

Vegan Comfort Food

Wednesday, January 15, 2025

6:30pm CT

What to expect in your cooking class:

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!

How to prepare for your class:

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

Salisbury “Steak” with Mushroom Gravy

Ingredients:

Steak

2 cups **cooked** lentils
1 **cup** Vital wheat gluten
1 cup plain bread crumbs
1/2 cup vegetable broth
1/4 cup soy sauce
1 **tbsp** liquid smoke
1/2 **tsp** salt
1/4 tsp black pepper
1 tsp olive oil

Gravy

2 tsp olive oil
8 oz mushrooms, **sliced**
3 cloves garlic, **chopped**
3 tbsp vegan butter
3 tbsp all-purpose flour
2 cups vegetable broth
1/2 tsp sage, dried
1/2 tsp. thyme
Salt and Pepper to taste

Instructions:

In a **medium sized mixing bowl**, add the cooked lentils. Using either a **potato masher** or fork mash the lentils until they are almost all mashed, leaving a bit of texture.

Add all the remaining steak ingredients to the bowl except the olive oil. Start to stir to mix the wet and dry together, then using your hands, continue to mix until fully combined. Then knead together the mixture, knead for a few minutes until it forms a nice dough ball that isn't sticky. Taking large balls of dough, roll then flatten to look like steak. Repeat until you have formed all the dough into "steaks".

Heat the olive oil in a **cast iron skillet or nonstick pan** on medium high. Add the steaks to the pan, as many as you can fit. You can do it in batches. Cook the lentil steaks on each side for 2-3 minutes until brown and cooked through. Remove the steaks from the pan, and set aside while you make the gravy.

Heat the olive oil in the same pan on medium high, add the mushrooms. Saute for a few minutes and sprinkle with a bit of salt and pepper. Once they are soft and a bit brown add the garlic and sauté for an additional 30 seconds. Remove the mushrooms/garlic from the pan and set aside.

Reduce heat to low. Add the vegan butter and flour. **Whisk** together and cook for 1-2 minutes to make a roux. It should be a bit thick and paste like. Add the veggie broth, whisk to combine. Simmer until it has thickened 2-4 minutes. Add the mushrooms back to the pan, and stir in the spices. Taste and adjust seasonings.

Add the steaks back to the pan and cook with the gravy for a minute, then serve.

Broccoli and Cheese Shells

Ingredients:

"Cheddar" Sauce:

2 large carrots
3 large sweet potatoes
1 **tbsp** olive oil
1 $\frac{2}{3}$ **cup** vegetable broth
1/4 cup nutritional yeast
3 **tbsp** lemon juice
1 **tbsp** garlic powder
Salt and Pepper to taste

Pasta

16 oz shells
2 cups broccoli, **cut** into florets
Salt and Pepper

Instructions:

Preheat the oven to 400 degrees. **Cut** the sweet potatoes or carrots into large chunks. **Toss** olive oil and sprinkle with salt and pepper. Roast on a **baking sheet** for 30-35 minutes or until the carrots and sweet potatoes are soft and mashable.

While the veggies are roasting, start **boiling the water for the pasta**. Once the water is boiling, blanch the broccoli in the boiling water for about 2 minutes or until bright green and a little softer. Remove from boiling water and set aside.

Now add the pasta shells to the boiling water and cook according to package directions.

Once the veggies are done, let them cool for a few minutes until you can handle them. Add the carrots to a **blender**, then peel off the sweet potato skin and add that along with the veggie broth, lemon juice, nutritional yeast, garlic, salt and pepper. Blend, **scraping** down the sides when needed until totally smooth. It may take a few minutes. Taste and adjust seasoning.

When the pasta is ready, **reserve one cup** of pasta water, drain the rest and return pasta to pot. Pour the "cheddar" sauce over the pasta with a bit of reserved pasta water. **Stir**, taste, and adjust seasoning. Stir in broccoli. Serve immediately.