

SPRING 2008 VEGAN CANDLELIGHT DINNER

CAFÉ PROVENCE RECIPES

Lavender Lemonade

Ingredients:

1 tray ice cubes
¼ cup dried culinary lavender
2 cups boiling water
¾ cup white sugar
1¼ cups lemon juice
5 cups cold water, or as needed

Directions:

Place ice cubes in a 2 quart pitcher. Place the lavender into a bowl, and pour boiling water over it. Allow to steep for about 10 minutes, strain out the lavender and discard. Mix the sugar into the hot lavender water, then pour into the pitcher with the ice. Add lemon juice, top off the pitcher with cold water and stir. Taste, and adjust lemon juice or sugar, if desired.

Stuffed Mushrooms

Ingredients:

12 to 14 silver dollar mushrooms
3 ounces hummus (about 6 tablespoons)
3 ounces silken firm tofu (about 6 tablespoons)
Salt
Black pepper
Garlic powder
1 tablespoon uncooked cream of wheat
Juice of 1 lemon

Directions:

1. Blend hummus and tofu until smooth. Add salt, pepper and granulated garlic. Adjust seasoning to taste. Add cream of wheat. Put mixture in a small sauce pan on low heat. Heat the mixture, stirring constantly, for 3-5 minutes or just long enough to have the cream of wheat tighten the mixture. Let cool.
2. Clean and remove stems from mushrooms. Place mushrooms in a small sauce pan with water and lemon juice—blanch, shock and strain.
3. Fill each mushroom cap with 1 tablespoon filling.
4. Bake at 350 F. for 7 to 10 minutes.

Grilled Romaine

Ingredients:

4 Romaine Hearts
1 cup olive oil (to be used for dipping)
2 tablespoons chopped garlic
¼ teaspoon garlic powder
¼ teaspoon dried basil
¼ teaspoon dried oregano
Salt and pepper, to taste
Balsamic Vinegar

Directions:

1. Cut romaine hearts into quarters leaving core intact.

2. Mix all other ingredients together and dip romaine quarters in oil mixture.
3. Place on grill and cook 2 to 3 minutes on each side. Cooking time will depend on temperature of grill.
4. Drizzle with balsamic vinegar.

Camargue Rice Salad

Ingredients:

2 cups homemade vegetable stock or water
1 cup Camargue rice
2 tablespoons olive oil
3-5 tablespoons freshly squeezed lime juice
3 tablespoons rice wine vinegar
½ cup diced tomatoes
1/8 cup diced onions
1/8 cup chopped scallions
Salt and pepper to taste

Directions:

1. Cook Camargue rice in vegetable stock.
2. Add olive oil, lime juice, rice wine vinegar, diced tomatoes, diced onions, chopped scallions and salt and pepper, to taste.
3. Stir to combine and serve with grilled romaine.

Sweet Cherry Sorbet

Ingredients:

2 pounds frozen cherries
About 1 cup sugar

Directions:

1. Place cherries and sugar in blender jar. Puree until smooth. Adjust sweetness.
2. Spread mixture into shallow pan and freeze.

Pasta Medici with Sun-Dried Tomatoes, Artichoke Hearts, White Beans & Fresh Spinach

Ingredients:

1 pound Bow Tie pasta, cook according to directions on package
2 cups artichoke hearts (canned in water), quartered
½ cup sun-dried tomatoes, cut into julienne strips
¾ cup canned white kidney beans (cannellini), drained
6 ounces fresh spinach
2 ounces vegan margarine (about 4 tablespoons)
4 cups vegetable stock
1 teaspoon granulated garlic
Salt and pepper to taste

Roux Ingredients:

50/50—flour/margarine—approximately 4 ounces roux (2 ounces flour to 2 ounces margarine)

Directions:

1. Make a roux by melting margarine in small saucepan and stirring in flour. Remove from heat and hold until needed.
2. Melt margarine in pan and sauté garlic.
3. Add sun-dried tomatoes and cook 1-2 minutes.

4. Add beans and artichoke and cook 1-2 minutes.
5. Add vegetable stock and simmer.
6. Thicken with roux and simmer another 3-5 minutes or until starchy taste is gone.
7. Add spinach and season to taste. Serve over cooked pasta.

Olive Tapenade

Ingredients:

½ cup pitted black olives
½ cup pitted green olives
2 cloves garlic
2 tablespoons olive oil
1 teaspoon lemon juice
¼ teaspoon salt
¼ teaspoon black pepper, or to taste

Directions:

1. If you have a food processor, simply process all ingredients for a few seconds, being careful not to process too finely, since tapenade should not be smooth.
2. If you don't have a food processor, finely mince the olives and garlic, then combine with all the other ingredients, mixing well.
3. Serve with toasted baguette, crackers or flatbread.

Tiramisu Trifle

Ingredients for "cheese" mixture:

6 ounces plain silken tofu, firm
8 ounces tofutti cream cheese
1 tablespoon maple (or pancake) syrup
1 teaspoon vanilla extract
6 ounces powdered sugar

Directions:

1. Combine all ingredients and blend well in food processor. Refrigerate.

Ingredients for cookies:

1 cup all purpose flour
½ cup granulated sugar
1 teaspoon baking powder
1 teaspoon salt
1/3 cup vegan margarine
1 ½ tablespoons soy milk
½ teaspoon almond extract
½ teaspoon vanilla extract
2 tablespoons dark muscovado sugar (for sprinkling)

Directions for Cookies:

1. Combine dry ingredients in a bowl.
2. Cut in margarine until it resembles pebbles.
3. Add soy milk and extracts to form dough.
4. Form dough into a 1" x 1" x 10" log. Wrap and refrigerate for at least 2 hours.
5. Remove from refrigerator and cut into ¼ inch slices.
6. Place on papered cookie sheet and bake in 350° F oven for 10-12 minutes or until they begin to turn brown.
7. Remove from oven and cool on wire racks.

Ingredients for Cookie Soak:

½ cup Kahlua
¾ cup espresso
3 ounces sugar

Directions for Cookie Soak:

1. Combine all ingredients.

Putting it All Together

1. Place 2 tablespoons of the “cheese” mixture into the bottom of a martini glass.
2. Take one of the cookies and place in soak, shake off excess and place on the top of the “cheese mixture.
3. Repeat the process and top off with 1 tablespoon of mixture and garnish with cookie crumbs. Refrigerate for 2-3 hours. Keep refrigerated until time of service.