

TAMALE DOUGH

4 cups masa harina

½ tsp garlic powder

1-1.5 cups olive oil or trans-fat free margerine

1.5t- 1T salt

2.5 cups vegetable broth

1 T lecithin (if using olive oil)

Heat the stock on the stove until it is warm. Mix well masa, salt, and garlic powder in a large bowl. Blend broth, olive oil, and lecithin and pour ¼ cup at a time to the dry ingredients. kneading each addition into the dough until well-combined. The finished dough should have a soft paste consistency. (moist enough to be kneaded into a ball.) If you add too much liquid you can always add a little more masa to thicken it up. Drop approximately 1/2 teaspoon of masa into cup of cold water. If it floats it is ready; if it sinks, whip for another minute. Repeat until masa floats.

THE VEGGIE SAUCE

¼ c. olive oil

5 cloves garlic, minced

1 ½ tsp fresh thyme, or 1 t. dried thyme

2 tomatillos*

1 28-oz. cans tomato puree

1 large onions, chopped

1 ½ tso ground cumin

1 bell peppers, seeded and chopped

1 T. salt

1 c. vegetable stock (optional)

**Tomatillos are green, tomato-like fruits that come in husks. They bring the sauce together to create a surprisingly delicious combination of sweet and tangy flavors.*

In large skillet over medium heat, heat olive oil. Add onion, garlic, cumin and thyme. Sauté until onions are soft and aroma of cumin and thyme is strong. Add bell peppers and salt. Sauté 5 minutes more, stirring frequently, until onions are translucent and bell peppers are soft. Add tomato puree, stir; decrease heat to medium, simmer 12 to 15 minutes. Add vegetable stock for a thinner sauce. Remove from heat and cool to room temperature. Store in airtight container in refrigerator 5 to 6 days or freeze up to 3 months.

THE TAMALES

Prepare masa and sauce. Before you make the masa, soak the corn husks in warm to hot water in a bowl for 30 minutes or until they become pliable. Gently separate the husks so as not to tear them. If some are torn, they can be used for tying (or you can use two husks and over lap them before putting masa on them). Spread 1/3 to 1/2 cup masa evenly across top half of husk near flat end. One on top of the other; place strip of green bell pepper; strip of yellow or red pepper; strip of zucchini, two strips of carrot, one to two strips of potato, one strip of green pepper; one to two strips of parsnip, green bean or snow pea or both, one slice shiitake, and two sprigs cilantro. Top with 1 tablespoon cheese and 2 heaping tablespoons sauce. Wrap using the fold-over method; tie twice to hold tamale together. Repeat for remaining tamales. Steam for 1 hour.

VEGAN CHEESE

2 cups water
½ -¾ cup raw cashew (use more for richer taste)
½ cup pimentos or fresh red bell pepper
1 T onion powder
1 ½ tsp salt
3 T lemon juice
1 T agar powder
¼ cup yeast flakes
1 T tahini (optional)
¼ tsp garlic powder
onion powder, garlic powder, tahini (optional)

Blend all ingredients except lemon juice and cook in a pot stirring constantly. When thick, remove from the heat and stir in lemon juice. Pour into mold and chill for several hours or until firm.

ENCHILADAS

1 lb firm tofu, drained and cut into ½" pieces
1/2 onion, minced
2 carrots, grated
1 can enchilada sauce
¼ tsp cumin
10-12 flour tortillas
1 can black beans, drained and diced
1 zucchini, grated
1 can sliced black olives, minced
¾ cup water
¼ tsp garlic powder or 1 tsp minced garlic
vegan cheese crumbles (optional)

Add water to enchilada sauce and stir until well combined.

Saute the vegetables with a little olive oil and mix in black olives. To this mixture add half the enchilada sauce and water mixture, diced tofu and black beans and combine well.

Spoon 2-3 tablespoons of the vegetable, bean and tofu mix into each flour tortilla. Wrap and place in a baking pan. When the pan is full, spoon half of the leftover enchilada sauce on top of the wrapped flour tortillas - be sure to get all the edges! Sprinkle the top with cheese if desired.

Bake 30-35 minutes at 350 degrees or until done, spooning the rest of the enchilada sauce on top when halfway done cooking.

Tip: If the edges of your tortillas are crisp after baking, spoon a bit more sauce on them and they will absorb the moisture and flavor.

Enjoy your vegetarian vegetable enchiladas!

BASIC GUACAMOLE RECIPE

4 large ripe avocado
¼ tsp garlic powder and/or minced garlic
dash salt to taste
1 cup salsa
1 cup chopped ripe roma tomato, ½ cup chopped bell peppers, ¼ cup chopped onion
½ cup cilantro leaves, chopped or dry oregano (optional)
2 T lemon juice or 4 T lime juice
1 T nutritional yeast flakes (optional)
dash cayenne (optional)
⅛- ½ tsp cumin

Cut avocado in large chunks and mash coarsely in large bowl with a fork. Add remaining ingredients and mix gently; leaving some small chunks is fine. Taste and adjust seasoning with more salt etc.

SALSA FRESCA

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| 2 cups fresh tomatoes | ½ cup red onion, diced |
| 3 T cilantro, minced | 2 T lime juice, fresh |
| ½ cup bell pepper, diced (or roasted bell peppers) | ½ tsp garlic, minced |
| ½ tsp sea salt | ¼ tsp paprika |
| ½ tsp cumin powder | 2 tsp honey |
| 1 tsp extra virgin olive oil | dash cayenne pepper |

Place all ingredients in a large mixing bowl and mix well.

EASY CAPIROTADA (BREAD PUDDING)

Capirotada is a Mexican Bread Pudding and is said to have originated with Jews living in the New World, namely Mexico, around the region of Monterrey, Nuevo Leon, where a large contingent of Jews fleeing the Spanish Inquisition settled. By tradition, it is prepared around the Lenten season (or Passover). It is made of stale bread or toasted buttered bread if not stale and has raisins and cheese in it. Compared to other bread puddings it uses sugar syrup rather than eggs or milk to make the pudding. The sugar syrup is made with Mexican unrefined brown sugar or Pilloncillo with optional cinnamon, nutmeg, star anise, cloves etc. Blow is the modified vegan version of "capirotada"

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| 6-7 cups whole grain bread [toasted & cubed] | ½ cup pecans, coarsely chopped |
| ½ cup roasted peanuts, (or almonds) coarsely chopped | 1 cup raisons |
| 1 tsp coriander | ¼ tsp salt |
| ¾ cup water | 1 c (Mexican) raw sugar |
| 1 Tbs vanilla | ¾ cup vegan Jack cheese, shredded |
| 2 finely chopped apples, peaches, or canned fruits, | 1 cup soy milk |

Preheat oven 350°F.

Combine the raw sugar, water, cinnamon, and cloves in a 2-quart (2-liter) saucepan and bring to a boil over high heat. Turn the heat down slightly and boil gently for 5 minutes. Set aside to cool.

In medium bowl combine bread cubes, vegan cheese, apples, nuts, coriander and salt and mix well.

Stir in soy milk, sugar syrup and let sit 10 minutes

Pour into greased 12" x 8" glass baking pan

Bake covered for about 30 minutes, then uncovered for about 20 minutes (or bake uncovered for 30 minutes or till slightly firm and brown)

Serve warm and with tofu custard or vegan ice cream if desired

TOFU CUSTARD

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| 1 12.3 oz -ounce package firm tofu | ½ c maple syrup |
| 1 tsp coriander, vanilla, or maple flavor | ¼ tsp salt |

Place all ingredients in blender except salt and process till smooth. Add salt to taste and blend again

Refrigerate till thicken. ENJOY!