

Recipes

Thomas Emil Klus

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Chili Powder

Felafels

- 1 can of chick peas ($\frac{2}{3}$ c dry), drained and rinsed
 - mash
- 1 small onion, minced
- 1 t garlic powder (4 fresh garlic cloves, minced)
- 1 T fresh parsley, finely chopped
- 2 T flour
- 1 t ground coriander
- 1 t ground cumin
- $\frac{1}{2}$ t baking powder
- salt
- pepper
- combine; shape into ping pong balls
- place each on small square of parchment paper
- bake at 350°F for 25 minutes

Olive Oil Pie Crust

2 oz olive oil

1 oz water

$\frac{3}{4}$ c flour

$\frac{1}{2}$ t salt

Four Small Pizza Doughs

1 t sugar

1 c warm water

1 t yeast

$1\frac{1}{2}$ T olive oil

1 c flour \supset 2 T gluten

1 t salt

$1\frac{1}{2}$ c flour

Egg Loaf

1 t sugar

$\frac{1}{2}$ c warm water

1 t yeast

1 T olive oil

2 eggs, beaten

1 c flour \supset 2 T gluten

1 t salt

$1\frac{1}{2}$ c flour

—— bake at 350°F

—— for 30 minutes

Vegan Pasta

$\frac{2}{3}$ c flour

3 T water

1 t olive oil

Vegan Pierogi Dough

makes 8–9	16–18	32–36	64–72	
$\frac{1}{4}$ c	$\frac{1}{2}$ c	1 c	2 c	warm water
$\frac{1}{2}$ T	1 T	2 T	4 T	olive oil
$\frac{1}{8}$ t	$\frac{1}{4}$ t	$\frac{1}{2}$ t	1 t	salt
$\frac{5}{8}$ c	$1\frac{1}{4}$ c	$2\frac{1}{2}$ c	5 c	all-purpose flour

Lentil Flat Bread

$\frac{1}{4}$ c red lentils

$\frac{1}{2}$ c water

—— soak 3 hours

—— blend

—— fry like pancakes

Curried Cabbage

oil

mustard seeds

— heat till seeds start popping

turmeric

garlic powder

onion powder

salt

black pepper

cayenne

— combine; add to oil

3 cabbage leaves, shredded

— add leaves; cook 1 minute, stirring

Bulk Barn Instant Mashed Potato Flakes

$\frac{3}{4}$ c water

$\frac{1}{4}$ c milk

1 T olive oil

— btb

$\frac{1}{2}$ c flakes

seasonings

— mix and serve

Cheese

1 L milk
—— 125°F
< $\frac{1}{2}$ c vinegar

Polenta

$1\frac{1}{2}$ c water

$\frac{1}{4}$ t salt

—— btb

—— remove

$\frac{1}{2}$ c cornmeal

—— whisk in; cover; wait 10 minutes

Pâté Chinois

3 c water

3 T milk powder

3 T olive oil

— btb; remove

2 c Bulk Barn potato flakes

— mix in

1 can of cream corn

1 can of corned beef; mash in water; btb; strained

— bake at 350°F for 1 hour

Hard-Boiled Eggs

- place eggs in pan
- cover with water
- btb; simmer 10 minutes
- cool in cold water

Kasha

1 c water

salt

— btb

$\frac{1}{2}$ c kasha

— add; lower to medium

— cook, uncovered, til all liquid evaporates

Couscous

$\frac{1}{2}$ c water

oil

salt

— btb

$\frac{1}{2}$ c couscous

— add; cover

— let stand 10 minutes

Oven-Baked Fries

potatoes

— cut potatoes; add to pan; cover with water

— btb; dry

salt

pepper

olive oil

— toss

— bake at 400°F

— for 20 minutes

Donair (American Gyro)

ground beef/lamb

onion powder

garlic powder

smoked paprika

cayenne

cumin

oregano

salt

black pepper

— combine thoroughly

— roll out on parchment paper on rimmed oven pan

— bake at 375°F for 15 minutes

Cream of Spinach Soup

olive oil

$\frac{1}{2}$ onion, sliced

5 oz fresh spinach

— sauté

$\frac{1}{4}$ c warm water

— blend

2 T ghee (or olive oil)

1 oz flour

— make roux

$1\frac{1}{2}$ c milk

— make sauce

— add spinach

$\frac{1}{2}$ t salt

$\frac{1}{2}$ t pepper

— cook til thick

Vegan Brownies

$\frac{1}{2}$ c all-purpose flour

1 T cocoa

$\frac{1}{4}$ t cinnamon

$\frac{1}{2}$ t baking powder

$\frac{1}{8}$ t salt

— combine

$\frac{1}{4}$ c oil

$\frac{1}{4}$ c warm water (100°F)

4 medjool dates (or $\frac{1}{2}$ c raisins)

$\frac{1}{4}$ t vanilla

— blend; combine with dry

— bake at 350°F on parchment paper for 15 minutes

Kielbasa

paprika

onion powder

garlic powder

salt

black pepper

$\frac{1}{4}$ lb ground pork

— mix well; roll out thin layer on parchment paper

— bake at 350°F for 30 minutes

Corn Bread

$\frac{1}{4}$ c cornmeal

$\frac{1}{4}$ c all-purpose flour

1 t baking powder

$\frac{1}{8}$ t salt

$2\frac{1}{2}$ oz water

$\frac{1}{2}$ T oil

— preheat glass baking pan in oven at 425°F

— pour batter into pan; bake 10 minutes

Flour Tortillas

1 oz olive oil

2 oz water

$\frac{1}{4}$ t salt

—— warm

$\frac{3}{4}$ c all-purpose flour

$\frac{1}{2}$ t baking powder

TVP Burgers

$\frac{3}{4}$ c stock

$\frac{1}{2}$ t garlic powder

$\frac{1}{2}$ t salt

$\frac{1}{2}$ t black pepper

2 t soy sauce

1 c TVP

3 T flour

— form patties; freeze solid

Chili Powder

salt

pepper

cumin

oregano

paprika

cayenne

coriander

garlic powder

onion powder

a pinch of cinnamon