

# **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 campylobacter (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.

### Oils

Olive oil  
Coconut oil  
Grapeseed oil  
Toasted sesame oil

### Vinegars

Balsamic vinegar  
Apple Cider vinegar  
Distilled White vinegar

### Herbs and Spices

Curry powder  
Turmeric  
Cardamom  
Cumin  
Cloves  
Oregano  
Basil  
Thyme  
Rosemary  
Cilantro  
Fennel  
Paprika  
Sage

### Condiments

Bragg liquid amino  
Hot sauce  
Mustard (Dijon, whole grain)  
Ketchup  
Tomato paste  
Tahini  
Artificial sweeteners  
Stevia

### Grains/Dry Goods

Quinoa  
Basmati Rice  
Spelt  
Farro  
Millet  
Flax seed  
Chia Seeds

**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  
Tempeh  
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	1 tablespoon chopped fresh basil
2-3 fresh lemongrass stalks (discard outer layer and chop into small pieces)	Freshly ground black pepper
¼ teaspoon asafoetida (hing)	Fresh cilantro leaves, to serve
1 inch fresh ginger, peeled and finely chopped (about 2 teaspoons)	<i>For spiced pumpkin seeds:</i>
1 large butternut squash or one-half long neck pumpkin	1 cup raw green pumpkin seeds (pepitas)
4 cups vegetable broth or water	1 tablespoon olive oil
1 teaspoon chili powder	½ teaspoon salt
1 teaspoon salt	½ teaspoon cumin
	½ teaspoon coriander
	½ teaspoon liquid smoke

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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	2 dried red chili peppers
3-4 tablespoons coconut oil	1 ½ teaspoons cumin seeds
2 cups chopped cabbage	1 tablespoon chopped ginger
2 cups chopped carrots	5 cups water
2 large celery ribs, chopped	1 can coconut milk
1 large lemongrass stalk, outer layers removed and finely chopped	salt and pepper to taste
	<i>For garnish:</i> chopped cilantro and roasted butternut squash seeds

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1. Preheat oven to 425F°.
  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

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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.
  9. Serve.

**MAKES 3-4 SERVINGS**

## Simple Mung Dal Soup

This smooth, liquid moong dal soup is season 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.

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

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	1 teaspoon cumin seeds, toasted and ground
2 potatoes peeled and chopped	2 teaspoons ground cardamom
2 medium carrots, chopped	5 ears of fresh corn, husked
2 stalks celery, chopped	Sea salt
1 dried chipotle pepper	¼ teaspoon asafoetida
1 bay leaf	½ cup chopped cilantro
4 large sprigs of fresh thyme	
Water (enough to cover vegetables)	

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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.

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

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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.
8. Drain on paper towels. Sprinkle with granulated sugar. Serve warm.

**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 teaspoon dried)	1 teaspoon vegan Worcestershire Sauce
½ teaspoon fresh thyme	1 teaspoon Angostura Bitters (optional)
or ⅛ teaspoon dried	1 teaspoon Bejan Pepper Sauce (optional)

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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.
  3. Serve hot.

**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.

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

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

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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.
3. Serve.

**MAKES 6 SERVINGS**

## Mock Tofu Turkey

5 -16 ounce packages extra firm tofu	1/4 cup tamari
2 tablespoons sesame oil	1 cup raw green pumpkin seeds
1/2 cup red cabbage finely diced	3 cups prepared herb stuffing
1/3 cups diced celery	1/2 cup sesame oil
1 cup chopped mushrooms	1/4 cup tamari
1/2 teaspoon hing (asafoetida)	2 tablespoons miso paste
1/8 cup dried sage	5 tablespoons orange juice
2 teaspoons dried thyme	1 teaspoon honey mustard
Salt and black pepper to taste	1/2 teaspoon orange zest
1/2 teaspoons dried rosemary	3 springs fresh rosemary

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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**

## Ackee Scramble

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.

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

- 
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	2 tablespoons maple syrup
1 teaspoon salt	2 tablespoons pineapple juice
½ teaspoon black pepper	2 tablespoons plus 1 teaspoon oil
¼ teaspoon mild paprika	1 tablespoon liquid smoke
¼ teaspoon ground cloves	1 tablespoon Bragg Liquid Amino
¼ cup water	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 1/8 cup green lentils	1/2 teaspoon dried basil
2 1/4 cups water	1/4 teaspoon hing (asafoetida)
6 slices white bread, torn into small pieces	1/2 teaspoon ground black pepper
1/4 cup egg substitute or 2 tablespoon peanut butter	1 teaspoon dried parsley
1 cup plus 2 tablespoons vegetable broth	1 tablespoon olive oil
2 tablespoons tomato paste	1/2 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 5SERVINGS**

## Tofu Pepper Medley

½ lb. TVP (soya) dark brown, medium chunks	Dash of hing
½ green pepper, sliced	1 teaspoon Old Bay Seasoning
1 red pepper, sliced	½ teaspoon mustard powder
1 yellow pepper, sliced	½ teaspoon powdered ginger
2 zucchini or squash, sliced	1 teaspoon dried parsley
¼ cup cabbage, diced	½ teaspoon salt
2 tablespoons vegetable oil	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	1 tablespoon ground allspice
2 tablespoons apple cider vinegar (or white vinegar)	¼ tablespoon nutmeg
½ teaspoon Bragg Liquid Amino	¼ tablespoon black pepper
1 tablespoon vegetable oil	½ teaspoon powdered ginger
1 tablespoon salt	⅛ tablespoon ground cinnamon
2 tablespoons fresh thyme	Dash of hing
2 tablespoons brown sugar	1 scotch bonnet pepper, seeded and chopped
2 tablespoons fresh peeled grated ginger	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.
6. Sauté cabbage. Spread over baked tofu.
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

¾ cup rolled oats, finely ground

¾ 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.
  6. Serve.

**MAKES 4 – 6 SERVINGS**

## Grilled Marinated Tofu

2 one-pound blocks extra firm tofu	½ cup mushroom soy sauce or regular soy sauce
4 sprigs fresh rosemary branches, minced	
1 tablespoon Dijon Mustard	¼ cup brown sugar
½ cup good balsamic vinegar	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	1 tablespoon soy sauce
3 stalks celery, diced	¼ cup snow peas
½ cup flour	½ cup sliced mushrooms
½ cup baking powder	¼ cup sliced water chestnuts
¼ teaspoon salt	½ cup bean sprouts
2 tablespoons oil	1 teaspoon nutritional yeast
1 tablespoon soy sauce	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 1/2 teaspoon oil in a skillet; sauté celery, 1/4 cup mushrooms and add to tofu mixture.
4. Blanche snow peas and add to tofu mixture.
5. Add water chestnuts, bean sprouts, 1 tablespoon (or less) 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

<b>1 ½ cups dried red kidney beans, soaked overnight and drained</b>	<b>2 bay leaves</b>
<b>1 cup unsweetened coconut milk</b>	<b>½ teaspoon whole allspice</b>
<b>1 whole scotch bonnet pepper</b>	<b>½ teaspoon dried oregano</b>
<b>3 sprigs fresh thyme</b>	<b>1 ½ cups long grain rice</b>
	<b>Salt and freshly ground black pepper</b>
	<b>1 cup water</b>

---

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 teaspoon turmeric powder
1 ½ tablespoon vegetable oil	1 teaspoon. coriander
1 tablespoon grated fresh ginger root	¼ teaspoon ground cinnamon
½ Fresh green chili, finely chopped	1 ¾ cups water
1 teaspoon. cumin seed	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

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

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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 olive oil

3 tablespoons hot lime pickle

3 tablespoons of apple cider

½ cup chopped cilantro

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

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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.
6. Serve hot.

**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

½ 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

Salt to taste

2 tablespoons nutritional yeast

¼ cup extra virgin olive oil

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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	¼ cup medium bread crumbs
½ teaspoon ground cinnamon	1 tablespoon additional yeast flakes
⅛ teaspoon cayenne pepper	1 tablespoon wheat germ
⅛ cup chopped Everyday Vegan Ham (see recipe for details)	¼ teaspoon salt
	Large pinch mild paprika

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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

10-12 large mushrooms

¼ cup ricotta cheese

½ cup fresh spinach

1 ounce parmesan cheese

1 teaspoon hing

¼ cup cabbage minced

2 tablespoons vegetable broth

- 
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.
  6. Bake for 15-20 minutes.

**MAKES 4-5 SERVINGS**

## Vegetarian “Beef” Patties

### PASTRY

3 cups plus 2 Tablespoons flour  
 1 tablespoon salt  
 1 ½ tablespoons curry  
 1 ½ tablespoons turmeric  
 1 cup vegan margarine, plus 1 Tablespoon  
 for brushing the pastry  
 2/3 cup ice-cold water

### FILLING

1 cup boiling water  
 1 cup TVP (textured vegetable protein  
 granules)  
 2 tablespoons Jamaican Jerk Seasoning  
 1 ½ teaspoons Marmite or Vegemite  
 2 tablespoons oil

### FILLING (Cont’d)

½ cup finely chopped cabbage  
 ½ green bell pepper, finely chopped  
 ½ teaspoon hing (asafoetida)  
 1 scotch bonnet or habanero pepper, seed  
 and finely chopped  
 1 tablespoon curry powder  
 ¼ teaspoon black pepper  
 ¼ teaspoon white pepper  
 ½ teaspoon dried thyme  
 ¼ teaspoon ground cumin  
 2 heaping tablespoons tomato sauce  
 1/3 cup water  
 ½ teaspoon salt  
 3 tablespoons margarine  
 3 tablespoons bread crumbs

### 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)

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

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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.

**MAKES 4-5 SERVINGS**

## Curried Potato Salad

1 ¼ lbs. cooked potatoes, cut into ¾ inch cubes	½ cup cabbage, minced
¼ cup olive oil	1 teaspoon hing (asafoetida)
2 tablespoons canola or olive oil	¼ red bell pepper, finely chopped
2 tablespoons distilled white vinegar	¼ green pepper, finely chopped
1 teaspoon apple cider vinegar	⅛ teaspoon scotch bonnet or habanero pepper, minced (optional)
2 teaspoons salt	2-3 tablespoons fresh dill, finely chopped or 2-3 teaspoons dried
1 ½ teaspoons curry powder	¼ cup vegan mayonnaise (optional)

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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).
6. Serve.

**MAKES 4 SERVINGS**

## Jamaican Jerk Sauce

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

---

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	½ teaspoon ground black pepper
1 cup fresh corn kernels (3-4 ears)	1 teaspoon cumin seed
2 plum tomatoes, diced	¼ teaspoon hing (asafoetida)
½ cup celery, chopped	1 red bell pepper, seeded and diced
1 teaspoon salt	1 tablespoon vegetable oil
3 teaspoons fresh thyme, chopped	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.
  3. Serve.

**MAKES 2-4 SERVINGS**

## Grilled Vegetable Salad

1 bunch asparagus, trimmed	2 zucchinis, cut lengthwise into 1/4 inch thick slices
2 large portabella mushroom caps	2 tablespoon fresh basil, chopped
2 yellow bell peppers, seeded and halved	3 bulbs Belgium endive (optional)
1 red bell pepper, seeded and halved	2-3 tablespoons olive oil
2 medium tomatoes, halved	1 lemon
1 large eggplant, peeled and cut lengthwise into 1/4 inch thick slices	Salt to taste
	Freshly ground black pepper

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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

$\frac{3}{4}$  cup olive or canola oil

1 tablespoon dry Italian herbs

Pinch of hing (asfoetida)

Salt and pepper to taste

$\frac{1}{2}$  fresh lemon

$\frac{1}{2}$  -  $\frac{3}{4}$  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

1 cup pomegranate juice

2 tablespoons honey

One 6-oz carton vanilla fat-free yogurt

½ cup crushed ice

- 
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**

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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.