

LASAGNA IS FOR SHARING



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DINNER MENU

APPETIZER

Oyster Mushroom Scampi

WINE PAIRING

Ruinart Rose Champagne

SALAD

Endive and Chioggia Beet Salad

ENTREE

Sunday Supper Vegan Sausage Lasagna

WINE PAIRING

Cliff Lede 2017 Stags Leap Cabernet

DESSERT

Vegan Lemon Cheesecake

DINNER APPETIZER RECIPE

OYSTER MUSHROOM SCAMPI

Recipe Source: Happy Herbivore

Ingredients

1 cup oyster mushrooms, coarsely chopped
1 cup vegetable broth
2 whole garlic cloves, minced
2 tsp lemon juice
2 tbsp fresh parsley, minced
1 tsp yellow miso paste (optional)
1 tsp kelp (optional)
8 ounces whole wheat pasta, cooked

Instructions

- 1. Cook mushrooms in 1/2 cup broth over medium heat. After 4 minutes, add parsley, garlic, lemon, miso and kelp.*
- 2. Cook until mushrooms are soft and fragrant, adding more broth as needed to prevent burning and drying out.*
- 3. Once mushrooms are cooked, add more broth so there is enough to line the bottom of your pan.*
- 4. Toss mushroom mixture with cooked pasta and garnish with parsley.*

DINNER SALAD RECIPE

ENDIVE AND CHIOGGIA BEET SALAD

Recipe Source: Kosher by Gloria

Ingredients

*4 large chioggia beets (red/yellow beets are good as well)
3 large blood oranges
2 large endives
2 Haas avocados
1/2 cup toasted pine nuts (optional)
lemon vinaigrette*

Instructions

1. Preheat oven to: 400°F. Wrap beets in foil and roast them 45 -60 minutes-or until a sharp knife can pierce them. Let beets cool before carefully peeling them. Slice beets thinly and set aside.

2. With a sharp serrated knife, cut off the skin of the oranges. Cut as close to the fruit as possible so that there is very little white pith remaining. Next slice in between the membrane on either side of the orange wedges and just remove the fruit. Don't worry if they fall apart a little bit. Place orange wedges in mixing bowl.

3. Trim the endives. Cut them lengthwise down the middle and then in 3/4 inch slices. Place the slices in a colander. Rinse and dry. Add endives to the oranges.

4. Peel avocados and remove pits. Slice avocados into 1/2 inch pieces and add them to oranges and endives. Pour lemon vinaigrette over all and toss gently.

5. To serve : Arrange 4-5 slices of beets around the outside of your salad plate. Spoon orange, endive and avocado mixture in the center. Sprinkle with toasted nuts if desired.

DINNER DESSERT RECIPE

VEGAN LEMON CHEESECAKE

Recipe Source: So Vegan

Ingredients

300 grams vegan biscuits
3 tablespoons coconut oil (melted)
450 grams raw cashews
75 milliliters maple syrup
1 teaspoon vanilla extract
5 lemons
400 milliliters coconut milk (tins good quality)
1 pinch salt

Instructions

1. Place the 2 tins of coconut milk in the fridge to set the cream. This can take between an hour and three hours depending on much fat is in the coconut milk.
2. Soak the cashews in hot water for 1 hour.
3. Process the vegan biscuits and coconut oil in a food processor until fine. Then transfer to a cake tin and press down with a glass for an even and firm base. Leave the cake tin to one side.
4. Remove the coconut tins from the fridge and scoop out the coconut cream that has settled on the top. Transfer the coconut cream to a blender and discard the coconut water or use it in another recipe.
5. Add the cashews, maple syrup, juice of 4 lemons, zest of 4 lemons, vanilla extract, and salt to the blender, and blend until smooth. You may need to do this in two batches if your blender is too small to contain all the ingredients
6. Pour the cheesecake mix on top of the biscuit base and tap the tin to level out the mixture. Place the cheesecake in the freezer for two hours so it becomes nice and firm.
7. Meanwhile prepare the lemon decoration by peeling the remaining lemon, then slicing the peel into 1 mm thick slices.
8. Remove the cheesecake from the freezer 20 minutes before serving. Gently remove the cheesecake from the tin and place on a serving plate. Then sprinkle the slices of lemon peel on top.



SUPPER MENU

APPETIZER

Vegan Tart with Cashew Ricotta

WINE PAIRING

*Margerum Sybarite Sauvignon Blanc 2018
(Happy Canyon of Santa Barbara)*

SALAD

Vegan Watermelon Feta Salad

ENTREE

Sunday Supper Vegan Sausage Lasagna

WINE PAIRING

*Josh Pinot Noir, California,
Vintage 2012*

DESSERT

Vegan Dark Chocolate Cupcakes

SUPPER APPETIZER RECIPE

VEGAN TOMATO TART WITH CASHEW RICOTTA

Recipe Source: The New Baguette

Ingredients

Cashew Ricotta

1 cup raw cashews
1 small garlic clove
2 tablespoons fresh lemon juice
2 teaspoons white miso
¼ teaspoon fine sea salt
2 to 4 tablespoons filtered water

Dough

2 1/4 cups all-purpose flour
1/2 teaspoon fine sea salt
1/2 cup refined coconut oil, at a scoopable consistency (See Note*)
1/2 cup ice water

Filling

2 large heirloom or vine tomatoes, or 3–4 plum tomatoes, thinly sliced
About 6 large basil leaves, cut into thin ribbons
2 teaspoons Herbes de Provence, Italian seasoning, dried oregano, or dried thyme
Flaky sea salt, to taste
Freshly ground black pepper, to taste
Extra virgin olive oil, for drizzling

Note If your oil is entirely liquid, measure it out and place it in the freezer for up to 15 minutes until it's opaque and scoopable.*

SUPPER APPETIZER RECIPE

VEGAN TOMATO TART WITH CASHEW RICOTTA

Recipe Source: The New Baguette

Instructions

1. Start the cashew ricotta. Place cashews in a bowl and cover with boiling water. Soak for at least 30 min.

2. Meanwhile, make the dough. In a large bowl, whisk together flour and salt. Add oil and incorporate by mashing it into the flour with a fork until the coconut oil is roughly the size of peas (it's okay if some pieces are larger/smaller). Then gradually sprinkle in the ice water while tossing the mixture with the fork. The dough will appear dry and shaggy, but don't worry – just mix lightly until the water is incorporated.

3. Turn the dough out onto a lightly floured surface. Working quickly, gather the dough and knead it a few times to shape it into a disc, being careful not to overwork the dough. Wrap the disc in plastic and refrigerate for 20 to 30 minutes (or up to several days, if making in advance). Don't worry if the dough seems too dry or shaggy at this point – it will hydrate fully while resting in the fridge.

4. Preheat the oven to 375°F.

5. Meanwhile, finish the vegan ricotta. Drain the cashews and place in a food processor or blender. Add the garlic, lemon juice, miso, and salt. Pulse until everything is broken down and the mixture is homogeneous but not yet smooth, adding the water as needed to help the mixture come together (it should resemble ricotta, basically). Taste and adjust the seasonings if needed. Set aside.

6. Unwrap the dough onto a sheet of parchment paper and roll it out into a 1/3-inch-thick rectangular-ish shape. (If it's sticking to the rolling pin, lightly dust it with flour. If the dough is cracking, it's too cold – let it sit at room temp for a few minutes before continuing to roll.) Transfer the dough with the parchment onto a baking sheet. Refrigerate for 5 minutes.

7. Assemble the tart. Spread the ricotta on the dough in an even layer, leaving a 2-inch border. Layer on half of the tomatoes, the basil, and the rest of the tomatoes. Season with the dry herbs, flaky salt, and pepper. Fold the outside border over the fillings. Lightly drizzle the tomatoes with oil.

8. Bake until the tomatoes are a little shriveled up and the crust is lightly golden, about 40 minutes.

Cool for at least 15 minutes before slicing.

SUPPER SALAD RECIPE

VEGAN WATERMELON FETA SALAD

Recipe Source: Zardy Plants

Ingredients

6 cups diced watermelon

1 batch (or approx. 2 cups) vegan feta cheese

Juice of 2 limes

1 / 4 cup chopped mint leaves (or basil), optional

Instructions

1. Dice your watermelon and feta cheese into similar sized pieces.

Toss gently in a large bowl.

2. Squeeze the limes over the watermelon and feta.

3. Add chopped mint or basil if using, and toss everything to combine.

4. Serve immediately or refrigerate for a few hours before serving if desired.

Refrigerate leftovers in an airtight container for up to 3 days.

SUPPER DESSERT RECIPE

VEGAN DARK CHOCOLATE CUPCAKES

Recipe Source: Epicurious

Ingredients

1 1/2 cups Bob's Red Mill All Purpose Gluten Free Baking Flour (or your favourite blend)
3/4 tsp Xanthan gum or Ground Chia Seeds
1 1/4 cups Organic Cane Sugar
1/3 cup Natural Unsweetened Cocoa Powder
1 tsp Gluten-free baking soda
1/2 tsp Sea salt
1/3 cup Earth Balance Soy-Free Spread, melted
2 tsp Organic vanilla extract
1 tsp white vinegar
1 cup plain rice milk, hemp milk or water

Instructions

- 1. Preheat oven to 350F. Fill muffin tins with paper liners*
- 2. Sift together flour, xanthan gum or chia, sugar, cocoa powder, baking soda and salt.*
- 3. Add melted Earth Balance Soy-Free Spread, vanilla, vinegar and rice milk. Mix together using a hand mixer for 3-4 minutes or until smooth.*
- 4. Divide batter evenly between cupcake cups and bake 35-40 minutes, or until a wooden toothpick inserted into the center comes out clean.*
- 5. Allow to cool before frosting.*

LINKS

Main Course:

vegansundaysupper.com

Wine List:

Ruinart Rose Champagne

Cliff Lede 2017 Stags Leap Cabernet

Margerum Sybarite Sauvignon Blanc 2018 (Happy Canyon of Santa Barbara)

Josh Pinot Noir, California, Vintage 2012

Appetizer, Salad and Dessert Recipe Sources:

<https://happyherbivore.com/recipe/vegan-scampi/>

<https://kosherbygloria.com/endive-blood-orange-avocado-chioggia-beet-salad/>

<https://www.yummly.com/recipe/No-Bake-Lemon-Cheesecake-2572244#directions>

<https://thenewbaguette.com/vegan-tomato-tart/>

<https://zardyplants.com/recipes/salads/vegan-watermelon-feta-salad/>

<https://www.epicurious.com/recipes/member/views/dark-chocolate-cupcakes-gluten-free-vegan-52353021>