

RECIPES FOR A FORMAL DINNER

Menu planning is one of the most enjoyable parts of putting together a fundraising event. Typically if you're hosting a fundraising dinner or gala, you'd contract a restaurant, caterer or the venue's in-house chef to prepare a wonderful meal for your attendees. Here are just a few ideas for menu options. Caterers are happy to work with you to design a spectacular dinner.

SOUP

- French Lentil Soup with Smoked Paprika
- Grilled Tomato Gazpacho
- Green Pea Soup

VEGGIES + GRAINS

- Yellow Stuffed Mushrooms with Walnut Feta
- Roasted Asparagus with Sliced Almonds
- Creamy Mushroom and Leek Orzo
- Fresh Herb Mushroom Risotto
- Tabbouleh with Grilled Vegetables

MAIN COURSE

- Chickpea and White Bean Ravioli with Pepper Cream Sauce
- Chili Lime-Marinated Seitan Kebobs
- Red Wine Braised Beefless Strips with Root Vegetables
- Seitan and Vegetable Roulade
- Creamy Red Pepper Polenta with Roasted Mushrooms
- Mushroom Wellington

French Lentil Soup with Smoked Paprika

Serves 4-5



Ingredients:

Splash water (or 1/2 - 1 tablespoon olive oil)
1½ cups diced onion
1 cup carrot that has been cut in disks
4 to 5 medium to large cloves garlic, minced
1½ teaspoons dried thyme
¼ to 1½ teaspoons smoked paprika
1 teaspoon Dijon mustard
¾ teaspoon sea salt
Freshly ground black pepper
2 cups French lentils, rinsed (see note)
2 cups vegan vegetable stock (check label for allergens)
5 cups water
¼ cup tomato paste
1 bay leaf
1½ tablespoons freshly squeezed lemon juice (optional, but nice)
2 tablespoons chopped chives, for garnish (optional)

Preparation:

In a large pot over medium heat, combine the oil, onion, carrot, garlic, thyme, paprika, mustard, salt, and pepper. Stir, cover, and cook for 6 to 8 minutes, stirring occasionally, until the onion starts to soften. Add the lentils, stir, then add the vegetable stock, water, tomato paste, and bay leaf. Increase the heat to bring to a boil, then lower the heat to medium-low, cover, and cook for 30 to 35 minutes, or longer if needed, until the lentils are fully cooked through. Remove the bay leaf. Add the lemon juice, if using, stir, and serve, sprinkling with chopped chives, if desired. Serves 4-5.

Recipe and photo credit to Dreena Burton, founder of the blog Plant Powered Kitchen:
http://plantpoweredkitchen.com/recipe-page/?recipe_id=6025871

Grilled Tomato Gazpacho

Grill the vegetables for this refreshing soup earlier in the day or even the night before. We sometimes serve the gazpacho in clear Spanish wine tumblers to show off the rich color.



Ingredients:

2 pounds ripe plum tomatoes
1 small red bell pepper
1 English cucumber, peeled and seeded, divided
1/2 cup torn fresh or day-old country bread, (crusts removed)
1 small clove garlic
2-3 Tbsp red-wine vinegar
1 Tbsp chopped fresh parsley
1/4 tsp piment d'Espelette, (see Ingredient Note)
or hot Spanish paprika or pinch of cayenne pepper
1/2 tsp salt
1/4 tsp freshly ground pepper
2 tbsp extra-virgin olive oil

Preparation:

1. Preheat grill to medium-high.
2. Grill tomatoes and bell pepper, turning a few times, until they soften and the skins are blistered and charred in spots, about 8 minutes. Transfer the pepper to a plastic bag and let it steam until cool enough to handle. Peel off the skin; cut the pepper in half and discard the stem and seeds. Place one half in a blender. When the tomatoes are cool enough to handle, core and roughly chop. Add the tomatoes, skins and all, to the blender.
3. Add half the cucumber to the blender along with bread, garlic, vinegar to taste, parsley, piment d'Espelette (or paprika or cayenne), salt and pepper. Blend until smooth. Add oil and blend until well combined. Refrigerate until room temperature or chilled, at least 1 hour.
4. Before serving, finely dice the remaining cucumber and bell pepper; stir half of each into the gazpacho and garnish with the remaining cucumber and bell pepper.

Recipe and photo credit to Eating Well Magazine:

http://www.eatingwell.com/recipes/grilled_tomato_gazpacho.html

Green Pea Soup



Ingredients:

- 2 cups peas
- 1 avocado
- 1 1/2 cups almond milk
- 1 small onion
- 1 teaspoon salt (or to taste)
- 1/2 teaspoons pepper (or to taste)

Preparation:

1. Set aside a half cup of the peas.
2. In a blender, puree the rest of the peas, avocado, almond milk, and salt and pepper until very smooth.
3. Salt and pepper to taste.
4. Pour in bowls and top with the reserved peas and minced onion.

Recipe and photo credit to:

<http://www.rawon10.com/2011/11/green-pea-soup-serves-2-1.html>

VEGGIES + GRAINS

- Yellow Stuffed Mushrooms with Walnut Feta
- Roasted Asparagus with Sliced Almonds
- Creamy Mushroom and Leek Orzo
- Fresh Herb Mushroom Risotto
- Tabbouleh with Grilled Vegetables

Stuffed Yellow Tomatoes with Walnut Feta

Makes about 6 servings



Ingredients:

6 large yellow tomatoes (green or red would work, too!)

1 teaspoon olive oil
3 shallots, finely chopped
3 cloves of garlic, thinly sliced
1/2 tsp sea salt
6 crimini or button mushrooms, sliced
6 artichoke hearts, from a can (in water, not marinated), chopped
1 large yellow zucchini, diced
1 tsp cumin
3 tbsp nutritional yeast

Walnut Feta:

1/2 cup walnuts
2 tbsp nutritional yeast
1/2 tsp sea salt
1/2 tsp olive oil

Preparation:

1. Preheat oven to 400°F.
2. To make Walnut Feta, add walnuts, nutritional yeast, and sea salt to a food processor. Process until the walnuts become grainy, making sure to stop and scrape down the sides when necessary. Add olive oil, and continue to process until small clumps form. Do not over process, it will eventually become a paste-like texture.
3. Using a sharp knife, slice the top of the tomatoes off, making sure to include the stem. Take a large spoon and scoop out the insides of the tomato, leaving about 1/2"-3/4" thickness around the outside.
4. Preheat a cast iron skillet over medium heat. Add olive oil, shallots, and garlic. When it begins to sizzle, add the salt. Saute until shallots begin to lightly brown. Add mushrooms, artichokes, and zucchini, continually stirring mixture so that no sticking occurs. Lightly salt, and saute until mushrooms release their moisture and the vegetables are tender. Remove from heat and add the nutritional yeast and cumin. Mix thoroughly until vegetables are evenly coated.
5. Fill tomatoes to the brim with the vegetable mixture, and then sprinkle on the walnut feta. Place in a large casserole dish and bake in preheated oven for about 15 minutes, or until walnut feta is lightly browned. If left in the oven for too long, tomatoes will begin to split down the sides.
6. Remove from oven and serve immediately.

Recipe and Photo Credit to Caitlin, founder of the blog The Vegan Chickpea:

<http://www.theveganchickpea.com/2011/08/stuffed-yellow-tomatoes-with-walnut.html>

Roasted Asparagus with Sliced Almonds



Ingredients:

1 bunch asparagus
1/4 cups toasted sliced almonds
Olive oil
Sea salt, to taste
Freshly ground black pepper, to taste

Preparation:

1. Preheat the oven to 400-degrees.
2. Trim the asparagus and chop off the bottom of each stalk. Place the asparagus stalks and toasted almonds in a glass baking dish.
3. Toss them in olive oil, sea salt, and pepper.
4. Roast for about 15-20 minutes. Remove from oven and serve immediately.

Recipe and photo credit to:

<http://www.theveraciousvegan.com/2012/08/roasted-asparagus-with-sliced-almonds.html>

Creamy Mushroom and Leek Orzo

Serves 4 as a main course and 6 as a side dish



Ingredients:

2 leeks, rinsed, quartered and thinly sliced (cutting as close to the bottom as possible and extending until the leek just begins to turn green)

4 cloves garlic, minced

1 large or 2 small shallots

2 tbsp olive oil, separated

2 tbsp Earth Balance Buttery Sticks, divided

4 cups mushrooms, sliced

1 tbsp fresh thyme leaves or 1/2 tbsp dried

good splash of white wine

1/2 cup cashew cream

(<http://www.wouldrathergather.com/allrecipes/cashew-cream/>)

2 cups orzo

2 tbsp Better than Bouillon Mushroom Stock Paste

4 tbsp of freshly snipped chives to garnish

sea salt and freshly cracked pepper to taste

Preparation:

1. In a saute pan over medium heat, bring 1 tbsp olive oil and 1 tbsp of Earth Balance up to temperature.
2. Add leeks, shallots, garlic and saute for 10 minutes. Add a good splash of wine to loosen the leek mixture and deglaze the pan at the 5 minute mark.
3. While leeks are sauteing bring a large saucepan of water to boil, add 1 tbsp of olive oil, mushroom stock paste and stir until dissolved. Add orzo and cook according to time indicated on the package. Orzo should "el dente" when done.
4. After the leek mixture has sauteed for 10 minutes, add the mushroom mixture, thyme leaves and 1/4 cups of the orzo cooking water and saute for another 7-8 minutes or until the mushroom have cooked through.
5. Once the orzo has finished cooking, drain and rinse under hot water reserving 1 cup of the cooking liquid. Set orzo aside.
6. Once the mushroom leek mixture is done, add orzo and cashew cream saute for another 2-3 minutes until cream reduces. Should the mixture become thick, use the reserved cooking water to thin out the mixture until desired consistency is achieved. Salt and pepper to taste.
7. Plate, garnish with snipped chives and enjoy!

Recipe and photo credit to Shawna Newbery, writer of the blog Would Rather Gather:

<http://www.wouldrathergather.com/allrecipes/creamy-mushroom-and-leek-orzo/>

Fresh Herb Mushroom Risotto

Serves 4



Ingredients:

2 shallots, chopped
olive oil, as needed
5 garlic cloves, chopped
2 cups mushrooms, sliced
1/2 cup fresh parsley, chopped
salt and pepper, to taste
3 cups broth
1 1/2 cups arborio rice
1/2 cup cooking sherry
1/2 cup fresh basil, chopped
1 1/2 cups watercress, chopped

Preparation:

1. In a large pot, sauté the shallots until they are sweating. Stir in garlic, and when it's fragrant, add mushrooms, parsley salt and pepper.
2. Give a splash of water or oil, if it appears dry. In a separate pot, heat broth and keep on low. When the mushrooms are soft, add rice and sherry; stir and simmer until liquid is absorbed.
3. Ladle in a scoop of hot broth, stir with a spatula and simmer on medium until rice has absorbed liquid.
4. Repeat until all the broth has been taken in by the rice. This time consuming process is what causes the rice to give its starch and become creamy.
5. When the rice is almost done, stir in the basil. When it is completely soft, stir in watercress. The dish is done when the watercress is wilted. You don't want to overcook it and lose that wonderful peppery flavor.

Recipe and photo credit to:

http://vegweb.com/recipes/fresh-herb-mushroom-risotto_



Tabbouleh with Grilled Vegetables

Grilled vegetables add a layer of rich, complex flavors to the popular Middle Eastern salad of bulgur and herbs. Serve with whole-wheat pita bread or use as a sandwich filling

Ingredients:

- 1 cup bulgur
- 3/4 tsp salt, divided
- 1 cup boiling water
- 2 medium zucchini, cut lengthwise into 1/2-inch-thick slabs
- 2 sweet onions, such as Vidalia, cut into 1/2-inch-thick rounds
- 3 large portobello mushroom caps, wiped clean
- 2 cups cherry tomatoes
- 3 Tbsp extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- 1/4 cup chopped walnuts
- 3 Tbsp lemon juice
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh mint

Preparation:

1. Place bulgur and 1/2 tsp salt in a large bowl. Add boiling water and stir. Cover with plastic wrap and let soak until tender and liquid has been absorbed, about 30 minutes.
2. Meanwhile, preheat grill to medium-high. Place a fine-mesh nonstick grill topper on the grill to heat.
3. Place zucchini, onions, portobellos and tomatoes in a single layer on a baking sheet. Brush both sides with 1 Tbsp oil and sprinkle with remaining 1/4 tsp salt and pepper. Working in batches, grill the vegetables until tender, turning once or twice. Allow 8 to 10 minutes for zucchini and onions, 6 to 8 minutes for mushrooms, and 2 to 3 minutes for tomatoes.
4. Toast walnuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 3 minutes. When the vegetables are cool enough to handle, coarsely chop the zucchini, onions and mushrooms. Cut the tomatoes in half.
5. When the bulgur is tender, add the remaining 2 Tbsp oil, lemon juice, parsley and mint; toss to mix. Add the vegetables and toss. Sprinkle with walnuts

Recipe and photo credit to Eating Well:

http://www.eatingwell.com/recipes/tabbouleh_with_grilled_vegetables.html

MAIN COURSE

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- Mushroom Wellington

Chickpea and White Bean Ravioli in Roasted Pepper Cream Sauce



Ingredients:

For the ravioli:

- 6 fresh pasta sheets (the recipe I used stated it made a pound of pasta, you could use store bought)
- 1 1/2 cups cooked chickpeas
- 1 1/2 cups cooked white beans such as navy
- 3 cloves garlic, rough chopped
- 1 tbsp tahini
- Juice of one lemon
- 1 tsp cumin

Olive oil for drizzling (optional)

4 oz chopped pimento (can be found in a jar in the grocery store)

2 tbsp green onions, chopped plus some for garnish (green part only)

2 tbsp finely chopped parsley

Salt and pepper to taste

For the filling:

1 1/2 roasted red peppers

1 roasted yellow pepper

2 cloves garlic

1/2 cup vegetable stock

1/2 cup non dairy creamer (I used So Delicious Original)

1 tbsp flour

Salt and pepper to taste

Preparation:

In a food processor blend the chickpeas, white beans, garlic, lemon juice, tahini and cumin until blended and smooth. If the mixture seems dry drizzle some olive oil and continue to blend until smooth but not runny. Remove from the processor and transfer to a large bowl. Add the pimento, green onion, parsley, salt and pepper and stir to incorporate.

Lay out a pasta sheet on a flat, lightly floured surface. If you have one of those ravioli makers, now is the time to use it! Otherwise, place filling in teaspoonfuls on the dough leaving enough room between them to cut the ravioli. Lay another sheet on top and lightly press sheets together (don't press so hard that they are sealed). Cut into ravioli shapes. Once cut, lift the top sheet, rub the edges of the bottom sheet with a little water and then press the two together ensuring air bubbles are forced out.

Prepare the sauce by putting the roasted peppers, garlic, vegetable stock and non dairy creamer into a blender. Blend until very smooth. Transfer to a sauté pan and heat over medium heat. Add the flour, salt and pepper and stir until heated through and thickened. This may take up to ten minutes.

While sauce is heating a large pot of water until it reaches a rolling boil. Add the ravioli and allow to cook until the ravioli float to the top - about five minutes or so.

Drain ravioli, serve with the roasted pepper sauce garnished with the rest of the green onion.

*Recipe and photo credit to Lee Khatchadourian-Reese, founder of The Vegan Version:
<http://www.theveganversion.com/2012/02/chickpea-and-white-bean-ravioli-with.html>*

Chili Lime-Marinated Seitan Kabobs (and Chili Lime butter!)

(Makes 6 Kabobs; 2-3 servings)



Ingredients:

- 6 wooden skewers
- 1 Tablespoon chili powder (I use a NM blend)
- Zest and juice of 3 limes
- 5 Tablespoons olive oil
- 1 loaf homemade seitan (<http://thatwasvegan.wordpress.com/2012/01/30/my-favorite-chicken-style-seitan-recipe/>)
- 1 Mexican squash, sliced
- 1 summer squash, sliced (and also halved on the thick end)
- 1/2 sweet onion, quartered
- 1 small bell pepper, cubed

Preparation:

1. Submerge the wooden skewers in cold water and allow to soak for at least 30 minutes (but an hour is better).
2. In a tupperware large enough to fit all the seitan and veggies, mix the marinade: Chili powder, zest and lime juice, and olive oil.
3. Slice the seitan lengthwise into 3rds, the cut crosswise into 1/4's. Place in marinade along with the rest of the ingredients and let sit for as long as you can. I've done as little as an hour and as much as a whole day- I'd recommend at least an hour.
4. Build your kabobs, alternating seitan and veggies with an average of 2-3 pieces of seitan per kabob. Enjoy!

Recipe and photo credit to Barbara Musick, founder of the blog That Was Vegan?:

<http://thatwasvegan.wordpress.com/2012/07/02/chili-lime-marinated-seitan-kabobs-and-chili-lime-butter/>

Red Wine Braised Beefless Strips and Root Vegetables

Serves 2 but doubles to serve 4 perfectly.



Ingredients:

7 oz Gardein Beefless Strips
1.5 tbsp olive oil
1.5 tbsp + 1 tbsp Earth Balance Buttery Stick
sea salt and pepper to taste
2 cloves garlic, roughly chopped
2 large shallots, sliced finely into wedges
1 cup each of carrots, celery root cut into 3 in. long
by 1/4 in. wide sticks
1 cup cremini mushrooms finely sliced
1 sprig of fresh rosemary or 1/2 tsp of dried
2 sprigs of fresh thyme or 1 tsp of dried
1 tbsp all-purpose flour
1 cup full-bodied red wine (Cote du Rhone or
Ripasso are brilliant)
1 cup vegetable stock (I like Better than Bouillon
brand paste)

Preparation:

1. Unless you've prepared beef before, you might not know that the best way to achieve texture in a dish with beef, even when it isn't beef, is to season and sear it. Before you sear the Beefless Strips, pat them dry and they season liberally with salt and pepper. In a saute pan over medium-high heat bring olive oil and Earth Balance Buttery Sticks up to temperature. Sear the seasoned strips for 2/3 minutes on each side or until browned. Remove browned strips from saute pan, drain on paper towel and set aside.
2. In same saute pan over medium heat add the garlic, shallots, carrots and celery root and saute until soft and golden about 7-8 minutes. Add flour and mushrooms to the vegetable mixture, combine well and saute for another 2-3 minutes until the mushrooms have cooked through.
3. Add wine, vegetable stock, thyme, rosemary and simmer until saute reduces by half. Once sauce has reduced, add remaining 1 tbsp of Earth Balance Buttery Stick and Beefless strips and saute until strips have warmed through. Sea Salt and pepper to taste and voila!

Recipe and photo credit to Shawna Newbery, writer of the blog Would Rather Gather:

<http://www.wouldrathergather.com/allrecipes/red-wine-braised-beefless-strips-and-root-vegetables/>

Seitan and Vegetable Roulade



Ingredients: Seitan for Roulade

1 1/2 cups vital wheat gluten
2 tablespoons soy flour
2 tablespoons all purpose flour
1 tablespoons herbes de provence (yes, a
tablespoon)
1 teaspoon onion powder
1/2 teaspoon salt
Pinch black pepper
1 2/3 cup cold vegetable broth, divided
2 tablespoons tamari
2 tablespoons ketchup
2 tablespoons dry red wine

Preparation:

Preheat the oven to 300 degrees F. Lightly oil a 9 X 13 inch baking pan.

In a medium bowl, combine the dry ingredients. In a second bowl, combine the wet ingredients but only use 2/3 cup of the broth. Mix the wet into the dry and mix well, then knead with your hands for a few minutes. Add a tablespoon or two additional gluten or broth if needed. If you have silpat, this is the time to use it. Roll the seitan out to a 9 X 13-inch rectangle. The silpat makes it easy because it holds the seitan in place. Transfer to the baking pan and pour the remaining 1 cup of broth over the seitan. Cover tightly with foil and bake for 1 hour. Remove and let cool. Save the foil, you'll need it again. While it's cooling, make the filling.

Filling Ingredients:

1 tablespoon olive oil
1/2 cup minced shallots (or you can use leeks)
1/2 cup finely chopped red bell pepper
2 cloves garlic, minced
1 1/2 cups finely minced cremini or baby bella mushrooms
3 cups packed baby spinach, cut into chiffonade
1 teaspoon fresh thyme (or 1/2 teaspoon dried)
1 teaspoon fresh rosemary (or 1/2 teaspoon dried)
Pinch of red pepper flakes, optional
2 teaspoons lemon juice
1/2 teaspoon salt
1/4 teaspoon black pepper

Preparation:

Heat the oil in a large skillet over medium heat. Add the shallots and red pepper and cook 2 to 3 minutes. Add the garlic, mushrooms, spinach, thyme and rosemary. Cook, stirring occasionally for 3 to 5 minutes. Add the salt, pepper and lemon juice. Taste and adjust seasonings. Let cool.

Assembly:

2 tablespoons Dijon mustard (or 1 tablespoon mustard and horseradish to taste)*
1 sheet puff pastry

Transfer the seitan to the piece of foil. Spread the seitan with 1 tablespoon of mustard, or the horseradish (to taste). Spread the cooled filling onto the seitan, leaving about 1/2 inch to 1-inch border all the way around. Starting at the 9 inch-side, carefully roll the seitan up to enclose the filling. The roulade can be made the day ahead up to this point, just wrap the roulade tightly in the foil.

On a lightly floured surface, roll the puff pastry out to an 11 X 14-inch rectangle. Spread with the remaining tablespoon of mustard. Transfer the roulade to the pastry with the short side of the roulade on the shorter side of the pastry. Roll the pastry around the roulade and enclose the ends. Wet your fingers to seal the ends closed. At this point, the roulade may be refrigerated air tight until serving, or you may bake it.

To bake, preheat the oven to 400 degrees F. If you've wrapped the roulade in foil, remove the foil. Bake roulade on a baking sheet for 25 to 30 minutes, until golden brown. Cut in 1-inch slices using a serrated knife for the cleanest cuts. Serve with gravy.

*Horseradish mustard would be ideal here! If using straight horseradish, be careful not to overdo it.

Note: leftover slices can be reheated in baking dish covered with foil. Just bake for 30 minutes or so at 350 degrees F.

Recipe and photo credit to Tami Noyes, founder of the blog Vegan Appetite:
<http://www.veganappetite.com/2010/12/what-are-you-making-for-christmas.html>

Creamy Red Pepper Polenta with Roasted Mushrooms



Ingredients:

4 oz cremini mushrooms, sliced
2 cloves garlic, unpeeled
1 tbsp oil
1/4 tsp salt
freshly ground pepper
3 cups water
1 large red pepper, cored, seeded and chopped
1 leek, white and light green section, sliced
1/2 cup plain soy milk, or creamer (more, if needed)
1 cup polenta
1 tsp oregano
1/2 tsp sage
salt and pepper to taste
parsley, fresh or dried

Preparation:

1. Preheat oven to 400 degrees
2. Toss sliced mushrooms and garlic in olive oil. Spread out on a baking sheet and sprinkle with salt and pepper. Roast for 20 mins, turning a few times to keep from burning. Remove from oven, let cool, then peel and mince garlic.
3. While mushrooms roast, place water, red pepper, and leeks in food processor or blender and blend until relatively smooth. Bring to bubbling in a sauce pan, then whisk in polenta. Lower heat and stir in soy milk/creamer. Loosely cover and cook for about 15-20 mins, until thick and creamy and soft. Stir regularly to keep from cooking to the bottom, and add more soy milk if it gets too thick. Stir in spices and minced garlic, then season to taste with salt and pepper.
4. Pour polenta into a large serving dish, then place mushrooms in the centre. Garnish with parsley and serve.

Recipe and photo credit to Vegan Dad:

<http://vegandad.blogspot.com/2009/10/creamy-red-pepper-polenta-with-roasted.html>

Mushroom Wellington

Great for a holiday dinner or just to impress your friends!



Ingredients:

1 sheet puff pastry
3 tbsp olive oil, divided
1 russet potato, sliced thin
8 oz cremini mushrooms, chopped
5 oz shitake mushrooms, chopped
1 clove garlic, minced
3 kale leaves, chopped
1/2 cup parsley, chopped
2 tbsp thyme, chopped
1 tbsp sesame seeds
1 tsp onion powder
1 tbsp non dairy milk (I used So
Delicious Unsweetened Coconut)
Salt and Pepper to taste

Directions:

1. Preheat oven to 375 degrees.
2. On a baking sheet lined with foil lay the potato slices in a single layer and drizzle with 1 tablespoon of olive oil, salt and pepper. Roast for 20 minutes until soft.
3. While the potatoes are roasting, in a saute pan over medium heat 1 tablespoon of olive oil, the mushrooms, garlic and kale. Season with salt and pepper. Saute until the mushrooms are tender and then add parsley and thyme. Cook a few minutes longer and remove from the heat.
4. Remove the potatoes from the oven. Place a puff pastry sheet on a lightly greased baking pan. Place a single layer of potatoes on the puff pastry sheet. Leave room around the edges so that the potatoes cover about 2/3 of the puff pastry sheet. Add the mushroom mixture over the potatoes and top with another layer of potatoes.
5. Fold the puff pastry over the mushrooms and potatoes and press to seal across the top. Be sure to also seal the outer edges of the short side of the puff pastry. You will end up with something that looks like a loaf of bread. Gently flip or roll the loaf over so that the seam is on the bottom.
6. In a shallow dish mix the remaining tablespoon of olive oil and non dairy milk with a whisk. Lightly brush the top of the loaf with this mixture and then sprinkle the onion powder and sesame seeds on the top.
7. Bake at 375 degrees for 35 minutes until puff pastry is golden brown.
8. Allow to cool for about ten minutes before slicing and serving.

Recipe and photo credit to Lee Khatchadourian-Reese, founder of The Vegan Version:

<http://www.theveganversion.com/2012/01/mushroom-wellington.html>

DESSERT

- Refreshing Sorbetto in Grapefruit Shells
- Pineapple Sorbet
- Simple Lemon Curd Tarts

Refreshing Sorbetto in Grapefruit Shells

Serves 4



Ingredients:

1 1/2 (355 ml) cups water
1 (235 ml) cup fresh mint leaves
3/4 or 1 cup (177 or 235ml) sugar
depending on your sweet tooth
2 medium sized pink grapefruit

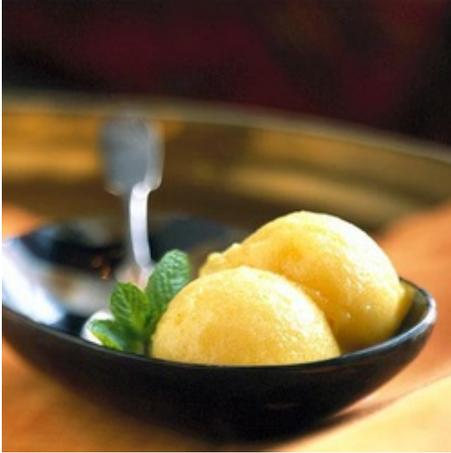
Preparation:

1. In a small saucepan, combine the sugar, water, and fresh mint leaves. Allow the mixture to simmer over medium/ low heat for about 10 minutes, stirring occasionally. Do not let the sugar burn! Strain into a freezer-friendly container that seals (i.e., Tupperware) and discard the mint leaves. Seal the container and place in the refrigerator for about a half-hour to cool.
2. While the mint syrup cools, make the grapefruit cups: Cut the two grapefruit into halves. Cut around each half, loosening the flesh from the outer skin, being careful to preserve hemisphere shape. The shells will be used as cups later. Remove the fruit from the peel with a grapefruit spoon or the like. Cover the shells and set aside in the refrigerator.
3. Now make the grapefruit juice. Either run the grapefruit flesh through a juicer machine, or just squeeze the juice out with your hands. Add the juice to the cooled mint syrup, and beat together with a whisk.
4. Place the mixture in freezer-friendly container into the freezer for about 3 hours, or until semi-firm (not solid). Remove from the freezer and place semi-solid mixture into the blender. Blend until smooth and slushy.
5. Spoon the frozen sorbetto (slush) into the grapefruit shells. Cover and freeze until solid, 5 hours or overnight.

Recipe and photo credit to:

<http://vegweb.com/recipes/refreshing-sorbetto-grapefruit-shells>

Pineapple Sorbet



Ingredients

1 small pineapple, peeled and cored
2 tablespoons fresh lemon juice
1 cup plus 2 tablespoons sugar
Mint sprigs (optional)

Preparation

1. Cut pineapple into 2-inch pieces. Place pineapple and lemon juice in a food processor; process until smooth. Add sugar; process 1 minute or until sugar dissolves.
2. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container. Cover and freeze 1 hour or until firm. Garnish with mint sprigs, if desired.

Note:

If you don't have an ice-cream freezer, use a covered metal bowl. Freeze mixture 3 hours or until it is hard on the outside but slushy in the middle. Remove it from the freezer, beat it with a whisk until smooth, and return to the freezer, covered, for 4 hours until firm.

Recipe and photo credit to Cooking Light Magazine:
<http://www.myrecipes.com/recipe/pineapple-sorbet-1000000443474/>

Simple Lemon Curd Tarts



Ingredients:

1 1/4 cup fresh lemon juice
1/2 cup cold water
1 3/4 cup + 3 tbsp organic cane sugar
4 tbsp cornstarch
Zest of 4 lemons, divided
2 tbsp Earth Balance
6 tbsp non dairy milk (I used So Delicious Unsweetened Coconut)
Phyllo shells, thawed
Berries of your choice
Powdered sugar (optional)

Preparation:

1. Combine the lemon juice, water, sugar, cornstarch and 1 tbsp of the lemon zest into a blender. Blend until well incorporated
2. Pour the mixture into a sauce pan and turn heat to medium. Stirring constantly heat the liquid until it comes to a boil. Once boiling allow the mixture to boil without stirring for one minute. It will start to become thickened.
3. Add the non dairy milk, Earth Balance and the rest of the lemon zest and stir well. Remove from the heat and allow to cool to room temperature. Once cooled cover and place in the refrigerator. The mixture will continue to thicken as it cools fully.
4. When ready to serve, fill the phyllo shells with some lemon curd and top with the berries of your choice. Garnish with powdered sugar if desired.

*Note: this recipe makes about two cups of lemon curd.

Recipe and photo credit to Lee Khatchadourian-Reese, founder of The Vegan Version:
<http://www.theveganversion.com/2012/01/simple-lemon-curd-tarts.html>