

Popular American Dishes & Their Vegan Counterparts

BEEF SLIDERS

2 pounds premium ground beef (80 percent lean and 20 percent fat)
3 tablespoons good olive oil, plus extra for brushing the grill
1 teaspoon chopped thyme leaves
3 teaspoons chopped garlic
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
12 small buns or iceberg lettuce to wrap them in
4 ounces baby arugula
2 small red onions, sliced in 1/8-inch-thick rounds
Package of mushrooms

Place the ground beef in a large bowl and add olive oil, thyme, garlic, salt, and pepper. Mix gently with a fork to combine, taking care not to compress the ingredients. Shape the meat into 12 (2-inch) patties of equal size and thickness.

When the grill is medium-hot, brush the grill grate with oil to keep the sliders from sticking. Place the sliders on the grill and cook for 4 minutes. Turn the sliders over with a spatula and cook for another 4 to 6 minutes, until medium-rare, or cook longer if you prefer the sliders more well done. For the last 2 minutes of cooking time, place 1/2-ounce Gruyere on the top of each burger and close the grill lid. Remove the sliders to a platter and cover with foil.

Slice the buns in half crosswise and toast the halves cut side down on the grill.

Meanwhile, place some olive oil in a pan and heat. Add onions and mushroom to the pan with some salt and pepper. Let cook for 10 mins so the vegetables are well done.

Divide the baby arugula among the 12 bottom buns, top each with a slider, and finish up with some mushroom and onions. Cover with the top of the bun and they are ready to serve.

Recipe from: Ina Garten, <http://www.foodnetwork.com/recipes/ina-garten/sliders-recipe-1948629>

VEGAN SLIDERS

1 clove minced garlic
2 cups cooked whole moong dal
2 tbsp ground flax seed, mixed with 1/3 cup water
1/4 cup nutritional yeast
1/2 tsp fennel seed
2 tbsp fresh parsley, finely chopped
Pinch of dried or fresh thyme
1 tsp sea salt
1 tsp black pepper
1 tsp crushed red chili flakes
1/2-2/3 cup breadcrumbs

Preheat the oven to 350° and line two baking sheets with parchment paper.

Combine the ingredients in a food processor, and pulse to combine. The lentils should retain some texture, and hold together when formed into a patty. If it is too wet, add a little more breadcrumbs.

Form the lentil mixture into patties. Place them onto one baking sheet and bake for 20-30 minutes, until they are slightly browned on the outside and tender inside.



MAC N' CHEESE

1 lb. Cavatappi pasta (or pasta of your choice)
½ cup butter
½ cup flour
2 cups milk (any kind – I use 2%)
1 cup of heavy whipping cream
2 c. shredded sharp Cheddar
1 cup shredded mozzarella cheese
1 tablespoon salt (to cook pasta)
1 teaspoon salt (for sauce)
Up to 1 teaspoon pepper (for sauce)
½ cup of Parmesan cheese
½ cup panko bread crumbs
2 teaspoons of butter (for crumbs)

Boil pasta in salted water (add 1 tablespoon of salt to water) according to package directions.

Melt butter in large saucepan over medium heat. Sprinkle in flour and whisk and cook 2 minutes. Add in salt and pepper. Slowly pour in milk and heavy cream whisking until smooth and heating to a low boil until thickened.

Add mozzarella and cheddar to the sauce. Mix until all the cheese is melted.

Pour the thickened cream sauce over the hot pasta and add some parmesan on top.

Melt 2 teaspoons of butter over medium heat. Add in panko bread crumbs, stirring constantly 3-5 minutes or until golden brown. Pour over the mac and cheese.

Let it sit for at least 5 minutes before serving.

Recipe from: that which nourishes, <http://www.thatwhichnourishes.com/the-mac-and-cheese/>

VEGAN MAC N' CHEESE SAUCE

2/3 cup raw cashews, soaked in boiling water for 10 minutes and drained (to soften)
1 1/3 cups filtered water
1/3 cup chopped and seeded roasted red peppers
2 tablespoons nutritional yeast
2 tablespoons arrowroot powder/flour/starch
2 tablespoons apple cider vinegar
2 teaspoons smoked paprika or to taste
1 teaspoon sea salt, plus more to taste
Freshly ground black pepper, to taste
Pinch of cayenne pepper (optional)
Dash of hot sauce (optional)

Add the soaked and drained cashews, water, roasted red peppers, nutritional yeast, arrowroot, apple cider vinegar, smoked paprika, sea salt, black pepper, cayenne, and hot sauce to a high-speed blender. Blend on high for 2 to 3 minutes or until completely smooth, stopping to scrape down the sides as needed.

Transfer the sauce to a pan and heat over medium for 5 minutes or until very thick and just shy of stretchy, whisking constantly. Once thickened, immediately turn off the heat to avoid overheating. Arrowroot loses its thickening power if overheated, so be attentive to it.

Add a few tablespoons of water at a time as needed to thin the sauce. Season with more sea salt, smoked paprika, and black pepper, to taste. I usually add another 1/2 teaspoon sea salt, another dash or two of smoked paprika, and a few grinds of black pepper.

Modified recipe from Blissful Basil, <http://www.blissfulbasil.com/?course=pasta-main>



DEVILED EGGS

12 hard-boiled eggs, peeled
3 tablespoons mayonnaise
1 tablespoon yellow mustard
6 teaspoons sweet relish
Salt and pepper
Paprika

Slice each eggs in half, lengthwise and gently scoop out the yolk. Mash the yolk with a fork and mix with the remaining ingredients except paprika.

Transfer the yolk filling into a ziplock or icing piping bag and snip the end of the bag. Pipe the filling into the egg whites. Alternatively, you can simply spoon the filling in.

Lightly sprinkle paprika over the eggs.

VEGAN DEVILED EGGS

Cashew Mayonnaise

1 cup raw cashews (washed in hot water) and/or blanched almonds
2 cups water (amount to get the consistency you want if raw)
1 small garlic clove (1.2 tsp garlic powder)
1 tablespoon onion powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ -1 lemon, juiced (2 tablespoon – $\frac{1}{4}$ cup)

Blend all ingredients except lemon juice until smooth and cook in a pot over medium heat till thick, stirring continually. Pour lemon juice and mix well.

Deviled Eggs

6 small, egg-shaped potatoes,
peeled and halved
2 tablespoons olive oil
4 tablespoons vegan mayonnaise
(homemade recipe above)
1 teaspoon yellow mustard
1 to 2 tablespoons finely chopped
onion
Dash hot sauce
Dash garlic powder
Salt and pepper, to taste
 $\frac{1}{4}$ teaspoon black salt (found at
Indian grocery stores)
Dash turmeric, optional, for yellow
color
Paprika, for dusting

Preheat oven to 350 degrees F, and grease a cookie sheet. Coat all sides of each potato with olive oil. Place potatoes face down on prepared cookie sheet and bake for about 45 minutes, or until soft (but not too mushy).

While the potatoes are roasting, mix the rest of the ingredients (except paprika) together. When the potatoes are done, allow to cool a bit, and then use a sharp knife to cut into the flat side of each potato and then hollow it out with a spoon. You want to be left with a little cup-shaped potato.

Add the scooped-out potato to your mayo/mustard mix and blend well. You can then fill the hollowed-out potato shells with the mixture. Dust each potato with paprika.

