp baking powder

*(\*) Alternatively, you could  
use 2 Tbsp ground flaxseed  
+ 6 tbsp water or 1/2 cup  
Just Egg for the vegan  
eggs.*

## DIRECTIONS

Preheat oven to 350F.

Toss the cranberries with the sugar and almonds. Place the mixture in a pie dish.

Mix the egg replacer with the water. Set aside for a minute.

Mix together flour, baking powder, sugar, melted butter, and egg mixture until smooth.

Spread the dough on top of the cranberries. The dough is kind of sticky, so don't hesitate to use your fingers to spread it.

Bake for 45 minutes.

A madeleine is a small French sponge cake with a distinctive shell-like shape, traditionally flavored with orange blossom or lemon zest.

## INGREDIENTS

*makes 16 madeleines*

1/4 cup Just Egg  
1/3 cup sugar  
1 Tbsp orange blossom water  
2 Tbsp plant milk  
3/4 cup flour  
1 tsp baking powder  
4 Tbsp vegan butter, melted  
(I use Miyoko's)

## DIRECTIONS

Preheat the oven to 450°F.

In a bowl, whisk the eggs and sugar until well combined. Add the orange blossom water and milk, mixing thoroughly.

Gradually incorporate the flour and baking powder, then add the melted butter. Let the batter rest for 15 minutes.

Pour the batter into a madeleine pan (a mini muffin pan can work in a pinch, though it won't create the classic shell shape).

Bake at 450°F for 5 minutes, then reduce the temperature to 400°F and bake for an additional 10 minutes. The madeleines should be golden with a small bump.

Remove each madeleine from the pan immediately after baking and place on a rack to cool.

Palmiers are classic French pastries shaped like palm leaves. These sweet, light, and crispy treats are also known as “French hearts”. They are incredibly easy to make but quite addictive, so be warned!

## INGREDIENTS

1 vegan puff pastry  
(I use Pepperidge Farm)  
1/2 cup granulated sugar

## DIRECTIONS

Thaw the pastry sheet, but keep it cold.  
Sprinkle 1/4 cup sugar on a work surface. Place the pastry on top and sprinkle with another 1/4 cup sugar.  
Roll out the pastry into a larger square. My pastry sheet is 9” square and I make it to about a 12” square.  
Tightly roll up one side to the center, then repeat with the opposite, meeting in the middle.  
Freeze the rolled pastry for 30 minutes.  
Preheat oven to 425F.  
Slice frozen pastry into pieces slightly less than 1/2” thick. Place on baking sheet, leaving space between each as they will expand.  
Bake for 10 minutes. Flip the cookies and bake for another 5 minutes or until golden brown.  
Let cool completely on a wire rack before serving.

PS: Palmiers can be stored in an airtight container for up to 1 week.

A vegan twist on classic French sablés, featuring pecans and maple syrup. These cookies are soft, crumbly, and irresistibly delicious.

### INGREDIENTS

3/4 cup roasted pecans,  
chopped  
1/2 cup vegan butter,  
softened (I use Earth  
Balance)  
1/4 cup brown sugar  
3 Tbsp maple syrup  
1/2 tsp vanilla extract  
1/2 tsp salt  
1 1/3 cup flour

### DIRECTIONS

Preheat oven to 350F.

Using an electric mixer, beat together the butter, sugar, maple syrup, vanilla and salt until creamy. Gradually stir in the flour, and then fold in the pecans.

Shape dough into a long log, wrap it in plastic wrap, and refrigerate for 2 hours.

Unwrap the chilled log and slice into 1/4 inch rounds. Place them on a baking sheet. And bake for 13 to 15 minutes or until edges are lightly golden.

Remove from oven, and place on a wire rack to cool completely.

Plant-based pupcakes are a fun way to get your dog to eat more fruits and veggies :)

## INGREDIENTS

*makes 12 pupcakes:*

1 1/2 cups all purpose flour  
1/2 tsp cinnamon  
1 tsp baking soda  
1/2 tsp baking powder  
pinch of salt  
2 Tbsp coconut oil melted  
2 Tbsp applesauce  
1 cup plant-based milk  
(I use oat milk)  
1 tsp apple cider vinegar  
1 cup pureed vegetables  
(pumpkin, sweet potato,  
carrots...)  
1/2 cup maple syrup

FOR THE ICING:

4 oz vegan cream cheese  
1/4 cup peanut butter

## DIRECTIONS

Preheat oven to 350°F.

Put all ingredients in a blender and mix. Pour dough in cupcake pan previously lined with baking paper cups. Bake for 15-20 minutes. Cool cupcakes on cooling rack.

Meanwhile, mix the vegan cream cheese and the peanut butter together. Once the cupcakes are cool, put icing on top using a pastry bag with a decorative tip (if you don't have one, you can spread it with a small spatula).

# Breads



Einkorn is a very ancient grain and the primitive ancestor to the commonly used modern dwarf wheat. It contains less gluten than modern wheat and can be a healthful grain for those with gluten sensitivity.

## INGREDIENTS

1/8 tsp dry yeast  
245 g warm water (100 F)  
475 g einkorn flour (I use  
150 g whole wheat + 325 g  
all-purpose)  
7 g salt

## DIRECTIONS

1) Make the dough.

In a small bowl, mix the yeast and the warm water. Set aside for 5 minutes.

In a big bowl, whisk the flour and salt.

When ready, pour the yeast mixture in the big bowl. Mix/knead until you have a ball of dough.

Cover and set in a dark place for 10-15 hours.

2) Bake the bread.

Preheat oven with empty dutch oven at 500 F for 30 minutes.

Shape dough on a floured surface to a ball or log.

Place dough in dutch oven. Cover with lid.

Put back in oven and lower temperature to 450 F. Bake for 30 minutes.

Turn off the oven. Remove lid and let bread in the oven for a few more minutes to darken it.

Place bread on a cooling rack.

Enjoy once cooled!

A simple way to bake your own bread.  
No kneading. No bread machine.

## INGREDIENTS

dutch oven  
bread flour  
wheat flour (optional)  
water  
salt  
sourdough starter (either  
get one from a friend or  
make one from scratch)

## DIRECTIONS

0. If making starter from scratch.

[See instructions on how to make a sourdough starter from scratch.](#)

1. Create two fresh starters.

Take your starter out of the fridge.

Warm water to 85-90F.

In a small bowl, add 1/3 cup bread flour and 1/4 water and 1 Tbsp starter.

Mix well. (starter #1)

Repeat in a second bowl. (starter #2)

Throw away old starter.

Cover both new starters, and leave at room temperature for 6-8 hours (I do overnight).

Put starter #1 in the fridge for the next time (3 weeks max).

Use starter #2 to make the dough.

2. Make the dough.

Warm water to 85-90F.

In a big bowl, mix 100g wheat flour, 400g bread flour (or 500g if not using wheat flour), and 10g salt.

Add 375g water and starter #2. Mix well.

Cover and leave at room temperature for 10 hours.

3. Bake the bread.

Preheat oven at 500F with your dutch oven inside (without lid).

Pour dough on a well floured surface.

Shape the dough and use flour so it doesn't stick.

Make a few slashes on top of the bread with a sharp knife.

Place in the dutch oven. Put lid on. And bake for 30 minutes.

Switch oven off. Remove the lid. And leave bread for 5 more minutes in the oven.

Remove bread from oven, and place on cooling rack.

Wait till the bread cools down and enjoy!

## EINKORN PIZZA DOUGH

Einkorn is a very ancient grain and the primitive ancestor to the commonly used modern dwarf wheat. It contains less gluten than modern wheat and can be a healthful grain for those with gluten sensitivity.

### INGREDIENTS

*two 14" pizzas*

1 tsp dry yeast  
190 g warm water (110 F)  
370 g einkorn flour  
(I use all-purpose)  
1 tsp salt  
1 tsp olive oil

### DIRECTIONS

1) Make the dough.

In a small bowl, mix the yeast and the warm water. Set aside for 5 minutes.

In a big bowl, whisk the flour and salt.

When ready, pour the yeast mixture in the big bowl. Mix/knead until you have a ball of dough.

Cover and let rise for 2 hours.

2) Bake the pizza.

Preheat oven with pizza stone at 400 F for 30 minutes.

Split the dough in two. Freeze one half to use later.

Roll out the other half on a floured surface. Place dough on pizza stone.

Garnish it as you wish.

Put back in oven and bake for 15 minutes.

# Staples & Sauces

French cooking uses lots of milk and cream, here is how to make rich, delicious, and plant-based milk, heavy cream, and béchamel (white sauce).

## INGREDIENTS

### MILK

1/2 cup raw cashews  
4 cups of water

### HEAVY CREAM

1 cup raw cashews  
2 cups of water

### BÉCHAMEL

1 cup raw cashews  
2-3 cups of water  
salt & pepper  
nutmeg  
1 Tbsp nutritional yeast  
(optional, for a cheesy  
flavor)

## DIRECTIONS

### MILK

Blend cashews and water until smooth. And voilà!  
Refrigerate for up to one week.

*Note: If using a standard blender, soak cashews for a few hours before blending, then strain the liquid. The leftover cashew meal can be used for baking Indian sweets (or give it to the chickens who love it!).*

### HEAVY CREAM

Blend cashews and water until smooth. And voilà!  
Refrigerate for up to one week.

### BÉCHAMEL

Blend cashews and water until smooth. In a saucepan, cook the mixture over medium heat, stirring constantly until the sauce thickens. (The natural starch and fat in cashews act as thickeners, eliminating the need for flour or butter.). Season with salt, pepper, and nutmeg to taste. For a cheesy sauce, stir in nutritional yeast.

Egg-less version of the classic mayo.

Based on the recipe from Miyoko's ["The Homemade Vegan Pantry"](#) cookbook.

## INGREDIENTS

*yields 12 oz mayo*

1/2 cup soy milk  
(don't substitute with  
another milk)  
1 Tbsp mustard  
1 1/2 tsp apple cider  
vinegar  
1/2 tsp salt  
1 cup neutral oil  
(I use safflower)

## DIRECTIONS

All ingredients should be at room temperature beforehand. This is KEY, otherwise the emulsion won't happen.  
Put all the ingredients in a large mason jar (24 oz or bigger).  
Mix at high speed with immersion blender until emulsified (~10 seconds).  
Store in the fridge for up to one month.

Making plain plant-based yogurt without a fancy yogurt maker.  
Inspired by the recipe from Miyoko's "Artisan Vegan Cheese" cookbook.

## INGREDIENTS

2/3 cup raw cashews  
1 quart soy milk  
3 Tbsp vegan yogurt (store  
bought for the first time,  
then from previous batch)

## DIRECTIONS

Blend cashew and milk together. Bring the mixture to 110F. Add yogurt.  
Mix well. Pour in jars and place in insulated bag for 6 hours.  
Once set, place the yogurt in fridge. It keeps for about 2 weeks.

Note that you could also use a vegan starter culture instead of a vegan  
yogurt the first time. Follow the instruction on the packet. I bought [this](#)  
[one](#) in the past.

Smoky, salty, crispy bits without killing a pig.

## INGREDIENTS

avocado oil (or any  
vegetable oil with a high  
smoke point)  
8 oz firm tofu  
1 Tbsp soy sauce (or tamari  
for no gluten)  
1 Tbsp nutritional yeast  
1/2 tsp liquid smoke

## DIRECTIONS

Cut the tofu in small cubes.  
Sauté the cubes in a hot pan with a little oil till golden.  
Add the soy sauce to the pan.  
Lower the heat and add the nutritional yeast.  
Turn off the heat and finally add the liquid smoke.  
Et voilà! you have cruelty-free bacon bits.

WARNING: this food is addictive!



## FRESH VEGETABLE BOUILLON

This highly flavorful vegetable bouillon is super easy to prepare, requires no cooking, and is kept in the freezer.

### INGREDIENTS

2 celery stalks  
1 small celery root  
1 small fennel bulb  
2 leeks  
3 carrots  
3 shallots  
2 cloves garlic  
1/4 bunch cilantro  
1/8 bunch flat-leaf parsley  
2 Tbsp sun-dried tomatoes  
2/3 cup fine sea salt

*This recipe uses a lot of salt to preserve the vegetables. It also keeps the paste from freezing solid, so you can easily scoop out a couple of tablespoons when you need them.*

### DIRECTIONS

Clean, peel, and roughly chop all vegetables.

Put everything in the food processor (may need to do that in several batches depending on the capacity) and process till everything is well blended and mixed together. You should have a nice, moist, paste-like consistency.

Place paste into containers and freeze.

When ready to use:

Scoop 1Tbsp frozen bouillon for 1 cup water.

Remember that it's very salty so reduce the amount of salt in the dish you are preparing.

Since childhood, my siblings and I have helped mom make it - cleaning fruit (tedious), stirring the huge pot (important), and best of all, licking utensils without scalding our tongues (the real reward!).

## INGREDIENTS

apricots  
sugar (3/4 of the weight of the apricots)  
pectin (follow instructions on package)  
jars and lids (I use mason jars with lids and bands. I reuse the jars and bands over the years, but replace the lids after one use for safety.)

*Note: My mom actually used a 1:1 ratio fruit to sugar. I lowered it to 1:3/4 but you can't really decrease it more as you are going to end up with compote instead of a jam.*

## DIRECTIONS

1) Make the jam.

Pit and clean apricots.

Cook fruits on medium heat till they melt and release their juices.

Optionally, blend fruits till they have the consistency you like (I personally don't like having big pieces of fruits when I spread the jam on my bread).

Add sugar and pectin. Bring jam to boil.

Check the gelatinousness of the jam by spooning some out of the pot and letting it cool for at least 10 minutes, then see if it has the consistency you desire. Add more pectin if you want the jam to be thicker.

2) Can the jam.

Sterilize jars and lids with boiling water.

Fill jars with the jam.

Place lid and band on jar.

Turn jar upside down.

Let cool.

Label and store in pantry.

# Tips

Eggs serve different roles in recipes—binding, leavening, and adding moisture. Whether you're vegan, allergic to eggs, or just ran out, these substitutes can help you achieve great results. Below is a quick-reference guide to replacing eggs in cooking and baking.

## Flaxseeds & Chia Seeds

- **1 egg = 1 Tbsp ground flax or chia + 3 Tbsp water** (let sit 5-10 min).
- **Purpose:** Binding.
- **Best for:** Cookies, pancakes, quick breads, veggie burgers, breading.
- **Notes:** Flaxseeds add a subtle earthy flavor.

## Fruit & Veggie Purees

- **1 egg = ¼ cup puree** (applesauce, mashed banana, or pumpkin).
- **Purpose:** Moisture and binding.
- **Best for:** Cakes, brownies, muffins.
- **Notes:** Adds moisture but makes bakes denser; add ¼ tsp baking powder for extra rise.

## Nut Butters

- **1 egg = 3 Tbsp nut butter** (almond, peanut, cashew).
- **Purpose:** Binding and moisture.
- **Best for:** Cookies, brownies, pancakes.
- **Notes:** Adds richness; works well with chocolate-based recipes.

## Mashed Avocado

- **1 egg = ¼ cup mashed avocado**
- **1 egg yolk = 1 Tbsp mashed avocado.**
- **Purpose:** Moisture and richness.
- **Best for:** Brownies, chocolate cake, quick breads, mayo, chocolate mousse.
- **Notes:** Creates a moist, rich texture; may add slight green tint.

## Silken Tofu

- **1 egg = ¼ cup blended silken tofu.**
- **Purpose:** Binding and moisture.
- **Best for:** Brownies, dense cakes, quiches, custard like desserts, creamy sauces.
- **Notes:** Neutral flavor; adds moisture but makes baked goods heavier.

## Firm Tofu

- **Use crumbled firm tofu in place of scrambled eggs.**
- **Purpose:** Texture and protein.
- **Best for:** Scrambles, breakfast dishes, egg salads.
- **Notes:** Season with black salt (kala namak) for an eggy taste.

## Vegan Yogurt & Buttermilk

- **1 egg = ¼ cup plain vegan yogurt or buttermilk.**
- **Purpose:** Moisture and binding.
- **Best for:** Muffins, cakes, pancakes, waffles, mayo.
- **Notes:** To make buttermilk, mix 1 Tbsp vinegar/lemon juice with 1 cup plant milk.

### **Baking Powder + Water + Oil**

- **1 egg = 2 tsp baking powder + 2 Tbsp water + 1 tsp oil.**
- **Purpose:** Leavening and moisture.
- **Best for:** Cakes, muffins, and quick breads.
- **Notes:** Provides rise while keeping the texture moist and tender. The double-acting baking powder reacts twice: once when wet, and again when heated.

### **Baking Soda & Vinegar**

- **1 egg = 1 tsp baking soda + 1 Tbsp vinegar.**
- **Purpose:** Leavening.
- **Best for:** Cakes, cupcakes, fluffy pancakes.
- **Notes:** Add baking soda to the dry ingredients, and the vinegar to the wet ones. Mix all the ingredients only just before baking.

### **Aquafaba**

- **1 egg white = 3 Tbsp aquafaba** (liquid from canned chickpeas).
- **Purpose:** Binding and leavening.
- **Best for:** Meringues, macarons, mousses, fluffy cakes.
- **Notes:** Chill and whip for stiff peaks (like egg whites) or use unwhipped in baking.

### **Store-Bought Egg Replacers**

- **Bob's Red Mill & Ener-G:** Powdered mix; great for baking.
- **JUST Egg:** Liquid egg alternative for scrambles, omelets, and baking.
- **WunderEggs:** Hard-boiled egg substitute for salads and snacking.
- And many more.

Happy egg-free cooking and baking!