

Rima And Pete

Cookbook

Preface

Here is a collection of recipes we like.

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Chapter 1

Snacks & Appetizers

Hummus			4 Portions
			15 Min
1	1 Can	Chickpeas	Drain and rinse the chickpeas. Add all ingredients to a blender and blend until smooth. Optionally garnish with whole chickpeas, parsley, and/or olive oil.
	4 Cloves	Garlic	
	3 Tbsp	Tahini	
	1/2 C	Lemon Juice	
	1 1/2 Tsp	Salt	
	2 Tbsp	Parsley	
	1 Tbsp	Olive Oil	



Figure 1.1: Hummus

Black Eyed Pea Hummus			8 Portions
			15 Min
1	2 Cans	Black Eyed Peas - Drained and rinsed.	Combine all ingredients in a food processor until smooth.
	1/2	Onion	
	3	Cloves of Garlic	
	1/4 C	Pecans	
	1 1/2 Tbsp	Lemon Juice	
	1 Tbsp	Hot Sauce	
	1 tsp	Smoked Paprika	
	1/2 tsp	Salt	



Figure 1.2: Black Eyed Pea Hummus

Beet Muhammara is a tasty dip with a consistency similar to hummus.

Beet Muhummara			8 Portions
			20 Minutes
1	4	Beets - Raw, peeled, and quartered.	Combine all ingredients into a food processor.
	$1\frac{1}{3}$ C	Walnuts	
	$\frac{1}{2}$ C	Panko Bread Crumbs	
	3	Cloves of Garlic	
	$1\frac{1}{2}$ Tbsp	Ground Cumin	
	$\frac{1}{2}$ tsp	Salt	
	$\frac{1}{4}$ tsp	Black Pepper	
	$\frac{1}{8}$ tsp	Red Pepper Flakes	
	2 Tbsp	Pomegranate Molasses	
	3 Tbsp	Lemon Juice	
2	$\frac{1}{4}$ C	Olive Oil	With the food processor running, slowly add the olive oil. Chill the dip and serve with carrot, celery, pita, and olives.
Deviled Tomatoes			8 Portions
			20 Minutes
1	1 Can	Garbanzo Beans - Rinsed, Drained.	Mash all ingredients by hand
	$\frac{1}{3}$ C	Vegan Mayo	
	2 Tbsp	Nutritional Yeast	
	1 Tbsp	Lemon Juice	
	2 tsp	Yellow Mustard	
	1 tsp	Curry Powder	
	$\frac{1}{8}$ tsp	Black Pepper	
	$\frac{1}{8}$ tsp	Cumin	
	$\frac{1}{8}$ tsp	Salt	
2	8 to 10	Roma Tomatoes	Cut each tomato in half and scoop out the insides. Fill the hollow tomato halves with the mixture from step 1.

Tomatillo Salsa Fresca			
			4 Portions
			20 Minutes
1	3 1/2	Tomatillos Orange or Yellow	Wash and chop the ingredients and add to a bowl.
		Bell Pepper	
1		Anaheim Chillie	
1		Avocado	
	1/3 C	Chopped Cilantro	
2	1	Lime Juice	Drizzle ingredients over the salsa. Mix gently to combine.
	1 Tbsp	Agave Nectar	
	1/4 tsp	Salt	

Chapter 2

Side Dishes

Chapter 3

Soups

Garlic Soup	6 Portions
	20 Min

1	1 L	Water	Add all ingredients to a sauce pan and simmer for 30 min. Mash the garlic once soft.
	1 Head	Garlic	
	1 tsp	Salt	
	1/4 tsp	Pepper	
	2	Cloves	
	1/4 tsp	Sage	
	1/4 tsp	Thyme	
	1/2	Bay Leaf	
	4 Sprig	Parsley	
	3 Tbsp	Olive Oil	

Lentil Soup	8 Portions
	1 Hour

1	2	Large Onions	Use a large pot and saute in olive oil until onions are translucent.
	4	Carrots	
	5	Cloves of Garlic	

2	4 C	Lentils	Wash lentils and add the remaining ingredients to the pot. Cover with water and bring to a boil.
	1	Bay Leaf	Cover pot with a lid and simmer for 30-40 min.
	1½ tsp	Ground Cumin	Add water as needed.
	1½ tsp	Ground Coriander	
	1½ tsp	Salt	
	¼ tsp	Turmeric	
	2	Vegan Bullion Cubes	

Rasam is a thin soup from Southern India. This recipe makes a fairly thick version. It is nice to serve with warm rice.

Rasam			10 Portions
			45 Min
1	3	Dried Red Chillies	Add ingredients to a dry pan and toast until fragrant. Then, add to a blender to process into a powder.
	1½ Tbsp	Dal (Lentil)	
	1½ Tbsp	Coriander Seeds	
	1 tsp	Cumin Seeds	
	1 tsp	Black Peppercorns	
2	28-Oz	Can of Crushed Tomatoes	Add all ingredients, including the spice powder mix from the previous step, to a sauce pan and simmer for 30 min.
	1½ L	Water	
	2 tsp	Tamarind Paste	
	1 Sprig	Curry Leaves	
	2 Clove	Garlic	
	1 tsp	Mustard Seed	
	1 tsp	Ground Cumin	
	1 tsp	Ground Black Pepper	
	½ tsp	Methi Seeds (Fenugreek)	
	½ tsp	Hing / Asafoetida	
	2	Dried red chillies - broken.	
	1 tsp	Mustard Seed	

		Sweet and Sour Soup	4 Portions
			30 Min
1	1 Tbsp	Olive Oil	Saute in a pot until soft.
	1 Tbsp	Grated Ginger	
2	6 C	Vegetable Broth	Add to the pot and bring to a simmer.
	1/2 Tbsp	Soy Sauce	
	2 Tbsp	Rice Vinegar	
	1 Tbsp	Garlic Chili Sauce	
3	1	Block of Tofu	Cut into cubes and add to the pot. Simmer until heated thru.
4	1/4	Red Cabbage	Slice or julienne vegetables. Divide among serving bowls. Ladle broth and tofu on top.
	4	Green Onions	
	3	Carrots	
	8	Button	
		Mushrooms	



Figure 3.1: Sweet and Sour Soup

West African Peanut Soup				6 Portions
				30 Min
1	1	Large Yellow Onion	Saute until in a pot until translucent.	
	1/2 Tbsp	Olive oil		
2	2	Carrots	Peel and chop the carrots. Add the carrots and	
	1/4 Tbsp	Grated Ginger	spices to the pot and continue to saute for 5 min-	
	1/2 tsp	Salt	utes longer.	
	1/4 tsp	Cayenne		
3	1	Sweet Potato	Peel and chop the sweet potato. Add to the pot	
	2 1/2 C	Vegetable Stock	with stock and simmer until the vegetables are	
			cooked thru.	
4	3/4 C	Peanut Butter	Remove from the heat and add the peanut butter	
	3/4 C	Vegetable/Tomato	and Juice. Blend until smooth.	
		Juice		

Chapter 4

Salads

Black Rice Salad			
			4 Portions
			40 Minutes
1	3 C 1/4 C 1 1/2 Tbsp 1 tsp 1/4 tsp 1 2 Tbsp	Cooked Black Rice Lime Juice Olive Oil Agave Nectar Salt Minced Garlic Chopped Cilantro	Make vinaigrette and pour over cooked black rice. Cover and chill.
2	1 1 1/2 C 1/2 C	Diced Mango Diced Avocado Chopped Red Onion Chopped Cilantro	Add to the salad, cover and chill again before serving.
Chickpea Salad			
			4 Portions
			15 Minutes
1	1 2 Tbsp 1/2 tsp 2 Tbsp	Can Chickpeas Sweet Pickle Relish Creole Seasoning Vegan Mayo	Drain and rinse the chickpeas. Add all to a bowl and mix.

Cranberry Salad			
			4 Portions
			20 Minutes
1	1/2 C 1 2 1 Lb	Sugar Red Vegan Jello Oranges Fresh Cranberries	Peel one of the oranges. Add all to a food processor and chop. Transfer to a bowl.
2	1 C 1 C 1 C	Celery Apples Walnuts	Chop in a food processor, then add to the bowl. Stir to combine, and chill for 3 hours.
Vegan Tuna Salad			
			4 Portions
			15 Minutes
1	1 2 $\frac{1}{3}$ C 2 Tbsp 1 Tsp 1 Tbsp To Taste	Can Chickpeas Chopped Celery Stalks Chopped Dill Pickle Vegan Mayo White Vinegar Chopped Organic Kelp Salt & Pepper	Drain and rinse the chickpeas. Add all to a bowl and mix.

Note: This is even better the next day.

Chapter 5

Main Course

Pizza Dough			2 Portions
			1 Hour
1			Preheat the oven to 450 F.
2	1 C 2 tsp 1 tsp	Warm Water Yeast Sugar	Combine these ingredients and set aside for the yeast to bloom and become frothy. ~10 min.
3	360 g 1/2 tsp 2 Tbsp	AP Flour Salt Olive Oil	Combine these ingredients in a bowl or food processor. Add the bloomed yeast mixture from the previous step and combine.
			Knead dough until smooth and cover in a warm place to rise. ~30 min.
			Roll out the dough, add toppings, and bake for around 10 min. The type and quantity of toppings will affect the bake time.



Figure 5.1: Pizza Dough

Chapter 6

Tempeh, Seitan, etc

Basic Seitan				10 Portions
				1.5 Hour
1	1 Tbsp 1 Large 2 Cloves	Olive Oil Onion Garlic	Sautee.	
2	1/3 tsp 1 tsp 2 Tbsp 1 Tbsp 1 C	Salt Paprika Tomato Paste Soy Sauce Bullion Broth	Combine with ingredients from step 1 in a blender and puree.	
3	1 1/2 C 1/4 C 2 Tbsp	Vital Wheat Gluten Chickpea Flour Nutritional Yeast	Combine with pureed mixture from step 2 to form a dough. Fill dough into a covered dish for steaming. Steam dish with seitan dough for 1 hour.	



Figure 6.1: Basic Seitan

Greek Gyro Seitan

10 Portions

1.5 Hour

1	1 Tbsp	Olive Oil	Sautee.
	1 Large	Onion	
	2 Cloves	Garlic	
2	1/3 tsp	Salt	Combine with ingredients from step 1 in a
	1 tsp	Marjoram	blender and puree.
	1 tsp	Ground Rosemary	
	2 Tbsp	Tomato Paste	
	1 Tbsp	Soy Sauce	
	1 C	Bullion Broth	

3	1½ C	Vital Wheat Gluten	Combine with pureed mixture from step 2 to form a dough. Fill dough into a covered dish for steaming. Steam dish with seitan dough for 1 hour.
	¼ C	Chickpea Flour	
	2 Tbsp	Nutritional Yeast	



Figure 6.2: Greek Gyro Seitan

Chapter 7

Deserts

Apple Pie			1 Pie
			2 Hours
1			Preheat the oven to 350 F.
2	240 g 1/2 tsp 1/2 tsp	Sifted AP Flour Salt Sugar	Mix ingredients to combine.
3	205 g	Vegetable shortening	Cut in shortening into dry ingredient mixture ei- ther by fork or with food processor.
4	Up to 6 Tbsp	Cold Water	Add water 1 Tbsp. at a time until a work- able dough has been formed. Refrigerate until needed.
5	6-8	Apples	Peel then slice apples. Keep slices apples sub- merged in a water / lemon juice solution to pre- vent oxidation. Roll out /fr12 of the dough and line a pie tin. Drain slightly and add the sliced apples.
6	Up to 1 C 1/4 tsp 1/2 tsp Cinnamon 2 Tbsp	Sugar Salt Flour	Combine and sprinkle over the apples in the pie.

7 2 Tbsp Vegan Butter

Dot pieces of butter onto of apples. Roll out remaining dough to form a pie top. Crimp edges and cut off excess dough. Slice steam holes in the dough, and decorate if desired. Bake for 45 min or until pie filling has been bubbling for a minimum of 5 minutes and crust is browned. If the crust is cooking too quickly, cover with aluminum foil.



Figure 7.1: Apple Pie

Chapter 8

Drinks

Peppermint Mocha			1 Portions
			10 Min
1	250 mL 1 Tbsp 1 Tbsp 2 tsp	Brewed Coffee Peppermint Syrup Vegan Coffee Creamer Cocoa Powder	Add to a pre-warmed cup and stir to combine.
2	1 1 1	Vegan Whipped Cream Peppermint Candy Vegan Chocolate Syrup	Garnish as desired.

Chapter 9

Staples

Oat Milk				4 Cups
				5 Minutes
1	4 C 1 C	Cold Water Oats	Puree in a blender. Optionally add a sweetener such as a handful of dates, a tablespoon of agave nectar or maple syrup, and/or a teaspoon of vanilla extract.	
Almond Milk				4 Cups
				5 Minutes
1	4 C $\frac{2}{3}$ C	Cold Water Almonds	Puree in a blender. Optionally add a sweetener such as a handful of dates, a tablespoon of agave nectar or maple syrup, and/or a teaspoon of vanilla extract.	
Cashew Milk				4 Cups
				5 Minutes
1	4 C $\frac{1}{2}$ C	Cold Water Cashews	Puree in a blender. Optionally add a sweetener such as a handful of dates, a tablespoon of agave nectar or maple syrup, and/or a teaspoon of vanilla extract.	