The Dancing Yogi

Cooking for Peace

Gita Stevenson
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Acknowledgements

Greetings of peace and sweet acknowledgement of gratitude to all those who made this healthy eating cookbook possible. My deepest thanks to the Brahma Kumaris and the Meditation Museum, who gave me this opportunity.

I wanted to become a vegetarian after witnessing a cow and a chicken being killed by a butcher. When I was introduced to the Brahma Kumaris, I learned to cook in an elevated, peaceful and happy state of consciousness; I also learned to eat only pure foods and to love animals. So when I cook, I often meditate that I am cooking for God, the Divine. While eating meals I have prepared, many people have commented on the peace, joy and loving vibrations they experience in the food.

My sincerest thanks to Sister Jenna of the Meditation Museum of the Brahma Kumaris, for her encouragement to share the knowledge with others by writing this cookbook and for her expertise in developing the book cover. Sister Jenna, God’s divine child, plays the part of my daughter.

To Marjie Kendricks, my sister, thank you for your brilliance and creativity in helping to sharpen this book.

To David, Santosh and Antonia, thank you for your cooperation.

These vegetarian recipes are Satwick, i.e., the highest energy, cooking with high, pure, loving vibrations. It is a clean method of cooking and eating; it’s excellent for everyone, especially those recovering from an illness and for children as well.

So let’s all cook together in the vibrations of peace, happiness and love.

“Be kind to animals…don’t eat them”
Introduction

Vegetarianism
A Vegetarian lifestyle is the practice of abstaining from eating meat (i.e., red meat, poultry, seafood, and the flesh of any animal). It may also include abstention from all by-products of meat, fish and poultry. A vegetarian lifestyle follows a plant-based diet of grains, legumes, nuts, seeds, vegetables, fruits, fungi, algae, yeast and may include dairy products honey or eggs.

There are Different Types of Vegetarian Diets

Lacto-Ovo Vegetarian Diet
A lacto-ovo vegetarian diet excludes meat, fish and poultry but includes dairy products and eggs. This is the most common type of vegetarian diet.

Lacto-vegetarian Diet
A lacto vegetarian diet excludes meat, fish, poultry and eggs. They do, however, eat dairy products such as milk, yogurt, and cheese.

Ovo Vegetarian Diet
An ovo vegetarian diet excludes meat, fish and poultry; they do, however, eat eggs but avoid dairy products.

Vegan Diet
• Vegans avoid eating meat, fish, poultry, eggs, dairy products and any foods containing by-products derived from animals.

Why Vegetarianism?
People choose a vegetarian diet for a variety of reasons. Some for religious reasons; others are motivated by cultural, ideological, health-related, or compassion for animals. However, a vegetarian diet should be part of an overall healthy lifestyle that includes exercise and excludes unhealthy choices, such as smoking and drinking excess alcohol.

Benefits of Vegetarianism
There are many benefits to a vegetarian lifestyle. Well planned vegetarian diets are healthy, nutritious and provide myriad of health benefits to people of all ages. Here are some ways vegetarianism can enhance your health.

Vegetarian food is easy to digest. Consider making this healthy choice as one of your New Year’s resolution. A variety of studies confirm that a diet of fresh fruits, vegetables and grains is your best bet for living a longer, healthier and more enjoyable life. There are literally hundreds of great reasons to switch to a plant-based diet…here are some of the best reasons:
You’ll live longer
Vegetarians live about seven years longer, and vegans (who eat no animal products) about 15 years longer than meat eaters, according to a study from Loma Linda University. These findings are backed up by the China Healthy Project (the largest population study on diet and health to date), which found that Chinese people who eat the least amount of fat and animal products have the lowest risk of cancer, heart attack and other chronic degenerative diseases.

You’ll save your heart
Cardiovascular disease is still the number one killer in the United States, and the Standard American Diet (SAD) that’s laden with saturated fat and cholesterol from meat and dairy is largely to blame. Plus, produce contains no saturated fat or cholesterol. Incidentally, cholesterol levels for vegetarians are 14 percent lower than meat eaters.

You can put more money in your mutual fund
Replacing meat, chicken and fish with vegetables and fruits is estimated to cut food bills.

You’ll reduce your risk of cancer
Studies done at the German Cancer Research Center in Heidelberg suggest that this is because vegetarians’ immune systems are more effective in killing off tumor cells than meat eaters’. Studies have also found a plant based diet helps protect against prostate, colon and skin cancers.

You’ll add color to your plate
Meat, chicken and fish tend to come in boring shades of brown and beige, but fruits and vegetables come in all colors of the rainbow. Disease fighting phytochemicals are responsible for giving produce their rich, varied hues. So cooking by color is a good way to ensure you are eating a variety of naturally occurring substances that boost immunity and prevent a range of illnesses.

You’ll fit into your old jeans
On average, vegetarians are slimmer than meat eaters, and when we diet, we keep the weight off up to seven years longer. That’s because diets that are higher in vegetable proteins are much lower in fat and calories than the Standard American Diet (SAD). Vegetarians are also less likely to fall victim to weight-related disorders like heart disease, stroke and diabetes.

You’ll give your body a spring cleaning
Giving up meat helps purge the body of toxins (pesticides, environmental pollutants, preservatives) that overload our systems and cause illness. When people begin formal detoxification programs, their first step is to replace meats and dairy products with fruits and vegetable juices.

You’ll make a strong political statement
It’s a wonderful thing to be able to finish a delicious meal knowing that no beings have suffered to make it.

Your meals will taste delicious
Vegetables are endlessly interesting to cook and a joy to eat. It’s an ever-changing parade of flavors and colors, textures and tastes.
You will help to reduce waste and air pollution
Livestock farms create phenomenal amounts of waste. The tons of manure, a substance that’s rated by the Environmental Protection Agency (EPA) as a top pollutant. And that’s not even counting the methane gas released by goats, pigs and poultry (which contributes to the greenhouse effect); the ammonia gases from urine; poison gases that emanate from manure lagoons; toxic chemicals from pesticides; and exhaust from farm equipment used to raise feed for animals.

Your bones will last longer
The average bone loss for a vegetarian woman at age 65 is 18 percent; for non-vegetarian women it’s double that. Researchers attribute this to the consumption of excess protein. Excess protein interferes with the absorption and retention of calcium and actually prompts the body to excrete calcium, laying the ground for the brittle bone disease osteoporosis. Animal proteins, including milk, make the blood acidic, and to balance that condition, the body pulls calcium from bones. So rather than rely on milk for calcium, vegetarians turn to dark green leafy vegetables, such as broccoli and legumes, which calorie for calorie, are superior sources.

You’ll help reduce famine
It takes 15 pounds of feed to get one pound of meat. But if the grain were given directly to people, there would be enough food to feed the entire planet. In addition, using land for animal agriculture is inefficient in terms of maximizing food production. According to the journal Soil and Water, one acre of land could produce 50,000 pounds of tomatoes, 40,000 pounds of potatoes, 30,000 pounds of carrots or just 250 pounds of beef.

You’ll avoid toxic chemicals
The EPA estimates that nearly 95 percent of pesticide residue in our diet comes from meat, fish and dairy products. Fish, in particular, contains carcinogens (PCBs, DDT) and heavy metals (mercury, arsenic, lead, cadmium) that cannot be removed through cooking or freezing. Meat and dairy products are also laced with steroids and hormones.

You’ll protect yourself from foodborne illnesses
According to the Center for Science in the Public Interest in the US, which has stringent food standards, 25 percent of all chicken sold in the United States carries salmonella bacteria and, the CDC estimates, 70 percent to 90 percent of chickens contain the bacteria camp lobacter (some strains of which are antibiotic resistant), approximately 5 percent of cows carry the lethal strain of E coli O157:H7 (which causes virulent diseases and death), and 30 percent of pigs slaughtered each year for food are infected with toxoplasmosis (caused by parasites).

You may get rid of your back problems
Back pain appears to begin, not in the back, but in the arteries. The degeneration of discs, for instance, which leads to nerves being pinched, starts with the arteries leading to the back. Eating a plant-based diet keeps these arteries clear of cholesterol-causing blockages to help maintain a healthy back.

You’ll be more ‘regular’
Eating a lot of vegetables necessarily means consuming fiber, which pushes waste out of the body. Meat contains no fiber. Studies done at Harvard and Brigham Women’s Hospital found that people
who ate a high fiber diet had a 42 percent lower risk of diverticulitis. People who eat lower on the food chain also tend to have fewer incidences of constipation, hemorrhoids and spastic colon.

**You’ll cool those hot flashes**
Plants, grains and legumes contain phytoestrogens that are believed to balance fluctuating hormones, so vegetarian women tend to go through menopause with fewer complaints of sleep problems, hot flashes, fatigue, mood swings, weight gain, depression, and diminished sex drive.

**You’ll help to bring down the national debt**
We spend large amounts annually to treat heart disease, cancer, obesity, and food poisoning that are by-products of a diet heavy in animal products.

**You’ll preserve our fish population**
Because of our voracious appetite for fish, 39 percent of the ocean’s fish species are over-harvested, and the Food and Agriculture Organization reports that 11 of 15 of the world’s major fishing grounds have become depleted.

**You’ll protect the purity of water**
It takes 2,500 gallons of water to produce one pound of mutton, but just 25 gallons of water to produce one pound of wheat. Not only is this wasteful, but it contributes to rampant water pollution.

**You’ll provide a great role model for your kids**
If you set a good example and feed your children good food, chances are they’ll live a longer and healthier life. You’re also providing a market for vegetarian products and make it more likely that they’ll be available for the children.

**Going vegetarian is easy**
Vegetarian cooking has never been simpler. We live in a country that has been vegetarian by default. Our traditional dishes are loaded with the goodness of vegetarian food. Switching over is very simple indeed.
Three Categories of Food

**Satwik Foods – Pure Energy**
Satwik foods affect consciousness in a positive way. Sharpening and clearing the mind. Some foods in this category are: fruits, grains, milk/milk product, most vegetables and a moderate amount of herbs and spices.

**Rajasik or Static Foods – Less Pure**
Rajasik or static foods stimulate the mind and body and should be eaten in moderation or not at all. This category includes caffeine, cola, and doctor prescribed medicines, excessive hot spices and excessive watermelon.

**Tamasik Foods – Even Less Pure**
Tamasik foods are not normally beneficial to the mind or body. This category includes meat, poultry, fish, shellfish, alcoholic beverages, eggs, drugs or other medicines, onion, garlic and fermented, stale or spoiled foods.
The Vegetarian Pantry

Each pantry will vary depending on personal taste and ethnic background; however, the list below contains the basic ingredients you will need in a vegetarian pantry. Stocking your pantry with these items will ensure that you have everything you need to prepare a healthy, nutritious meal.

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<td>Turmeric</td>
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<td>Grapeseed oil</td>
<td>Cardamom</td>
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<td>Bragg liquid amino</td>
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<td>Apple Cider vinegar</td>
<td>Hot sauce</td>
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<tr>
<td>Distilled White vinegar</td>
<td>Mustard (Dijon, whole grain)</td>
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<td>Ketchup</td>
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<td>Flax seed</td>
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<td>Chia Seeds</td>
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### Flavorings
- Kosher salt
- Sugar (granulated, brown)
- Maple Syrup
- Black peppercorns
- Red pepper flakes
- Ginger, fresh
- Ginger, powdered
- Allspice
- Cinnamon
- Vanilla
- Nutritional yeast
- Hing (Asafoetida)
- Olives
- Capers
- Lemons
- Limes
- Oranges

### Grains/Dry Goods
- Red Beans
- Black Beans
- Garbanzo Beans (chick peas)
- Besan flour
- Whole wheat flour
- Baking soda/baking powder
- Bread crumbs
- Pasta
- Bulger
- Barley
- Couscous
- Brown Rice
- Lentils
- Rolled oats
- Cocoa powder
- Mushrooms (canned)
- Textured vegetable protein (TVP)

### Dried Fruits and Nuts
- Raisins
- Dates
- Apricots
- Walnuts
- Pecans
- Almonds
- Pine Nuts
- Sunflower seeds
- Pepitas
- Sesame seeds
- Cranberries
- Figs
- Cherries

### Refrigerated Items
- Soy milk
- Tofu
- Tempah
- Miso
- Vegetable broth
- Frozen fruit
- Fresh vegetables
- Frozen vegetables

### The Vegetarian Kitchen
It is important to approach cooking with a positive state of mind. Food is energy, a medium for expressing love and affection. So, when I cook I think of the divine and my love for Him. I express gratitude to the food for sustaining my life and I surround the kitchen with loving vibrations. These loving vibrations are absorbed into the food and bring benefit to me and everyone who partakes in the meal.
SOUPS AND APPETIZERS
Squash Soup with Lemongrass and Spiced Pumpkin Seeds

2 tablespoons olive oil
2-3 fresh lemongrass stalks (discard outer layer and chop into small pieces)
¼ teaspoon asafoetida (hing)
1 inch fresh ginger, peeled and finely chopped (about 2 teaspoons)
1 large butternut squash or one-half long neck pumpkin
4 cups vegetable broth or water
1 teaspoon chili powder
1 teaspoon salt
1 tablespoon chopped fresh basil
Freshly ground black pepper
Fresh cilantro leaves, to serve

For spiced pumpkin seeds:
1 cup raw green pumpkin seeds (pepitas)
1 tablespoon olive oil
½ teaspoon salt
½ teaspoon cumin
½ teaspoon coriander
½ teaspoon liquid smoke

1. Preheat oven to 450°F.
2. Cut the squash in half and place cut side down on cookie sheet and roast till tender.
3. Allow squash to cool, remove skin and set aside for later.
4. Heat oil in a dutch oven or heavy pot set over medium heat. When hot, add 2 stalks of lemongrass, ginger, and half the basil.
5. Cook until lemongrass has softened, about 4-5 minutes.
6. Add the squash and stir until mixed in well with the oil and aromatics.
7. Pour in the water or broth and add chili powder, salt, remaining lemongrass and black pepper.
8. Bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat.
9. Allow the soup to cool slightly then puree the soup in a blender in small batches.
10. Serve sprinkled with spiced pumpkin seeds, cilantro and remaining basil.

To make the pumpkin seeds:
Preheat the oven to 350°F; toss the seeds with the olive oil and spices.
Spread onto a sheet pan and bake until toasted, about 10 minutes.

MAKES 5 SERVINGS
**Butternut Squash Soup with Lemongrass and Ginger**

3 ½ lbs. butternut squash peeled and cut into chunks
3-4 tablespoons coconut oil
2 cups chopped cabbage
2 cups chopped carrots
2 large celery ribs, chopped
1 large lemongrass stalk, outer layers removed and finely chopped

2 dried red chili peppers
1 ½ teaspoons cumin seeds
1 tablespoon chopped ginger
5 cups water
1 can coconut milk
salt and pepper to taste

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1. Preheat oven to 425°F.
2. Melt 2 tablespoons of coconut oil and mix with the chunks of butternut squash so that they are lightly coated in oil. Season with salt and pepper. Lay the squash onto a large baking sheet or two if needed.
3. Roast in the oven for 40-50 minutes, turning once or twice during cooking, until soft and golden brown.
4. 15 minutes before the squash is finished roasting, in a large stock pot, on medium heat, add 2 tablespoons of coconut oil and the cumin seeds. Cook for about a minute. Then add, carrots and celery. Season with salt and pepper. Sauté for about 8-10 minutes. Add lemongrass, ginger and chili peppers. Cook for 4-5 minutes.
5. Remove the butternut squash from the oven and add to the stock pot with 5 cups of water. Bring to a boil and simmer for about 40 minutes. Remove from heat and puree with an immersion or upright blender.
6. Return to a low heat and stir in the coconut milk. Let it simmer for a few minutes. Taste and adjust seasoning.
7. Serve in bowls and garnish with cilantro and the roasted butternut squash seeds.

**MAKES 10 SERVINGS**
Celery Sweet Potato Soup

2 medium sweet potatoes (yielding 2 cups)  
¼ cup fresh basil  
1 bunch celery  

2-3 bay leaves  
1 tablespoon vegetable oil  
1 teaspoon salt  
¼ teaspoon black pepper  
6 cups cold water

1. Peel and chop potatoes into one-inch cubes.
2. Cut the heads and tails off the celery and cut across the grain into thin slices (about 6 cups).
3. Heat oil in a large saucepan on medium high heat.
4. Sauté celery for about 3-4 minutes until slightly brown.
5. Add bay leaves and salt and pepper to taste and stir gently.
6. Stir in sweet potatoes, cold water. Mix thoroughly cover, and cook for approximately 20 minutes.
7. Test potatoes with a fork for doneness. Transfer soup to stainless steel bowl and remove bay leaves.
8. Blend with immersion or upright blender.

MAKES 3-4 SERVINGS
Simple Mung Dal Soup

This smooth, liquid moong dal soup is seasoned with a simple chunk. It is easy to prepare and easy to digest. Its light consistency makes it appealing in any season. Serve it accompanied by a wheat bread or rice and vegetable. To complete the meal serve with yogurt or green salad.

2/3 cup split mung beans, without skins
6 ½ cups water (5 ½ cups if using a pressure cooker)
1 teaspoon turmeric
2 teaspoons ground coriander
1 ½ - 2 teaspoons fresh ginger, scraped, finely shredded, or minced
1 teaspoon minced hot green chilies, seeded or as desired
1 ¼ teaspoons salt
2 tablespoons ghee or vegetable oil
1 teaspoon cumin seeds
2 teaspoons coarsely chopped coriander or minced fresh parsley

1. Sort, wash and drain the split mung beans.
2. Combine the mung beans, water, turmeric, coriander, ginger and green chilies in a heavy 3-quart non-stick saucepan. Stir occasionally and bring to boil over high heat.
3. Reduce heat to low, cover with tight-fitting lid and boil gently for one hour, or until the beans are soft and fully cooked.
4. For pressure cooking combine the ingredients in a 6-quart pressure cooker, cover and cook on high pressure for 25 minutes, remove from heat and allow pressure to release naturally (about 10 minutes).
5. Open the lid carefully, add salt and beat with a wire whisk or rotary beater until the soup is creamy soup.
6. Heat the ghee or oil in a small saucepan over medium to medium high heat. When hot, toss in the cumin seeds. Fry until the seeds turn brown and pour into soup.
7. Cover and allow the seasonings to soak into the hot soup for 1-2 minutes.
8. Add minced herbs, stir and serve.

MAKES 4-6 SERVINGS
Creamy Corn Soup (Vegan)

2 tablespoons olive oil
2 potatoes peeled and chopped
2 medium carrots, chopped
2 stalks celery, chopped
1 dried chipotle pepper
1 bay leaf
4 large sprigs of fresh thyme
Water (enough to cover vegetables)

1 teaspoon cumin seeds, toasted and ground
2 teaspoons ground cardamom
5 ears of fresh corn, husked
Sea salt
¼ teaspoon asafoetida
½ cup chopped cilantro

1. Toast cumin seeds in a dry frying pan, place in a mortar and pestle with cardamom seeds and grind.
2. Heat olive oil in a stainless steel or other non-reactive soup pot over medium heat.
3. Add potato, carrots, celery, bay leaf, cumin seed, cardamom, asafoetida and cook five minutes, stirring occasionally.
4. Add thyme, chipotle pepper, three large pinches of sea salt, ears of corn, and enough water to cover the vegetables. Bring soup to a boil, cover, and simmer for 6 minutes.
5. Remove ears of corn to a bowl and let cool. With a small, sharp knife, cut the kernels away from the cobs and return cobs to the soup.
6. Continue cooking the soup until the vegetables are tender, about 15 minutes. Remove cobs, bay leaf and thyme branches and stem from chipotle and discard.
7. Add 1/3 of the corn kernels to the pot and puree the soup with a vertical blender.
8. Adjust seasoning to taste, add remaining corn, and simmer 5 minutes. When ready to serve, add chopped cilantro.

MAKES 4-6 SERVINGS
Banana Fritters

There are two ways to make banana fritters. In the English speaking Caribbean, we usually blend mashed bananas into a batter. If you are a banana lover, these doughnut-like fritters will fix your craving.

- 2-3 very ripe bananas
- 1 ½ tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 ½ teaspoons vanilla
- 1 teaspoon Angostura bitters
- 1 ¼ cups unbleached all-purpose flour
- 1 teaspoon baking power
- 1 teaspoon cornstarch
- 3 tablespoons non-dairy milk
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- Canola oil
- Granulated or brown sugar

1. Put the bananas in a bowl and mash until smooth.
2. Stir in brown sugar, cinnamon, nutmeg, vanilla and bitters.
3. Add flour and baking powder and stir until well combined.
4. Stir the cornstarch into the non-dairy milk.
5. Pour the milk into the batter and add salt and baking soda. Mix well.
6. Heat oil in a large heavy skillet over medium-high heat and carefully spoon the batter into the hot oil one tablespoon at a time.
7. Cook for one minute then reduce the heat to medium. Turn the fritters and cook for four minutes, turning occasionally.

MAKES 6 SERVINGS
MAIN COURSES
Fat-Free Black Eyed Pea Stew

A fat-free stew is just what you need when you are getting over a cold, and this dish is also the perfect thing to make when you want to put something extra nutritious into your body. But bean stews, especially fat-free versions, have a tendency to taste just like bean if you don’t use the right herbs and spices. Black-eyed peas have a distinct flavor that I love, and if you love it too, don’t rinse the beans too much, or you will lose that flavor.

15-ounce can black-eyed peas, drained 1 teaspoon paprika
1 cup water 1 teaspoon curry powder
½ cup cabbage finely chopped 1 teaspoon salt
2 teaspoons hing (asafoetida) ½ teaspoon black pepper
1 carrot, diced small 1-2 teaspoons ketchup
3 tomatoes chopped 1 tablespoon tomato paste
½ cup diced cabbage 1 ½ tablespoon Bejan Seasoning (optional)
2 tablespoons fresh basil chopped, or 2 teaspoons dried) 1 teaspoon vegan Worcestershire Sauce
½ teaspoon fresh thyme 1 teaspoon Angostura Bitters (optional)
or ½ teaspoon dried 1 teaspoon Bejan Pepper Sauce (optional)

1. Put all ingredients in a pot or pressure cooker and mix them together.
2. Cook in pot over low heat for 35 minutes, or in pressure cooker at medium to low pressure for 20 minutes.

MAKES 4 SERVINGS
Yellow Split Pea Dahl

This vegetarian yellow split pea dahl recipe is a staple of Indian vegetarian cuisine. This easy recipe is for a basic vegetarian and vegan yellow split-pea dhal. Serve it up with rice or roti for a simple vegetarian Indian meal, or, add extra liquid and cook a little longer to make a more soup-like dhal.

6 ¼ cups water, divided 1 teaspoon ground cumin
1 ½ cups dried yellow or green split peas 1 teaspoon garam masala
2 tablespoons coconut or canola oil ½ cup diced cabbage
½ teaspoon baking powder ½ scotch bonnet or habanero pepper, seeded
½ teaspoon turmeric and minced
1 tablespoon curry powder 1 ½ teaspoons salt
1 teaspoon cumin seeds

1. Bring 3 3/4 cups of water to a boil in a large soup pot.
2. Combine split peas, one tablespoon oil, baking powder, turmeric and add the mixture to the pot.
3. Reduce heat to medium and cook for 20 minutes.
4. Add curry, cumin, garam masala and two cups water. Cover and cook for 10 minutes.
5. Stir in cabbage, scotch bonnet and salt.
6. Cook, stirring occasionally. Add remaining 1/2 cup water.
7. Heat the remaining one tablespoon of oil in a small skillet over medium heat; add cumin seeds and sauté for 3 minutes. Add the mixture from the skillet into the dhal.
8. Stir well. Taste and add salt, if needed.

MAKES 4 SERVINGS
Mama Gita’s Famous Jamaica Jerk Tofu

3 ½ lb. firm tofu, sliced
1-2 scotch bonnet peppers, sliced
(remove seeds for mild flavor)
2 teaspoons dried thyme, or 2-3 sprigs fresh thyme
2 tablespoons ground allspice
½ cup cabbage finely chopped
2 teaspoons brown sugar
2 teaspoons salt
½ teaspoon hing (asafoetida)
2 teaspoons ground black pepper
1-2 teaspoons ground cinnamon
1-2 teaspoons nutmeg
1-2 teaspoons ginger powder
½ cup olive oil
2 tablespoons soy sauce
Juice of one lime
1 cup orange juice (without pulp)
½ cup white vinegar

1. Blend all ingredients, except tofu. Cut tofu into slices and drain.
2. Rub sauce on tofu slices and marinate overnight in the refrigerator. Reserve a portion of the marinade for gravy.

**Bake method**
1. Preheat oven to 350°F. Lightly grease baking pan.
2. Add tofu and bake for 10-20 minutes. Turn and bake an additional 10-20 minutes, or until crispy and golden brown.

**Fry Method**
1. Heat oil in a skillet on medium heat for 5 minutes.
2. Add tofu and fry until golden brown and crispy. Turn to other side.

**For Gravy**
1. Heat 1 teaspoon oil in a frying pan and cook sliced mushrooms until crispy.
2. Add marinade and cook for 5-10 minutes over medium heat.

**MAKES 6 SERVINGS**
Mock Tofu Turkey

5 -16 ounce packages extra firm tofu
2 tablespoons sesame oil
½ cup red cabbage finely diced
1/3 cups diced celery
1 cup chopped mushrooms
½ teaspoon hing (asafoetida)
½ cup dried sage
2 teaspoons dried thyme
Salt and black pepper to taste
½ teaspoons dried rosemary

¼ cup tamari
1 cup raw green pumpkin seeds
3 cups prepared herb stuffing
½ cup sesame oil
¼ cup tamari
2 tablespoons miso paste
5 tablespoons orange juice
1 teaspoon honey mustard
½ teaspoon orange zest
3 springs fresh rosemary

1. Line medium sized, round colander with cheesecloth or a clean dish towel.
2. Place crumbled tofu in the colander and place another cheesecloth on the top of the tofu.
3. Place the colander with the tofu in a bowl to catch the liquid and place a heavy weight on top of the tofu.
   Place in the refrigerator for 2-3 hours.
4. For the stuffing: In a large frying pan sauté diced cabbage, celery and mushrooms in 2 tablespoon of sesame oil until tender. Add hing, sage, thyme, salt, pepper, rosemary and 1/4 cup tamari. Stir well and cook 5 minutes. Add prepared herb stuffing and mix well. Remove from heat.
5. Preheat oven to 400°F. Grease a cookie sheet.
6. Combine 1/2 cup sesame oil, 1/4 cup tamari, miso, orange juice, mustard and orange zest in a small bowl; mix well.
7. Remove the weight from the tofu and hollow out the tofu so that there is one inch of tofu still lining the colander.
8. Place the scooped out tofu in a separate bowl and brush the lining with a small amount of miso seasoning and scoop the stuffing into the center of the tofu shell.
9. Place the leftover tofu on top of the stuffing and press down firmly.
10. Turn the stuffed tofu onto the prepared cookie sheet, placing the leftover tofu side of the “turkey” (the flat side) down.
11. Gently press on the sides of the “turkey” to form an oval shape and brush it with 1/2 of the oil-tamari mixture.
12. Place the sprigs of rosemary on top of the ‘tofu turkey” and cover it with foil.
13. Bake for one hour then remove from oven and remove foil.
14. Baste the turkey with the remaining tamari-oil sauce – reserving 4 tablespoon.
15. Return turkey to oven and bake another hour or until it is golden brown.
16. Place turkey on a serving platter and brush with the remaining tamari-oil mixture. Serve hot.

**MAKES 6-8 SERVINGS**
Acknowledgements

This recipe will have you talking about Jamaica for a long time! Ackee is a fruit, related to the Lychee and Longan. It is a native of West Africa and was brought to Jamaica in the 1700s. Ackee and salt fish is the national dish of Jamaica, however, since we are vegetarians we eliminate the fish and substitute other flavors.

2 tablespoons vegan margarine
½ cup Vegan bacon bits
½ teaspoon liquid smoke
¼ cup finely diced red cabbage
¼ red bell pepper, finely diced
¼ green bell pepper, finely diced
2 small tomatoes, chopped
¼ teaspoon finely chopped scotch bonnet or habanero pepper (remove seeds)
One 19-ounce can Jamaican ackee, drained and gently rinsed
1 teaspoon chopped fresh thyme, or ¼ teaspoon dried
¼ teaspoon salt
¼ teaspoon black pepper
1 nori sheet, toasted and crumbled (optional)

1. Heat margarine in a large skillet over medium-high heat.
2. Add the vegan bacon bits and liquid smoke and cook for 2 minutes, until slightly brown.
3. Add the cabbage, bell peppers, tomatoes, and scotch bonnet pepper.
4. Increase the heat to medium high and add ackee and stir gently.
5. Cook, stirring gently from time to time for 3 minutes until a little sauce starts to develop.
6. Gently stir in thyme, salt, black pepper, and nori (if desired).
7. Reduce heat to medium-low and cook for 4 minutes, stirring gently, until all ingredients are cooked.

MAKES 4 SERVINGS
Vegan Ham

This vegan ham is made from seitan. It is a favorite because it serves as a substitute for smoked sausage. It can be eaten cold or sautéed.

1 cup flour
1 teaspoon salt
½ teaspoon black pepper
¼ teaspoon mild paprika
¼ teaspoon ground cloves
¼ cup water

2 tablespoons maple syrup
2 tablespoons pineapple juice
2 tablespoons plus 1 teaspoon oil
1 tablespoon liquid smoke
1 tablespoon Bragg Liquid Amino
1 tablespoon tomato paste
½ teaspoon hing

1. Combine flour, salt, pepper, paprika, and cloves in a bowl and stir well.
2. In a small bowl, mix the water, maple syrup, juice, oil, liquid smoke, Bragg Liquid Amino, tomato paste, and hing together.
3. Pour the wet mixture into the flour mixture and stir briskly with a wooden spoon to form a ball.
4. Place the ball on a 12-inch square piece of cheesecloth or foil. Wrap it into a tight parcel; if using cheesecloth, secure it with kitchen twine.
5. Steam for 40 minutes, adding more water as needed. Remove the ham from the steamer and let it cool briefly.
6. Serve immediately or store in the refrigerator for up to 2 week

MAKES 4 SERVINGS
**Lentil Loaf**

1 ½ cup green lentils
2 ¼ cups water
6 slices white bread, torn into small pieces
¼ cup egg substitute or 2 tablespoons peanut butter
1 cup plus 2 tablespoons vegetable broth
2 tablespoons tomato paste

½ teaspoon dried basil
¼ teaspoon hing (asafoetida)
½ teaspoon ground black pepper
1 teaspoon dried parsley
1 tablespoon olive oil
½ packet dry vegetable soup mix
1/3 cup dried bread crumbs

1. Combine lentils and water in a small saucepan and bring to boil.
2. Reduce heat and simmer until tender, about 40 minutes.
3. Preheat oven to 400°F. Grease a 9x5 inch loaf pan.
4. In a large bowl mix together 2 cups cooked lentils, bread, egg substitute (or peanut butter) broth, tomato paste, basil, hing, black pepper, parsley, olive oil and dry soup mix. Spread into prepared pan.
5. Bake 40 minutes.
6. Sprinkle dry bread crumbs on top and continue baking for another 10 minutes. Let sit for 10 minutes.
7. Serve.

If using egg substitute mix 2 tablespoon water with 1/2 to 2 teaspoon egg substitute.

**MAKES 5 SERVINGS**
Tofu Pepper Medley

- ½ lb. TVP (soya) dark brown, medium chunks
- ½ green pepper, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 2 zucchini or squash, sliced
- ¼ cup cabbage, diced
- 2 tablespoons vegetable oil

- Dash of hing
- 1 teaspoon Old Bay Seasoning
- ½ teaspoon mustard powder
- ½ teaspoon powdered ginger
- 1 teaspoon dried parsley
- ½ teaspoon salt
- Pepper to taste
- 1 teaspoon dried dill

1. Microwave TVP in water for about 6 minutes (water must be enough to cover TVP).
2. Heat oil in saucepan and add Old Bay Seasoning, mustard powder, ginger powder and hing.
3. Sauté for 2 minutes.
4. Add all vegetables (TVP, dried dill, and salt and pepper to taste).
5. Cover and cook on medium to low heat for approximately 15-20 minutes.
6. Add water for gravy.
7. Serve.

MAKES 4-5 SERVINGS
Jerk Tofu

2 cups chopped cabbage
2 tablespoons apple cider vinegar (or white vinegar)
½ teaspoon Bragg Liquid Amino
1 tablespoon vegetable oil
1 tablespoon salt
2 tablespoons fresh thyme
2 tablespoons brown sugar
2 tablespoons fresh peeled grated ginger
1 tablespoon ground allspice
¼ tablespoon nutmeg
¼ tablespoon black pepper
½ teaspoon powdered ginger
½ tablespoon ground cinnamon
Dash of hing
1 scotch bonnet pepper, seeded and chopped
4 lb. extra firm tofu

1. Blend herbs and spices in a blender until smooth; set aside.
2. Slice tofu lengthwise or in chunks and freeze.
3. Defrost tofu and season with blended seasonings.
4. Grill seasoned tofu for about 8 minutes on each side.
5. Place tofu in baking pan and bake for 1/2 hour; then broil for 15 minutes.
7. Serve.

MAKES 4 – 6 SERVINGS
Easy Lentil Burgers

1 cup dry lentils, well rinsed
2 ½ cups water
½ teaspoon salt
1 tablespoon olive oil
½ cup shredded cabbage
1 carrot, diced

1 teaspoon pepper
1 teaspoon thyme
¼ teaspoon asafoetida (hing)
1 tablespoon Bragg Liquid Amino
¼ cup rolled oats, finely ground
¼ cup breadcrumbs

1. Boil lentils in the water with salt for around 45 minutes. Lentils will be soft and most of the water will be absorbed.
2. Add oil to saucepan, sauté cabbage and carrots until tender, about 5 minutes, and transfer to bowl.
3. Add pepper, thyme Bragg Liquid Amino, oats and bread crumbs.
4. While still warm form the mixture into patties – about 8-10 burgers.
5. Cook burgers for 1-2 minutes each side, or bake at 200C for 15 minutes.

MAKES 4 – 6 SERVINGS
Grilled Marinated Tofu

2 one-pound blocks extra firm tofu
4 sprigs fresh rosemary branches, minced
1 tablespoon Dijon Mustard
½ cup good balsamic vinegar

½ cup mushroom soy sauce or regular soy sauce
¼ cup brown sugar
1 tablespoon olive oil
½ teaspoon black pepper

1. Cut tofu into 1/2-inch thick slabs. Wrap in paper towels and press between two baking trays for 15 minutes to remove excess moisture.
2. Pat dry and lay tofu slices in a single layer in a shallow baking tray.
3. Whisk together vinegar, soy sauce, sugar, olive oil and black pepper. Spoon mixture over tofu.
4. Cover and refrigerate for at least two hours, or overnight.
5. Remove tofu from marinade, bake then broil on both sides until golden brown.

MAKES 6 SERVINGS
Tofu Young

1 pack firm tofu
3 stalks celery, diced
½ cup flour
½ cup baking powder
¼ teaspoon salt
2 tablespoons oil
1 tablespoon soy sauce

1 tablespoon soy sauce
¼ cup snow peas
½ cup sliced mushrooms
¼ cup sliced water chestnuts
½ cup bean sprouts
1 teaspoon nutritional yeast
1 cookie sheet for baking

1. Preheat oven to 375°F.
2. Mash tofu in a bowl, using “gloved” hands; add flour, baking powder, salt and set aside.
3. Heat ½ teaspoon of oil in a skillet; sauté celery, ¼ cup of mushrooms and add to tofu mixture.
4. Blanche snow peas and add to the tofu mixture.
5. Add water chestnuts, bean sprouts, 1 tablespoon (or less) of oil, soy sauce and nutritional yeast.
6. Form mixture into 8-10 patties and place onto greased cookie sheet.
7. Bake at 375°F each side, for 8-15 minutes, or until lightly golden brown.

For Mushroom Sauce

1/2 cup diced mushrooms
1/2 tablespoon oil
1/4 teaspoon hing
1 tablespoon arrowroot, mixed with 1 tablespoon water to a paste.
1/2 teaspoon salt
1 tablespoon mushroom sauce
1 1/2 cup water or vegetable broth

Add oil to skillet, heat and add hing, mushrooms, salt and sauté for 5 minutes
Add water or vegetable broth, arrowroot mixture, and soy sauce stirring constantly.
Reduce heat to low and allow sauce to thicken for about 5 minutes.

MAKES 5 SERVINGS
SIDE DISHES
Sautéed Spinach

¼ cup vegan margarine  
½ cup chopped cabbage  
6 ounces spinach, finely chopped  
½ scotch bonnet, or habanero pepper, minced  
2 teaspoons white pepper  
½ teaspoon curry powder  
½ teaspoon ground cumin  
½ teaspoon garam masala  
½ cup water  
Salt and black pepper to taste

1. Heat margarine in a large saucepan over medium heat.
2. Add cabbage and spinach and sauté for 4 minutes, until tender.
3. Add scotch pepper, curry powder, cumin garam masala and water and cook for about 5 minutes or until the spinach is wilted and most of the water has evaporated.
4. Season with salt and black pepper to taste.
5. Serve hot.

MAKES 4 SERVINGS
Jamaican Rice and Peas

1 ½ cups dried red kidney beans, soaked overnight and drained
1 cup unsweetened coconut milk
1 whole scotch bonnet pepper
3 sprigs fresh thyme

2 bay leaves
½ teaspoon whole allspice
½ teaspoon dried oregano
1 ½ cups long grain rice
Salt and freshly ground black pepper
1 cup water

1. Soak beans overnight and drain.
2. Place beans, allspice, bay leaf and water in a medium sized saucepan.
3. Cover and bring to a simmer and cook until beans are tender, about 1-1 1/2 hours.
4. When the beans are tender add coconut milk, scotch bonnet pepper, thyme and oregano. Increase heat to boil.
5. Add rice, salt and pepper; cover, reduce heat to low and cook for about 20 minutes, or until all the liquid is absorbed.
6. Remove saucepan from heat; remove springs of thyme and bay leaf, and discard.
7. Transfer to large bowl and serve hot.

MAKES 4-5 SERVINGS
15-Minute Curried Quinoa

1 cup Quinoa
1 ½ tablespoon vegetable oil
1 tablespoon grated fresh ginger root
½ Fresh green chili, finely chopped
1 teaspoon. cumin seed

1 teaspoon turmeric powder
1 teaspoon coriander
¼ teaspoon ground cinnamon
1 ⅓ cups water
½ cup fresh or frozen peas
Salt to Taste

1. Rinse quinoa with cold water using a fine mesh filter. (Rinsing the quinoa is important to avoid a raw or bitter taste.)
2. Heat oil in a heavy saucepan under medium heat,
3. Add cumin seed and sauté for 1 minute, or until just golden.
4. Add ginger root, chili, and quinoa. Cook for one minute stirring constantly.
5. Add turmeric, coriander, cinnamon, and salt; cook for one minute stirring constantly.
6. Add water and bring to a boil. Cover, reduce heat, and simmer for 15 minutes.
7. Stir in peas; cover and cook for four or five minutes or until peas are tender and all the water has been absorbed.
8. Fluff with a fork before serving

MAKES 3 SERVINGS
Roasted Pumpkin with Cranberry Rice Stuffing

One 6 ½ - 7lb. sugar pumpkin, or other pumpkin suitable for eating
1 tablespoon vegetable oil
¾ cup chopped cabbage
1 cup dried cranberries
2 teaspoons fresh grated ginger
1 teaspoon ground allspice
¼ teaspoon saffron threads
Finely grated zest of half an orange
2 cups basmati rice
4 cups vegetable stock
Salt

1. Heat oven to 400 degrees.
2. Fill a kettle with water, and bring to a boil.
3. About an inch below the top of the pumpkin's "shoulders," about where it would be cut to carve a jack-o'-lantern, slice a lid from top of pumpkin, and set it aside. Remove seeds and fibrous flesh from inside.
4. In a large saucepan over medium-low heat, heat oil, and sauté cabbage until it is softened.
5. Stir in cranberries, ginger, allspice, saffron and orange zest.
6. Add rice, and stir until it is glossy. Pour in stock, and bring to a boil. Cover, and reduce heat as low as possible. Cook for 15 minutes (when done it will be damp and not fluffy).
7. Meanwhile, sprinkle the inside of the pumpkin with salt to taste.
8. Spoon cooked rice into pumpkin cavity and press lid firmly on top.
9. Wrap bottom 2-3 inches of pumpkin in a double layer of foil to protect it from contact with water during baking.
10. Place in a roasting pan, and add about 1 inch of boiling water to pan.
11. Bake the pumpkin until it is tender when pierced with a knife, about 1 1/2 hours.
12. Remove pumpkin from pan, and allow it to rest for about 10 minutes.
13. To serve, discard foil, and place pumpkin on a serving platter. Slice into segments like a cake.

Place a wedge of pumpkin on each serving plate, and mound with rice stuffing.

MAKES 6 SERVINGS
Roasted Sweet Potatoes with Spicy Ginger Lime Glaze

3 medium sweet potatoes or yams  3 tablespoons of apple cider
3 tablespoons olive oil  ½ cup chopped cilantro
3 tablespoons hot lime pickle  Salt to taste

1. Preheat oven to 375 degrees.
2. Wash and peel sweet potatoes and slice into wedges.
3. In a blender, puree olive oil, cider and lime pickle.
4. Toss sweet potatoes in the lime pickle mixture.
5. Arrange sweet potato wedges in a large baking dish.
6. Bake for 30 minutes, turning occasionally to ensure even browning.
7. Sprinkle potatoes with chopped cilantro and serve immediately.

MAKES 3 SERVINGS
Roasted Rosemary Root Vegetables

1 medium sweet potatoes  
1 large beet  
1 medium rutabaga  
4 tablespoons olive oil  
1 tablespoon or more fresh or dried rosemary  
Salt and pepper to taste

1. Preheat oven to 375° degrees.
2. Wash and peel sweet potatoes, beets, and rutabaga (the skin can be left on the sweet potato if you prefer) and cut into 3/4 inch pieces.
3. Toss the vegetables in the olive oil and sprinkle with rosemary.
4. Arrange vegetables in large baking dish and bake for 30 minutes, turning occasionally to ensure even browning.
5. Add salt and pepper to taste.

MAKES 3 SERVINGS
Sweet Potato Boats

3 medium sweet potatoes or yams
1/3 cup yogurt
3 tablespoons olive oil
2 teaspoons thyme
1 teaspoon ground cumin
1/2 teaspoon black pepper
Salt to taste

1. Wash sweet potatoes and trim the ends slightly.
2. Bake sweet potatoes in 400°F oven until tender, you can also bake them in the microwave for 3-4 minutes if you prefer. You should place a baking sheet or aluminum foil underneath the potatoes because the sugars in the potatoes can drip out and burn on the floor of your oven.
3. In a bowl mix together yogurt, olive oil, thyme, cumin, salt and black pepper.
4. When the potatoes are done, remove them from the oven and cut in half.
5. With a spoon, fluff the insides of each potato half and mix in a dollop of the yogurt and olive oil mixture.
6. Serve immediately, or as an alternative, place the potatoes under the broiler for 5 minutes and lightly brown the tops.

MAKES 3 SERVINGS
Vegan Mashed Red Skin Potatoes with Olive Oil

2 pounds red skin potatoes, quartered
2 tablespoons nutritional yeast
Salt to taste
¼ cup extra virgin olive oil

1. Bring water to a boil in a large saucepan.
2. Add potatoes and 2 teaspoons salt and boil for about 15 minutes, until potatoes are tender.
   Reduce heat if the potatoes start to boil over.
3. Drain potatoes, reserving 1 cup of liquid.
4. Mash potatoes.
5. Beat in olive oil and nutritional yeast, then thin to desired consistency with reserved cooking liquid.
6. Check seasoning and serve.

MAKES 4 SERVINGS
Plantain Balls

1 over-ripe plantain
1/2 teaspoon ground cinnamon
1/4 teaspoon cayenne pepper
1/4 cup chopped Everyday Vegan Ham (see recipe for details)

1/4 cup medium bread crumbs
1 tablespoon additional yeast flakes
1 tablespoon wheat germ
1/4 teaspoon salt
Large pinch mild paprika

1. Preheat oven to 400°F and grease baking sheet.
2. Mash plantain; stir in cinnamon, cayenne, and vegan ham.
3. Separately, combine bread crumbs, nutritional yeast, wheat germ, salt, paprika and mix well.
   Place on a plate.
4. Roll the plantain mixture into walnut-sized balls; using a heaping teaspoon to measure portion and coat evenly in the bread crumbs.
5. Place balls in greased baking sheet and bake for 20-25 minutes, or until golden, turning once during the baking process.

MAKES 4-5 SERVINGS
Stuffed Mushrooms

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>10-12 large mushrooms</td>
<td></td>
</tr>
<tr>
<td>¼ cup ricotta cheese</td>
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</tr>
<tr>
<td>½ cup fresh spinach</td>
<td></td>
</tr>
<tr>
<td>1 ounce parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon hing</td>
<td></td>
</tr>
<tr>
<td>¼ cup cabbage minced</td>
<td></td>
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<tr>
<td>2 tablespoons vegetable broth</td>
<td></td>
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</tbody>
</table>

1. Preheat oven to 350°F and grease baking sheet.
2. Remove the stems from the mushrooms to create an area for stuffing.
3. Place all ingredients, except the mushrooms, into a food processor and pulse to a slightly textured consistency.
4. Spoon the ingredients into the mushroom tops.
5. Place in greased baking sheet.

MAKES 4-5 SERVINGS
Vegetarian “Beef” Patties

<table>
<thead>
<tr>
<th>PASTRY</th>
<th>FILLING (Cont’d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups plus 2 Tablespoons flour</td>
<td>½ cup finely chopped cabbage</td>
</tr>
<tr>
<td>1 tablespoon salt</td>
<td>½ green bell pepper, finely chopped</td>
</tr>
<tr>
<td>1 ½ tablespoons curry</td>
<td>½ teaspoon hing (asafoetida)</td>
</tr>
<tr>
<td>1 ½ tablespoons turmeric</td>
<td>1 scotch bonnet or habanero pepper, seed and finely chopped</td>
</tr>
<tr>
<td>1 cup vegan margarine, plus 1 Tablespoon for brushing the pastry</td>
<td>1 tablespoon curry powder</td>
</tr>
<tr>
<td>2/3 cup ice-cold water</td>
<td>¼ teaspoon black pepper</td>
</tr>
<tr>
<td>FILLING</td>
<td>¼ teaspoon white pepper</td>
</tr>
<tr>
<td>1 cup boiling water</td>
<td>½ teaspoon dried thyme</td>
</tr>
<tr>
<td>1 cup TVP (textured vegetable protein granules)</td>
<td>¼ teaspoon ground cumin</td>
</tr>
<tr>
<td>2 tablespoons Jamaican Jerk Seasoning</td>
<td>2 heaping tablespoons tomato sauce</td>
</tr>
<tr>
<td>1 ½ teaspoons Marmite or Vegemite</td>
<td>1/3 cup water</td>
</tr>
<tr>
<td>2 tablespoons oil</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td></td>
<td>3 tablespoons margarine</td>
</tr>
<tr>
<td></td>
<td>3 tablespoons bread crumbs</td>
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</tbody>
</table>

To make pastry
1. Combine flour salt, curry, turmeric in a large bowl and mix well. Add margarine to flour mixture and rub between your fingertips until it is the consistency of bread crumbs.
2. Slowly add water and make into a ball. Wrap the dough in plastic and refrigerate for 1 hour.

To make filling
3. Pour boiling water over TVP; stir, and let hydrate for 5-10 minutes.
4. Pour off excess water, put TVP in a bowl and add jerk seasoning, and marmite, mix well.
5. Heat oil in a skillet over low heat, add cabbage, bell pepper, hing, and sauté for 7 minutes, or until tender.
6. Cover and cook for 4 minutes over low heat until cabbage releases liquid.
7. Stir in TVP, scotch bonnet pepper, curry powder, black pepper, white pepper and thyme.
Vegetarian Beef Patties – Cont’d

8. Stir tomato sauce into the water and add it to the skillet, along with salt, margarine and bread crumbs. Cook for 3 minutes, stirring occasionally. Taste and adjust salt if needed.

9. Remove pastry dough from refrigerator, roll out the dough until it is 1/8” thick and cut into 6” circles. Spoon 2 heaping Tablespoons of filling into each circle leaving 1/8” border. Fold the other half over to make a half moon; press and seal with a fork.

10. Prick each patty a few times with a fork.

11. Transfer patties to lined baking sheet and bake until golden.

12. Serve immediately.

MAKES 12 SERVINGS
DIPS AND SALADS
Mushroom Gravy (Vegan)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup olive oil</td>
<td>2 tablespoons soy sauce or mushroom soy sauce</td>
</tr>
<tr>
<td>1 lb. button mushrooms, sliced</td>
<td></td>
</tr>
<tr>
<td>1/3 cup flour</td>
<td>3 teaspoons chopped fresh thyme</td>
</tr>
<tr>
<td>1 tablespoon nutritional yeast</td>
<td>2 teaspoons chopped fresh oregano</td>
</tr>
<tr>
<td>1 quart water or vegetable broth</td>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

1. Heat olive oil in a large saucepan, over medium-high heat.
2. When the oil is hot, add the mushrooms and cook, stirring for 10 minutes, or until the mushroom juices have evaporated, and they've begun to brown.
3. Stir in flour, reduce the heat to medium, and cook for another 5 minutes. Stir in nutritional yeast.
4. Whisk in 1 cup of cold broth. Once combined, pour in the rest of the broth, and add thyme, oregano, and soy sauce.
5. Reduce heat to low, and simmer gently for 30 minutes, stirring occasionally.
6. Season with salt and fresh ground black pepper to taste.
7. Serve hot.

Note: For thicker gravy, turn heat up to medium, and reduce to desired thickness. For thinner gravy, simply add more broth.

MARTES 4-5 SERVINGS
Curried Potato Salad

1 ¼ lbs. cooked potatoes, cut into 3/4 inch cubes
1/4 cup olive oil
2 tablespoons canola or olive oil
2 tablespoons distilled white vinegar
1 teaspoon apple cider vinegar
2 teaspoons salt
1 ½ teaspoons curry powder

½ cup cabbage, minced
1 teaspoon hing (asafoetida)
¼ red bell pepper, finely chopped
¼ green pepper, finely chopped
⅛ teaspoon scotch bonnet or habanero pepper, minced (optional)
2-3 tablespoons fresh dill, finely chopped or 2-3 teaspoons dried
¼ cup vegan mayonnaise (optional)

1. Cook potatoes in boiling salted water for about 8-10 minutes, until tender but firm enough to hold their shape.
2. Combine oils, vinegars, water, salt, curry powder, cabbage, hing, bell peppers, scotch bonnet, and dill; whisk until thoroughly combined.
3. Put potatoes in shallow container and pour in the dressing; stir gently, to avoid breaking potatoes.
4. Cover and refrigerate for 30 minutes.
5. Stir in mayonnaise (optional).

MAKES 4 SERVINGS
**Jamaican Jerk Sauce**

<table>
<thead>
<tr>
<th>½ cup ground allspice berries</th>
<th>½ cup cabbage, minced</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup brown sugar</td>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td>½ teaspoon hing</td>
<td>½ teaspoon nutmeg</td>
</tr>
<tr>
<td>2 scotch bonnet peppers, seeded</td>
<td>Salt and pepper, to taste</td>
</tr>
<tr>
<td>1 tablespoon ground thyme, or 2 tablespoon thyme leaves</td>
<td>2 tablespoons soy sauce</td>
</tr>
</tbody>
</table>

1. Combine allspice, brown sugar, scotch bonnet peppers, thyme, cabbage, cinnamon, nutmeg, salt, black pepper and soy sauce in a food processor and blend until smooth.
2. You may use allspice berries instead of ground, if available, but use enough to give the equivalent of 1/2 cup ground. Allspice berries and scotch bonnet are key ingredients.
3. Keep sauce refrigerated and it will last indefinitely.
4. Feel free to increase the amount of scotch bonnet peppers.
Corn and Black Bean Salad

1 can (15.5 oz.) black beans, rinsed and drained
1 cup fresh corn kernels (3-4 ears)
2 plum tomatoes, diced
½ cup celery, chopped
1 teaspoon salt
3 teaspoons fresh thyme, chopped
½ teaspoon ground black pepper
1 teaspoon cumin seed
¼ teaspoon hing (asafoetida)
1 red bell pepper, seeded and diced
1 tablespoon vegetable oil
2 tablespoons sugar
Juice of one lime

1. Combine all ingredients in a large bowl and toss well to coat.
2. Cover and refrigerate for one hour.

MAKES 2-4 SERVINGS
Grilled Vegetable Salad

1 bunch asparagus, trimmed
2 large portobella mushroom caps
2 yellow bell peppers, seeded and halved
1 red bell pepper, seeded and halved
2 medium tomatoes, halved
1 large eggplant, peeled and cut lengthwise into ¼ inch thick slices
2 zucchinis, cut lengthwise into ¼ inch thick slices
2 tablespoon fresh basil, chopped
3 bulbs Belgium endive (optional)
2-3 tablespoons olive oil
1 lemon
Salt to taste
Freshly ground black pepper

1. Prepare grill to medium-high heat.
2. Wash and dry vegetables and coat them with a mixture of olive oil and Italian herbs.
3. Place vegetables on grill rack; grill lightly for 4 minutes on each side.
4. Remove vegetables from grill and cool. Cut vegetables into 1-inch pieces and place in a large bowl. Add salt and pepper; set aside for 2 minutes.
5. Add lemon juice, basil, and toss gently to coat.
6. Wash and dry endive, separate leaves, arrange them on a plate and place the vegetable mix in the center.

MAKES 4-6 SERVINGS
My Favorite Quinoa Salad

1 cup quinoa, washed and drained  
3 cups water  
1 bunch broccoli florets  
3 cups fresh, roasted corn  
1 cup roasted red peppers  
¾ cup olive or canola oil  
1 tablespoon dry Italian herbs  
Pinch of hing (asofoetida)  
Salt and pepper to taste  
½ fresh lemon  
½ - ¾ cup olive oil

1. To cook the quinoa: add rinsed quinoa and water to a medium saucepan and bring to a boil over medium heat for about 20 minutes, or until all water has been absorbed.
2. Remove from heat and place on cookie sheet to rest for 5 minutes.
3. Heat olive oil in a saucepan and add hing, dry herbs, broccoli and sauté until lightly cooked.
4. Add the warm quinoa, corn, and red peppers to the pan and toss until all ingredients are thoroughly combined.
5. Season with salt and black pepper to taste and add extra salt, if needed.
6. Add lemon juice and let stand for 5-10 minutes before serving.
7. Serve chilled or at room temperature.
8. This salad will keep well in the refrigerator of up to four days.

MAKES 3-4 SERVINGS
**Raw Kale and Apple Salad with Sunflower Seed Dressing**

- 1 large bunch raw kale, finely chopped
- 1 large red, firm apple, cored and diced
- ½ cup diced celery
- ½ cup soaked sunflower seed kernels
- ½ cup golden raisins, soaked and diced
- Juice of one lemon
- ¼ cup cold pressed extra virgin olive oil
- Sea salt
- Few dashes of Bragg’s Liquid Amino

1. Combine sunflower seeds, sun dried tomatoes, olive oil, salt, and Braggs and puree till smooth.
2. Add lemon juice and blend.
3. Toss kale and tomatoes in dressing and serve.

**makes 4-5 servings**
DESSERTS & DRINKS
# Pomegranate Smoothie

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup pomegranate juice</td>
<td></td>
</tr>
<tr>
<td>One 6-oz carton vanilla fat-free yogurt</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons honey</td>
<td></td>
</tr>
<tr>
<td>½ cup crushed ice</td>
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1. In a blender combine juice, yogurt and honey; cover and blend until smooth.
2. Add ice; cover and blend until frothy.
3. Serve immediately.

**MAKES 2 SERVINGS**
Bliss Smoothie

1 frozen ripe banana, peeled and sliced
1 cup fresh strawberries, green leaves removed
1 cup coconut water, or plain water
½ cup crushed ice

1. Place all ingredients in a blender; cover and blend until smooth.
2. Add ice; cover and blend until frothy.
3. Serve immediately.

MAKES 2 SERVINGS
Eggless Chocolate Cake

1 ½ cups flour  
1 cup sugar  
3 tablespoons unsweetened cocoa powder  
5 tablespoons oil  
1 teaspoon baking soda  
½ teaspoon salt  
1 teaspoon vanilla extract  
1 tablespoon white vinegar  
1 cup cold water

1. Preheat oven to 350°F.
2. Mix all dry ingredients together.
3. Add all liquid ingredients
4. Pour into 9x13 cake pan and bake for 30 minutes
5. Let cake cool completely
6. Serve with or without frosting.

MAKES 6 SERVINGS
THIS SECTION TO BE COMPLETED BY ME AT FINAL INDEX

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Gita Stevenson’s background in vegetarian cooking comes from many years of traveling the world seeking out techniques, recipes and traditions. Her recipes are fun, fast, healthy, and easy to prepare.

Her style of cooking is a fusion of Jamaican, Mediterranean and Indian influences. From the Jamaican cuisine she took the best and freshest herbs and spices, such as bay leaf, pimento, thyme, scotch bonnet pepper; from the Indian and Mediterranean cuisine she took essential spices and grains such as, curry, cardamom, Asafoetida (hing) cloves, garam masala, fenugreek, turmeric, cumin, coriander, couscous, quinoa, bulgur, barley and buckwheat.

Vegetarian food fits perfectly with the way we want to eat today; healthy, perfectly balanced meals using fresh ingredients and simple techniques. From Squash with Lemongrass and Spiced Pumpkin Seeds Soup to Mama Gita’s Famous Jamaica Jerk Tofu, and Bliss Smoothie, Gita has selected her most delectable recipes for your enjoyment.

Gita is a self-taught vegetarian chef; she has taught hundreds of students in cooking classes and seminars across the United States. Gita owned and managed a 5-star vegetarian restaurant based in Miami and has catered private parties and special functions around the country.