

THOSE VEGAN CHEFS PRESENT

THE ULTIMATE VEGAN BBQ COOKBOOK



BY STEPHEN JANKE
CONTRIBUTER JULIE VAN DAM

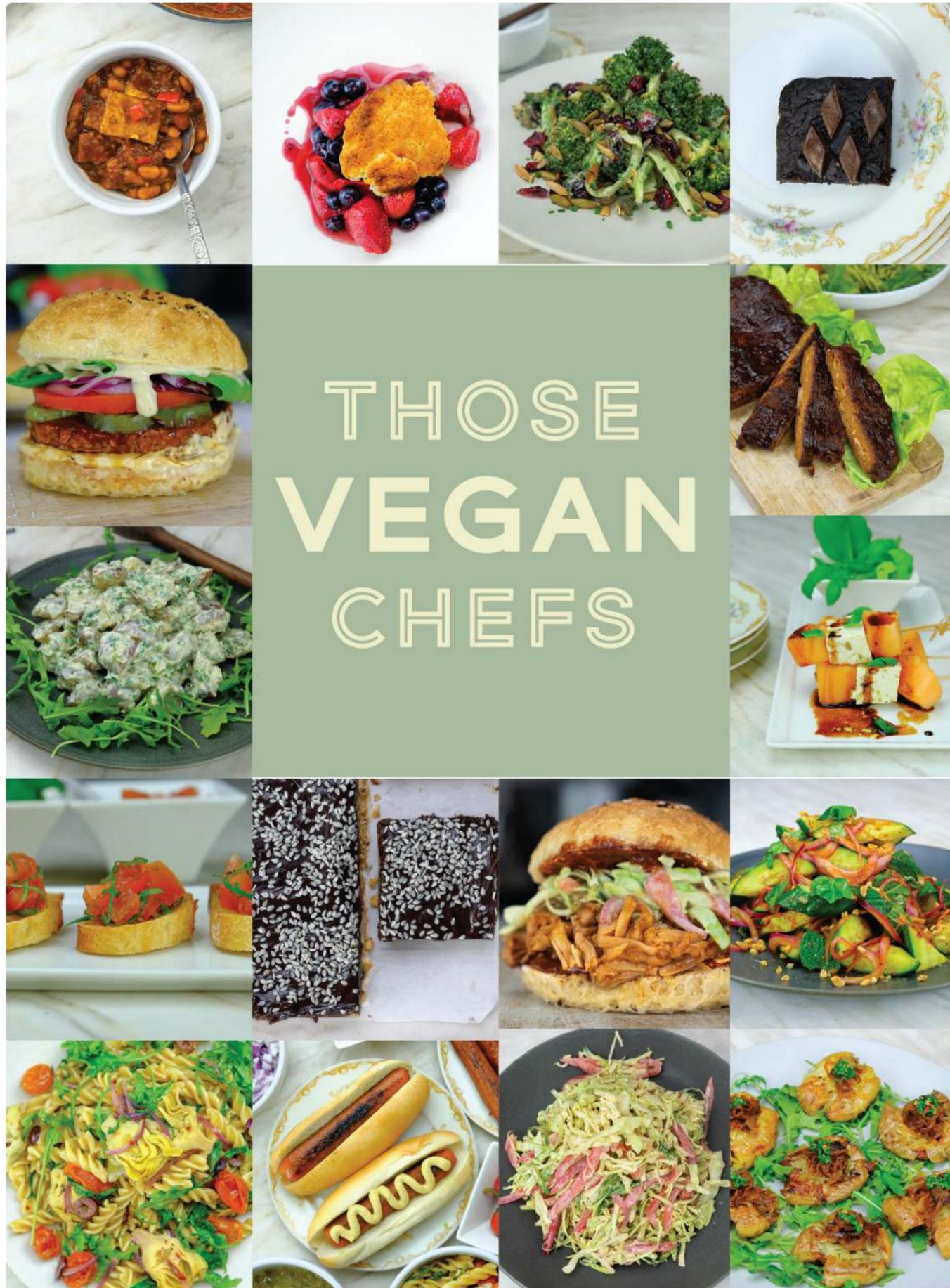


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GRILL METHOD

Grilling the jackfruit ribs is easy and fun. Start with the ribs cold, place them on the grill in a place that's hot but not smoking hot. Glaze the ribs with BBQ sauce and close the grill lid, cook for 5 minutes. Flip the ribs and glaze again, close the lid, and cook for another 5 minutes. Finish with another glazing of BBQ sauce. It's great if you get a little charring on the edges. Cut the ribs into 1-inch thick ribs and serve.

PAN ROAST METHOD

Heat a pan over medium heat, and add enough extra virgin olive oil to coat the bottom of the pan. Cut the ribs into 1-inch thick ribs. Cook the ribs on all sides, for about 2 minutes per side. The ribs should be a little crispy on the edges. Glaze the top of the ribs with BBQ sauce just before serving.

OVEN ROAST METHOD

Preheat the oven to 425 degrees. Place the slab of ribs on a baking sheet lined with parchment paper that has been lightly oiled. Cook the ribs for 15-20 minutes. Glaze the ribs with BBQ sauce right before going in the oven, then flip them after cooking for 10 minutes. Glaze the top of the ribs and cook for another 10-15 minutes. Remove from the oven and cut into 1-inch thick ribs.

**MAKES TEN
RIBS**

PREP TIME: 10 MINUTES
COOK TIME: 60 MINUTES

- 1 can jackfruit** (1lb 4oz net drained 9.9oz)
- 1 Tbsp tomato paste**
- 1 Tbsp sweet soy sauce**
- 2 Tbsp olive oil**
- ½ cup BBQ sauce**
- 1 Tbsp red wine vinegar**
- 1 Tbsp maple syrup**
- 1 Tbsp chili powder**
- 1 tsp smoked paprika**
- ¼ tsp instant coffee**
- ½ tsp kosher salt**
- ½ cup vegetable stock**
- 1½ cup wheat gluten**

- Black pepper,** fresh cracked
- kosher salt**
- olive oil**
- ¼ cup BBQ sauce**

JACKFRUIT RIBS

METHOD

1. Preheat the oven to 375 degrees.
2. Drain and rinse the jackfruit.
3. Set the Instant Pot on the sauté setting. Add the jackfruit, tomato paste, and sweet soy sauce, extra virgin olive oil, and cook while stirring for 2 minutes.
4. Add the BBQ sauce, red wine vinegar, maple syrup, chili powder, smoked paprika, instant coffee, and kosher salt, and continue to sauté for 1 minute.
5. Add the vegetable broth. Place the lid on and seal, cook on high pressure for 6 minutes.
6. After cooking for 6 minutes, allow the jackfruit to remain under pressure for 5 minutes. Then manually release the pressure.
7. Using a fork, gently shred the jackfruit. Allow the jackfruit and the cooking liquid to cool.
8. Place the cool jackfruit in a bowl, add the wheat gluten, and stir to combine. Knead the mixture for 3-5 minutes.
9. Line a baking sheet with parchment paper, and brush with 1 tsp olive oil. Form the rib mixture into a rectangle shape, about 3 inches by 10 inches.
10. Brush with olive oil, season with kosher salt, and fresh cracked black pepper.
11. Place in the oven, cook for 10 minutes, then brush with a generous amount of BBQ sauce. Continue to baste with BBQ sauce every 10 minutes, cooking for 40 minutes.
12. For best results: allow to cool in the refrigerator for 24-48 hours.

RECOMMENDED EQUIPMENT:

Instant Pot or pressure cooker

SERVES FOUR
AS BURGERS

FARRO BBQ BEAN BURGER

PREP TIME: 15 MINUTES
COOK TIME: 30 MINUTES
REST TIME: 30 MINUTES

- ½ cup farro, quick cook
- 2 Tbsp olive oil
- 2 Tbsp tomato paste
- 1 Tbsp molasses
- ½ tsp poultry seasoning
- ½ tsp smoked paprika
- ½ tsp chili powder
- 1 Tbsp mushroom powder
- ½ tsp kosher salt
- ½ tsp mustard powder
- 1 cup vegetable broth
- ¼ cup BBQ sauce
- 1 can Great Northern beans (14 oz)
- 1 Tbsp olive oil

METHOD

1. Preheat the oven to 350 degrees.
2. Place the farro in a blender, using the pulse button to pulse for 10 seconds, and repeat 4 times. The key to this recipe is the farro needs to be cracked into various sizes. There should be large farro pieces down to some powder.
3. Heat a pot over medium heat, add the olive oil and the farro. Cook for 2 minutes, stirring the whole time. The farro should start to have a toasted aroma.
4. Reduce the heat to low, add the tomato paste, molasses, and the spices. Stir and lightly roast for 3-5 minutes. Add the vegetable broth, stir well, cover, and simmer for 20 minutes. You will need to scrape the bottom of the pan every 5 minutes because as the liquid reduces the natural starches will start to stick to the bottom of the pan and can burn.
5. The farro should be very thick like oatmeal. Place in a bowl and cool to room temperature.
6. Drain and rinse the Great Northern beans. Combine the beans and BBQ sauce with the farro. Use a fork to mash the beans. The beans and farro should start to bind together to form one large ball.
7. Place the mixture in the refrigerator for 30 minutes.
8. Form into 4 patties by forming a ball and rolling between your hands to compress and shape. Place the ball on a sheet pan lined with parchment paper, and gently press down on the ball to form a patty. Brush the tops of the patty with olive oil, and place in the oven cooking for 7 minutes.
9. Remove from the oven and cool. Place in a container and refrigerate until ready to grill or pan sauté.



GRILLING INSTRUCTIONS:

1. Make sure the farro bean burger is cold before you put it on the grill.
2. Make sure the grill is hot enough to char the patty but not burn. Lightly brush the burger with olive oil before putting it on the grill.
3. Place the patty on the grill cook for 4 - 5 minutes.
4. Lightly brush the top with olive oil before you flip the burger. Flip the burger and cook for another 4 - 5 minutes.
5. Remove the burger from the grill and assemble with your favorite condiments. We used Classic Vegan mayo, BBQ sauce, tomato, onion and shredded lettuce.
6. Don't overcook the burger, it will become a little dry if you do. The burger has already been cooked, the goal of grilling is to give the burger some char, and smoky flavor and reheat.

PAN SAUTÉED INSTRUCTIONS:

1. Start with a cold burger.
2. Heat a heavy pan over medium-high heat. Add enough olive oil to coat the bottom of the pan, about 2 Tbsp. Once the pan is just about to start smoking add the burger.
3. Let the burger cook without moving or adjusting. The burger will get crispy on the edges and the bottom. Flip after 3 minutes.
4. Add a dash of oil if the pan looks dry, cook the other side for another 3 minutes.
5. Remove the burger from the pan and assemble as desired.



SERVES FIVE
CARROT DOGS

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES
BRINING TIME: 24 HOURS

- 5 carrots**, medium to large

BRINE

- 2 Tbsp olive oil**
- 2 cups water**
- ¼ cup soy sauce**
- 3 Tbsp sweet soy sauce**
- 2 Tbsp black vinegar**
- 1 Tbsp Marmite**
- 1 Tbsp mushroom powder**
- 1 tsp kosher salt**
- 1 tsp instant coffee**
- 1 tsp smoked paprika**
- 1 tsp poultry seasoning**
- 1/4 tsp nutmeg, ground**
- 1 bay leaf**
- 2 Tbsp pickling spice**

- 5 Hot Dog Buns**
- Mustard**
- Ketchup**
- Relish**
- Onion**
- Sauerkraut**

CARROT HOT DOG

METHOD

1. Use a peeler to round the edges, and adjust the ends of the carrot to make the carrot hot dog a little more equal in size. If you are not motivated to do this, then all you have to do is peel the carrot and trim the ends.
2. I always start at the thicker end of the carrot. Start peeling in a rounded motion to round the end of the carrot. After you have rounded the end, start peeling from the thick end toward the thin end, as you are moving the peeler down the carrot, getting closer to the thinner end release the pressure. The goal is to remove carrot from the thicker side to try to get the two sides to be kind of equal.

BRINE METHOD

1. Combine all of the brine ingredients in a pot, and bring to a simmer. Reduce the heat to low.
2. Heat a pan over medium-high heat. Add 2 Tbsp olive oil to the pan. Place the carrots in the pan, and cook the carrots until a deep golden brown on all sides.
3. Place the carrots in the brine. Cook at a low simmer for 20-30 minutes.
4. Using a paring knife, gently push the tip into the thickest part of the carrot. If the knife slides into the carrot with just a hint of resistance, the carrot is finished cooking.
5. Place the carrots and the brine in a container. Allow to cool, and place in the refrigerator for a minimum of 24 hours.

REHEATING THE CARROT HOT DOGS

GRILLED

Lightly brush the carrot hot dogs with olive oil. Place the carrot hot dogs on the grill. Place them in a location that is hot but is not too close to a flame. If the flame is too close, the oil will burn and char the carrot dog in an unpleasant way. Continue to turn the carrot dogs until hot. Once hot, serve.

STOVETOP

Heat a pan heavy pan over medium-high heat, and add a dash of olive oil to the pan. Gently start to saute the carrots until hot, the carrots maybe become a little crisp, which is great. Once hot, serve.

OVEN

Preheat the oven to 425 degrees. Lightly brush the carrots hot dogs with olive oil. Serve when hot.

SERVES FOUR
AS SANDWICHES

PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES

For the Jackfruit

- ½ cup red onions, sliced thinly
- 4 garlic cloves, peeled and sliced thinly
- 3 Tbsp olive oil
- 1 Tbsp chili powder
- 1 Tbsp oregano, dried
- 1 tsp cumin, ground
- 1 tsp kosher salt
- ½ tsp black pepper, fresh cracked
- ⅛ tsp cayenne pepper
- 1 orange, zested
- 1 can jackfruit, drained and rinsed
- ½ cup orange juice
- 1 lime juice
- ½ cup vegetable broth

For the Sandwiches

- 4 Hamburger Buns
- 3 Tbsp olive oil
- 1 cup Classic Vegan Mayo
- 2 cups Cole Slaw

CITRUS PULLED JACKFRUIT SANDWICH

METHOD

1. Sauté the red onions and garlic with the olive oil in the Instant pot on the sauté setting, for 3 minutes.
2. Add the chili powder, oregano, cumin, kosher salt, black pepper, cayenne pepper, and orange zest, cooking for 2 minutes.
3. Add the jackfruit, turn the sauté setting off, and stir to combine.
4. Add the orange juice, lime juice, and vegetable broth.
5. Seal the lid and set it to 6 minutes on high pressure. Once finished, manually release the pressure after 2 minutes.
6. Remove the jackfruit from the pot. Place in a bowl and allow to rest and cool for 5 minutes.
7. Using a fork, gently pull to shred the jackfruit, creating stripes.

ASSEMBLE

The key to any great burger is to toast the bun to a perfect golden brown, with crisp edges.

1. Brush the olive oil on both sides of the bun. If you are using a pan, preheat the pan over medium heat, and place the buns in the pan cooking until golden brown. If you are grilling the buns, the key is to find a hot spot on the grill to create grill marks on the buns but not burn them. It is a nice touch to create diamond shapes on the buns. Once you have a grill mark on the bun, turn the bun a quarter turn, this creates a diamond shape.
2. Spread a generous spoon full of classic vegan mayo on both sides of the bun.
3. Pile the Citrus Pulled Jackfruit on the bun, top with the Coleslaw, and the bun top.
4. Grab it with both hands and take a huge bite.

RECOMMENDED EQUIPMENT:

Instant Pot or pressure cooker

NOTES:

You can use a crockpot to cook the jackfruit, the recommended time is 5 hours.



MAKES TEN
BRUSCHETTA

SUMMER TOMATO BRUSCHETTA

- ❑ **3 heirloom tomatoes**
- ❑ **sea salt**, flaky
- ❑ **2-4 Tbsp olive oil**, extra virgin
- ❑ **1 sourdough baguette loaf**
- ❑ **black pepper**, fresh cracked
- ❑ **basil**, fresh
- ❑ **2-4 garlic cloves**, fresh

NOTES:

This is more of a technique than a recipe. I want you to use your personal preferences when building the bruschetta. Let's walk through the steps.

TOMATO TOPPING METHOD

1. Dice the heirloom tomatoes into medium-size dice. Place the tomatoes in a bowl and season with the sea salt and delicately drizzle a few drops of extra virgin olive oil on top of the tomatoes. Gently toss, and allow the tomato juices that are being extracted by the sea salt to mingle with the extra virgin olive oil, creating an extravagant summer heirloom vinaigrette that will be soaked up by the sourdough crouton.
2. Set the tomatoes aside, it is best to build the bruschetta just before serving.

CROUTON METHOD

1. Preheat the oven to 450 degrees.
2. Slicing the bread to the correct thickness is key when creating the perfect crouton. The slice needs to be between $\frac{1}{4}$ to $\frac{1}{2}$ inch in thickness. I prefer the slice closer to $\frac{1}{2}$ inch in thickness, this blends the crunchy texture of the toasted outside with a pleasant chew on the inside.
3. Unselfishly lather the extra virgin olive oil over the sliced sourdough bread. Season with a restrained sprinkling of sea salt on top.
4. Cook until the edges turn an amber golden brown and the bottoms start to become crispy.
5. Cut the garlic in half.
6. Remove the crouton from oven and rub with the fresh garlic then allow to cool.

BUILDING THE BRUSCHETTA

1. Chiffonade the basil as finely as you can.
2. Give the tomatoes a stir before placing them on top of the croutons. The vinaigrette needs to coat the tomatoes.
3. Place a lavish amount of tomatoes on top of the croutons.
4. Give a twist of your pepper mill, dusting the tomatoes.
5. Drizzle a small spoonful of heirloom tomato vinaigrette on top of the bruschetta.
6. Finish with basil chiffonade.





**MAKES TEN
POTATOES**

**PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES**

- 10 baby Yukon potatoes**
- 4 quarts water**
- 4 Tbsp kosher salt**
- 2 Tbsp olive oil**
- ½ cup caramelized onions**
- ¼ cup vegan Parmesan cheese**
- 1 Tbsp parsley, chopped**

SMASHED POTATOES

METHOD

1. Preheat oven to 425 degrees.
2. Wash and scrub the skins of the potatoes.
3. In a large pot combine the water, kosher salt, and potatoes. Bring to a boil. Once the potatoes reach a boil reduce the heat to a low simmer.
4. Cook for 12-15 minutes. Using the tip of a paring knife you should be able to gently push the knife into the potato with little effort.
5. Drain the cooked potatoes. Place the potatoes on a baking tray to cool for 15 minutes.
6. Using a potato masher (you can even use the palm of your hand or the bottom of a glass) gently press down on the potato to create a smashed disc.
7. Heat a heavy sauté pan over medium heat. Add the olive oil to the pan, place the smashed potatoes in the pan, season the potatoes with a pinch of salt and a small drizzle of olive oil. Place in the oven at 425 degrees for 20 min. The potatoes should be crisp on the bottom and starting to become brown on the edges.
8. Remove from oven and set aside.

ASSEMBLE

1. Sprinkle a pinch of vegan Parmesan cheese on top of the potato.
2. The caramelized onions go on top of the vegan cheese.
3. Finish with another sprinkling of vegan cheese.
4. Place the potatoes back in the oven, cooking for 5-8 minutes. The cheese should be melted, the onions should be hot.
5. Finish by garnishing with the chopped parsley.

MAKES TEN
SKEWERS

PREP TIME: 20 MINUTES
COOK TIME: 30 MINUTES
BRINE TIME: 1 DAY

TOFU FETA RECIPE

TOFU FETA BRINE

- 14 oz. firm tofu
- 2 cups water
- ½ tsp oregano, dried
- 1 Tbsp kosher salt
- ¼ cup apple cider vinegar
- 1 Tbsp cane sugar

TOFU FETA MARINADE

- ¼ cup olive oil
- 1 lemon zested
- ½ lemon juiced
- 2 Tbsp capers
- ½ tsp oregano, dried
- ¼ tsp red chili flakes
- 1 cup brine liquid

FOR THE SKEWERS

- ½ of a cantaloupe
- ¼ cup balsamic vinegar
- Pinch kosher salt
- ¼ cup basil, fresh

TOFU FETA AND MELON SKEWERS

TOFU FETA METHOD

1. Press the tofu for 5 minutes, make sure to increase the pressure during this time. After pressing, dice the tofu into ½ inch cubes.
2. Combine the ingredients for the brine in a pot, bring it up to a boil, make sure the salt and sugar have dissolved. Place the diced tofu into the brine, the tofu will steep for 30 minutes off the heat.
3. Place the tofu in a container, add enough brine to cover most of the tofu, this will vary depending on the container the tofu is placed in. Brine for 24 hours.
4. In a container, combine all of the marinade ingredients except the brine. Add the tofu. Add the brine which should be about 1 cup or enough to cover the tofu. Marinade for a minimum of 30 minutes before using.

SKEWERS METHOD

1. Cook the balsamic vinegar over low heat, the balsamic reduction should be a little thicker than maple syrup. Add a pinch of salt to the balsamic reduction.
2. Cut the cantaloupe into ½” cubes.
3. Slide a cantaloupe cube onto a bamboo skewer, followed by a tofu feta cube and another cantaloupe.
4. Just before serving, drizzle the balsamic reduction over the skewers. Tear small pieces of basil and sprinkle over the skewers.





SERVES EIGHT
AS A SIDE

PREP TIME: 20 MINUTES
COOK TIME: 50 MINUTES

BAKED BEANS

- 3 Tbsp olive oil
- 1 cup yellow onion, small dice
- 1 cup red bell pepper, small dice
- ½ tsp kosher salt
- 1 Tbsp chili powder
- 1 tsp poultry seasoning
- ½ tsp smoked paprika
- ¼ cup brown sugar
- 1 Tbsp soy sauce
- 1 ½ cup BBQ sauce
- ½ cup vegetable broth
- 2 cans great northern beans

TOFU MARINADE

- 7 oz firm tofu
- 2 Tbsp sweet soy sauce
- 1 Tbsp black vinegar
- ½ tsp poultry seasoning
- ⅛ tsp cayenne pepper

DREDGING MIXTURE

- 2 Tbsp potato starch
- ½ tsp black pepper, fresh cracked

- 2 Tbsp olive oil

BAKED BEANS WITH TOFU

BAKED BEANS METHOD

1. Sauté the onions with olive oil over medium heat, cook for 3 minutes, add the diced bell pepper, and season with kosher salt. Cook for additional 3 minutes.
2. Reduce heat to low. Add the chili powder, poultry seasoning, smoked paprika, and brown sugar, and cook for 2 minutes, stirring the whole time to ensure that the brown sugar and the spices do not burn.
3. Add the soy sauce, BBQ sauce, and vegetable broth. Stir to incorporate.
4. Drain and rinse the great northern beans. Place the beans and the BBQ mixture in the slow cooker/crockpot. Cover and cook for 45 minutes on high.

CRISPY TOFU METHOD

1. Slice the tofu into ¼ inch thick slices. Place in a flat pan in a single layer.
2. Combine the sweet soy sauce, black vinegar, poultry seasoning, and cayenne pepper. Whisk to mix the marinade.
3. Pour the mixture over the sliced tofu, after 15 minutes flip the tofu, and marinate for another 10 minutes.
4. For the dredging mixture, mix the potato starch and black pepper.
5. Place a few slices of tofu in the dredging mixture, gently press, flip and repeat with the other side. Continue to coat the remaining tofu.
6. Heat a heavy pan over medium-high heat, and add the extra virgin olive oil. Cook the coated tofu until golden brown on both sides.
7. Place cooked tofu on a drain rack for a minimum of 5 minutes.
8. Add the tofu to the baked beans just before serving.

NOTES:

If you can't find sweet soy sauce, you can make your own by adding equal parts soy sauce to brown sugar. Warm to dissolve the sugar.

A substitute option for the black vinegar is to use rice wine vinegar or balsamic vinegar- although use less balsamic as it is sweeter.

SERVES EIGHT

AS A SIDE

PREP TIME: 20 MINUTES

COOK TIME: 25 MINUTES

- 2 lbs. red potatoes**, medium dice
- 1/3 cup kosher salt**, for water
- 3/4 cup classic vegan mayo**
- 1/4 cup sweet relish**
- 2 Tbsp Dijon mustard**
- 2 Tbsp capers**, chopped
- 1/4 cup cornichons**, sliced thinly
- 1/4 cup parsley**, chopped
- 1/4 cup scallions**, sliced thinly

MAKE THREE CUPS

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

- 12 oz. silken tofu**
- 1/2 cup cashew pieces**
- 2 1/2 Tbsp red wine vinegar**
- 2 Tbsp Dijon mustard**
- 1 tsp black pepper**, fresh cracked
- 1 1/2 tsp maple syrup**
- 1 1/2 tsp kosher salt**
- 1/4 cup olive oil**, extra virgin

POTATO SALAD

METHOD

1. Add diced potatoes to cold salted water. Bring the potatoes to a boil, then reduce heat to a slow rolling boil, just above simmering. Gently stir the potatoes 10 minutes into cooking, making sure to move the potatoes from the bottom to the top. Repeat again in another 10 minutes. Cooking for a total of 25 minutes. A knife should easily slide into the potato when cooked.
2. Drain the potatoes. Place the potatoes on 2 baking sheets, giving the potatoes space to cool as quickly as possible. The faster they cool the better.
3. In a large bowl, combine classic vegan mayo, dijon mustard, sweet relish, chopped capers, cornichons, parsley, sliced scallions, and stir to mix. Add the cold potatoes to the mixture, and gently mix to coat the potatoes.

CLASSIC VEGAN MAYO

METHOD

1. Place the cashew pieces in a pot with water, and bring to a boil cooking for 2 minutes. Remove from heat, and allow to hydrate for 5 minutes. Drain and rinse under cold water.
2. Place all of the ingredients, except the olive oil, in a high-speed blender. Purée until very smooth, slowly add the olive oil, while the blender is still puréeing on high speed.
3. Place the classic vegan mayo in a glass container and cool.

RECOMMENDED EQUIPMENT:

High-speed blender

NOTES:

THERE ARE FOUR SIMPLE STEPS THAT WILL MAKE YOUR POTATO SALAD THE STAR OF ANY BBQ.

SALTING THE WATER

When making potato salad most people do not salt the water enough. This could be the most important step in your potato salad, cooking the potatoes in salted water will season the whole potato. If the water is under-salted you will be only seasoning the outside layer of the potato. What this means is when you taste the potato salad you will take that first bite and it will taste seasoned only to have the next few bites taste under-seasoned. There is no way to fix the lack of seasoning at this point, the more salt you add will only season the outside of the potatoes. The fix is to make sure the potato water is salted close to what the ocean tastes like. The ratio of salt to water is 1/3 cup salt per quart of water.



COOLING THE POTATOES

Cooling the potatoes quickly after they are drained is just as important as seasoning the potatoes. The potatoes are cooked to perfection after they are drained, the issue is the potatoes will continue to cook with the residual heat in the potato, this is how the potato goes from perfect to overcooked.

The fix is to spread the potatoes out on a baking sheet, giving space between the potatoes for airflow to cool the potatoes. If you have room, place the potatoes in the refrigerator until cold. You can also place the potatoes in the freezer for 10 minutes then pull them out to finish cooling either in the refrigerator or on the countertop at room temperature.

MIXING THE POTATO SALAD

It is easy to over mix the potato salad, this can lead to the potatoes breaking down and starting to look more like a lumpy puree.

The fix is easy. Start with all of the ingredients minus the potatoes, in a large bowl, mix and adjust the seasoning of the potato salad base. This way when you add the potatoes all you have to do is mix and maybe make a small salt adjustment. Mix just enough to evenly coat the potatoes.

MAKE THE POTATO SALAD AHEAD OF TIME

The last and final step is to make the salad as early as possible before the event. The longer the potato salad sits the more the potatoes absorb all of the flavors. 1-3 days is best. The only challenge is not eating it all before the event.



SERVES EIGHT
AS A SIDE

PREP TIME: 15 MINUTES

- ❑ 4 cups green cabbage, thinly shredded
- ❑ 1 red bell pepper, julienned
- ❑ ½ cup green onions, cut on the bias
- ❑ ½ cup chili lime vegan mayo
- ❑ 1 ½ Tbsp chili powder
- ❑ 1 tsp black pepper, fresh cracked
- ❑ ½ tsp kosher salt
- ❑ 1 lime, juiced

CHILI LIME COLESLAW

METHOD

1. Combine all ingredients in a large bowl and mix to coat the cabbage with the chili lime mayo.
2. Add the lime juice and toss to incorporate.
3. Serve in a large bowl, both as a side salad and as a topping for the Citrus Pulled Jackfruit Sandwich.

NOTES:

THE VEGAN CHILI-LIME MAYO RECIPE IS AVAILABLE AT [THOSEVEGANCHEFS.COM](https://thoseveganchefs.com). ALTERNATIVELY, YOU CAN USE [CLASSIC VEGAN MAYO](#) AND ADD CHILI-LIME SEASONING.



SERVES EIGHT
AS A SIDE

COOK TIME 35 MINUTES
PREP TIME 20 MINUTES

PASTA SALAD

- 8 oz fusilli pasta
- 1 can artichoke hearts whole, cut in half (14oz, net drained 8.5oz)
- 2 cups cherry tomatoes, cut in half
- ½ cup red onion, thinly sliced
- 1 tsp oregano, dried
- ¼ tsp cumin, ground
- ¼ tsp red chili flakes
- ½ tsp kosher salt
- 1 Tbsp olive oil, extra virgin
- 2 cups arugula
- ¼ cup Kalamata olives, pitted & cut in half
- ½ cup basil leaves, julienne cut

BALSAMIC VINAIGRETTE

- ¼ cup balsamic vinegar
- 2 tbsp Dijon mustard
- ½ cup olive oil

MEDITERRANEAN PASTA SALAD

PASTA SALAD METHOD

1. Preheat the oven to 450 degrees.
2. Cook the pasta according to the directions on the package. Once cooked, drain and rinse the pasta under cold water. Set aside.
3. Cut the artichoke hearts in halves.
4. Add the extra virgin olive oil, oregano, cumin, red chili flakes, and kosher salt to a bowl. Add the cherry tomatoes, and red onion, and artichoke hearts. Toss to coat. Save the bowl to make the dressing with, I want to use the seasoning leftover from coating the vegetables.
5. Line a baking sheet with parchment paper. Spread the vegetables on the baking sheet, make sure there is space between the vegetables, this will allow charring.
6. Cook for 25 minutes. Remove the vegetables from the oven, spread the arugula leaves on top of the vegetables, and cook for 1 minute. Set aside to cool.

BALSAMIC VINAIGRETTE METHOD

1. Add the Dijon mustard and balsamic vinegar to the bowl that you used to coat and season the vegetables.
2. Slowly whisk the extra virgin olive oil into the Dijon mustard.
3. Adjust the seasoning with salt and pepper to taste.

MIXING THE PASTA SALAD

1. Place the pasta in a large bowl. Add the balsamic vinaigrette, and start to mix the vinaigrette into the pasta. Add half of the roasted vegetable and the kalamata olives. Continue to mix and coat the salad.
2. Place the pasta salad on a large platter, and place the remaining roasted vegetables on top and around the platter.

NOTE:

THE GREAT THING ABOUT THIS RECIPE IS THAT YOU CAN ROAST YOUR FAVORITE TYPES OF VEGETABLES, THIS SALAD IS A GREAT BASE TO BUILD YOUR FAVORITE FLAVORS INTO. JUST BEFORE SERVING ADD A DASH OF EXTRA VIRGIN OLIVE OIL AND BALSAMIC VINEGAR TO FRESHEN UP THE SALAD.



SERVES TEN
AS A SIDE

PREP TIME: 20 MINUTES
COOK TIME: 15 MINUTES

BROCCOLI SALAD

- 6 cups broccoli
- 2 Tbsp olive oil
- 1 tsp kosher salt
- 1 tsp black pepper, fresh cracked
- ¼ cup water (if needed)
- ¾ cup classic vegan mayo
- ¼ cup chives, cut fine
- 1 Tbsp mushroom powder
- ½ cup cranberries, dried
- ½ cup pumpkin seeds, roasted and salted

Method

1. Cut the broccoli, into florets, and leave about 2 inches of the stem attached. The florets should be large bite-size pieces.
2. Line a baking sheet with parchment paper. Lightly oil the paper. Place the broccoli on the baking sheet, drizzle the olive oil over the broccoli, and season with salt and black pepper.
3. Cook the broccoli under the broiler until lightly charred, I used the middle rack setting when cooking under the broiler. If the paper starts to burn add ¼ cup of water to the pan.
4. Allow the broccoli to cool.
5. In a large bowl add the charred broccoli, classic vegan mayo, chopped chive, and mushroom powder. Start stirring to coat the broccoli. Add half of the cranberries and pumpkin seed, and stir to combine.
6. Place the broccoli salad on a platter, and add the rest of the cranberries and pumpkin seeds on top and around the broccoli salad.

NOTE:

See Potato Salad for Classic Vegan Mayo recipe



SERVES SIX
AS A SIDE

SMASHED CUCUMBER SALAD

PREP TIME: 20 MINUTES

For the salad

- 2 cucumber, English
- ¼ cup peanuts chopped
- ½ cup mint, fresh
- ½ cup basil, fresh

GINGER LIME VINAIGRETTE

- 1 Tbsp rice wine vinegar
- 1 Tbsp sugar
- ½ cup red onion, thinly sliced
- 1 garlic, peeled & minced
- 1 Tbsp ginger, fresh grated
- 1 Tbsp sesame oil
- 1 lime, zested
- 1 lime, juiced
- 1 Tbsp crushed chili flakes

SMASHED CUCUMBER METHOD

1. Trim the ends of the cucumbers. Cut the cucumber in half length-wise. Using the flat side of the knife press firmly down on the cucumber until you feel the cucumber start to flatten. The goal is to lightly smash the cucumber, no need to go crazy here with smashing.
2. Cut the cucumber on the bias into ¼ thick slices.

GINGER LIME VINAIGRETTE METHOD

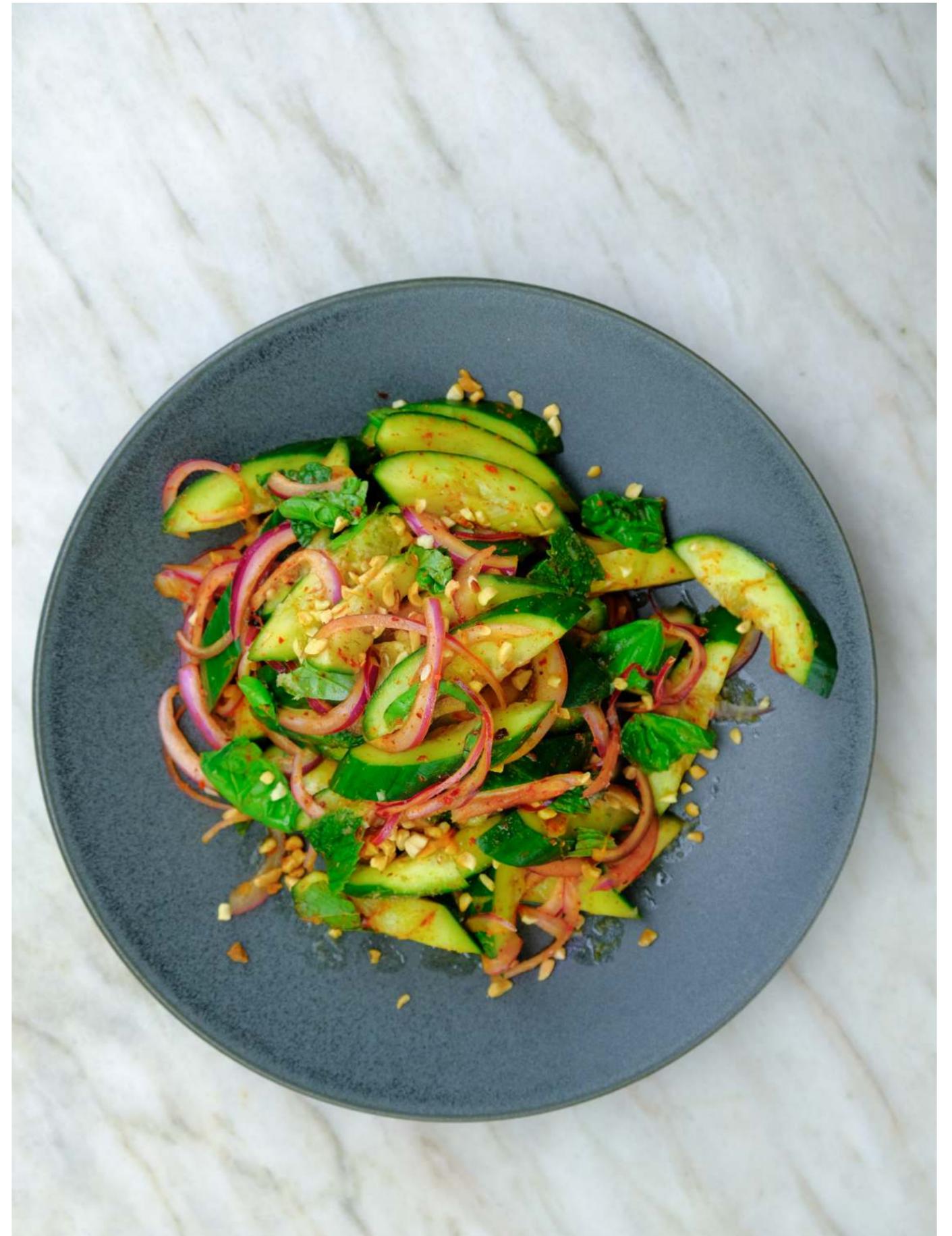
1. Combine the rice wine vinegar, sugar, and sliced red onion in a bowl. Stir to dissolve the sugar, and allow the red onion to marinate for 10 minutes.
2. Remove the sliced red onion from the marinade, and set aside.
3. Add the minced garlic, and ginger to the rice wine vinegar. Slowly whisk the sesame oil into the rice wine vinegar, lime zest, lime juice, and crushed chili flakes.

BUILDING THE SALAD METHOD

1. Combine the sliced cucumbers and the red onions. Toss to combine. Add half of the dressing to the cucumbers, and adjust the salt level.
2. Tear the basil leaves and the mint leaves into bite-size pieces. Add half of the herbs to the salad, mix and toss to evenly coat.
3. Place the salad on a platter, and sprinkle the chopped peanuts on top and around the salad. Place the remaining herbs on and around the salad.
4. You can add more dressing at this point depending on your preference.

NOTES:

THIS IS A SALAD THAT NEEDS TO BE MADE JUST BEFORE SERVING. THE SALT AND THE ACID WILL AFFECT THE COLOR AND TEXTURE OF THE CUCUMBERS AND THE HERBS. IT IS BEST TO HAVE EVERYTHING PREPPED AND WAITING. YOU CAN EVEN PREP IT ALL THE DAY BEFORE, THEN ASSEMBLE RIGHT BEFORE SERVING.



MAKES TWELVE
BROWNIES

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES

FUDGY BLACK BEAN BROWNIES

- ❑ 1 can black beans, 15 oz
- ❑ ¼ cup plant milk
- ❑ 1 tsp instant coffee
- ❑ ½ Tbsp vanilla extract
- ❑ ¼ tsp sea salt
- ❑ 2 Tbsp olive oil, extra virgin
- ❑ ½ cup cocoa powder
- ❑ ½ cup cane sugar
- ❑ ¾ cup flour all-purpose
- ❑ 1 cup dark chocolate chunks, plus extra to garnish the top of the brownies
- ❑ 1 Tbsp olive oil, extra virgin

BROWNIE METHOD

1. Preheat the oven to 350 degrees.
2. Rinse and drain the black beans.
3. Place the black beans, plant milk, instant coffee, vanilla extract, sea salt, and extra virgin olive oil in a food processor. Puree until very smooth.
4. Sift the cocoa powder to remove lumps. Combine the cocoa powder, sugar, and all-purpose flour.
5. Add the pureed black bean mixture to the flour mixture. Stir to combine. Add the chocolate chunks, mix to incorporate. The batter should be very thick, it should also be slightly spreadable. If the batter is too thick add a small amount of plant milk to adjust.
6. Line 6.7x 8.7 pan with parchment paper. Brush the pan sides and parchment paper with extra virgin olive oil. Pour the fudgy black bean brownie batter into the pan. Gently smooth the top so that the brownie is smooth and level.
7. Cook for 30 minutes.
8. Place the extra chocolate chunks on top of the hot brownie. I had diamond-shaped chunks and made neat rows of diamond chocolate chunks. Feel free to get creative with decorating.
9. For best results allow the brownies to cool completely. They get better the next day, so you can make these ahead of time.





SERVES EIGHT - TEN
AS A DESSERT
PREP TIME: 15 MINUTES
COOK TIME: 45 MINUTES

MIXED BERRIES

- 4 cups strawberries, cut in half
- 3 cups blueberries
- 1 tsp cardamom
- ½ cup cane sugar
- 4 Tbsp cornstarch
- ¼ tsp Himalayan salt

BISCUIT TOPPING

- 1 vanilla bean
- ½ cup plant milk
- 1 ½ cup flour, all-purpose
- ⅓ cup cane sugar
- 1 ½ Tbsp baking powder
- ¼ tsp sea salt
- 6 Tbsp vegan butter

BISCUIT GLAZE

- 1 Tbsp maple syrup
- 1 Tbsp plant milk
- 3 Tbsp turbinado sugar

BERRY COBBLER

BERRY METHOD:

1. Preheat the oven to 350 degrees.
2. Combine all of the berry ingredients in a bowl, stir to combine, and evenly coat the berries.
3. Place the berries in the casserole dish.

BISCUITS METHOD

1. Scrape the vanilla bean with a paring knife to remove the vanilla seeds, and place the seeds in the plant milk.
2. Combine the flour, sugar, baking powder, and sea salt.
3. Cut the cold butter into the flour using a pastry cutter or knife. The flour should have a clumpy texture.
4. Add the plant milk into the flour-butter mixture.
5. Using your hands to form odd-shaped biscuits, place the biscuits on top of the berries.

GLAZE METHOD

1. Combine the maple syrup and plant milk.
2. Brush the top of the biscuits with biscuit glaze, and sprinkle the turbinado sugar on top of the biscuits.
3. Cook for 40-45 minutes, the biscuits should be golden brown and the berries bubbling around the edges.



MAKES TWELVE
BARS

PREP TIME: 15 MINUTES
COOK TIME: 45 MINUTES

GINGER CHOCOLATE PEANUT BUTTER PRETZEL BAR

CRUST

- 2 cups pretzels**, crushed into crumbs
- ¾ cup vegan butter**
- 1 cup powdered sugar**
- 1 cup peanut butter**, chunky unsalted
- 1 ½ tsp ginger**, ground

FILLING

- 1 ½ cup chocolate chips**
- ¼ cup peanut butter**, chunky unsalted
- 3 Tbsp sesame seeds**

CRUST METHOD

1. In a food processor, using the pulse feature, pulse the pretzels until they reach small pieces. Remove, and place in a large bowl.
2. Melt the vegan butter over low heat, add 1 cup of peanut butter to the melted vegan butter and stir to combine. Add the powdered sugar and the ground ginger powder, and continue to stir to create an emulsified mixture.
3. Fold the crushed pretzels into the butter mixture.
4. Pour the pretzel/butter mixture onto a 9 1/2 inch by 13-inch baking sheet pan lined with parchment paper, and firmly press the pretzel mixture down. Create a level surface that is well packed down.
5. Place in the refrigerator to cool.

CHOCOLATE PEANUT BUTTER GANACHE METHOD

1. Heat a small pot of water over medium-low heat.
2. Place the chocolate chips and ¼ cup peanut butter in a bowl large enough to sit on top of the pot. Slowly melt the chocolate and the peanut butter. Stir to incorporate. You only want to warm the chocolate enough to melt and mix the peanut butter in. Do not overheat the mixture.
3. Remove the baking sheet with the pretzel crust and pour the chocolate peanut butter ganache on top, and spread evenly.
4. Sprinkle sesame seeds on top. Place back in the refrigerator to set up.
5. Cut into squares and serve.





**MAKES EIGHT
BUNS**

**PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES
RISING TIME: 1 HOUR**

- ❑ **3 ⅔ cups all purpose flour**
- ❑ **1 ½ Tbsp dry active yeast (2 packages)**
- ❑ **2 Tbsp sugar**
- ❑ **1 ½ tsp kosher salt**
- ❑ **1 ½ cups plant milk**
- ❑ **3 Tbsp extra virgin olive oil**

GLAZE

- ❑ **2 Tbsp maple syrup**
- ❑ **2 Tbsp plant milk**

HAMBURGER BUNS

METHOD

1. Place the flour into a bowl, combine all of the dry ingredients, mix. Combine the plant milk and the extra virgin olive oil. Add the wet ingredients to the flour. Stir to start forming the dough.
2. Place the dough on a floured surface and start to knead the dough. Start with folding the dough in half and pressing firmly down on the seam with the palms of your hands, press and push the dough forward at the same time. Repeat this for about 10 minutes. The dough should become very smooth and the skin of the dough should be tight when shaped into a ball.
3. Place the dough in a lightly oiled bowl and cover with a cloth, place in a warm place for an 1 hour. The dough should double in size.
4. Remove the dough and portion buns into 8 pieces. The bun size is 4.5 ounce. After the dough has been portioned start to form the individual buns. Start with a ball and place your hand over the dough, gently roll in a circle using the finger tips to form a ball and tuck the sides down into the ball. The dough should have tight skin and be smooth.
5. Place the formed buns on a parchment lined baking sheet and cover with a cloth. Allow the dough to rise or 30 minus. The buns should double in size.
6. Mix the plant milk and maple syrup. Using a pastry brush, gently glaze the buns, making sure to not press too hard on the buns. Optional: Season with sesame seeds or everything seasoning.
7. Place the buns in a pre-heated oven set at 350 degrees. Cook for about 15 minutes. The buns should be a deep gold brown.
8. Remove buns from the oven allow to cool completely.

SUBSTITUTIONS/EXPLANATIONS

- **BLACK VINEGAR:** rice wine vinegar or balsamic vinegar- although use less balsamic as it is sweeter.
- **GREAT NORTHERN BEANS:** white beans or cannellini beans
- **MUSHROOM POWDER:** we use the Trader Joe's brand for the Mushroom Powder Seasoning blend. This product contains more than just mushroom powder including some salt and chili pepper.
- **PICKLING SEASONING:** We used the brand "Rani" Pickle Marsala which includes: red chili, fenugreek, salt, sesame oil, mustard, dried mango, and asafoetida. This product is available online or can be found in specialty Indian grocery stores.
- **POWDERED SUGAR =** confectioners sugar = icing sugar. All the same product.
- **SWEET SOY SAUCE:** You can make your own by adding equal parts soy sauce to brown sugar. Warm to dissolve the sugar.
- **TURBINADO SUGAR** is raw sugar that has only had the surface molasses washed off. It is light tan or brown in color and usually has a large crystal. Demerara sugar is similar to turbinado sugar.