

100 VEGAN SANDWICH RECIPES



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Breakfast Sandwiches

MEXICAN CHICK-UN AND WAFFLES

Serves: 4

FOR CHICK-UN

- ¼ cup dry red wine
- 1 tablespoon minced chipotle in adobo
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon dried oregano
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 pound extra-firm tofu, drained, pressed, and cut into 8 slices

FOR WAFFLES AND GRAVY

- 1 cup non dairy milk
- ¾ cup fresh or frozen corn, divided
- 2 tablespoons non dairy butter, melted
- 2 tablespoons canola oil
- 1 tablespoon pure maple syrup
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon fine sea salt
- 1 tablespoon seeded, minced jalapeño
- Nonstick cooking spray
- Canola oil, for cooking
- 1 tablespoon olive oil
- 1 poblano pepper, cut into half-moons
- ½ small onion, cut into half-moons
- 2 cloves garlic, minced
- 1 cup vegetable broth
- 1 tablespoon cornstarch
- Salt and pepper, to taste

Chick-Un: Combine the wine, chipotle, and spices in an 8 x 12-inch pan. Add the tofu, turning to coat. Cover and refrigerate for 1 hour or longer.

Waffles: In a blender, combine the milk, ½ cup of the corn, butter, oil, syrup, flour, baking powder, and salt. Blend until smooth. Stir in the remaining ¼ cup corn and the jalapeño. Preheat oven to 300°F. Cook the waffles according to the waffle iron instructions using nonstick cooking spray. Keep waffles warm in the oven. Lightly coat a large skillet with canola oil and heat over medium heat. Drain the tofu, reserving any marinade, and cook until brown, about 4 minutes. Cook the other side for about 4 minutes. Keep warm in the oven.

Gravy: In the same skillet, combine the olive oil, poblano, and onion. Cook, stirring, for 5 minutes, or until the onions are softened. Add the garlic. Add the broth and cornstarch to the tofu marinade. Whisk until smooth. Add to the skillet and whisk until thickened, about 3 minutes. Add more chipotle, if desired.

To assemble the sandwiches : Break the waffles into quarters. Place a quarter on each plate and top with 2 pieces of tofu and some gravy. Top with the second waffle and tomatoes and avocado.

THE INCREDIBLE GREEN SANDWICH

Makes 8 Sandwiches

2 small ripe avocados, halved, pitted, and peeled
1 clove garlic, minced (optional)
1½ tablespoons minced scallion or 2 teaspoons
chopped chives
½ teaspoon minced jalapeño, to taste (optional)
1½ tablespoons chopped fresh cilantro or parsley
1½ tablespoons fresh lime juice
Salt, to taste
Fruity extra-virgin olive oil, for drizzling (optional)
8 Green Monster rolls or bagels (see recipe), cut in half
and toasted
3 cups fresh baby spinach
1 ounce favorite sprouts (snow pea, alfalfa, etc.)



Mash the avocado with the garlic, scallion, jalapeño, cilantro, lime juice, and salt to taste. Drizzle a little olive oil on each toasted roll half. Spread a generous 1 tablespoon of guacamole over each roll half. Top with a handful of spinach and then add a handful of sprouts. Top with the other roll half, and serve.

OUT FOR THE COUNT OF MONTE CRISTO

Makes 4 sandwiches

FOR FILLING AND SPREAD

- 1 tablespoon olive oil
- 12 ounces Moo-Free Seitan, cut into ½-inch strips (see recipe)
- 1½ cups sauerkraut, drained
- 2 tablespoons prepared horseradish, divided
- 1 tablespoon Dijon mustard, divided
- ¼ teaspoon black pepper
- Pinch of red pepper flakes
- 1 large avocado, peeled and pitted
- 2 teaspoons fresh lemon juice

FOR FRENCH TOAST BAGELS

- ¼ cup cashews, soaked in water for 1 hour, then rinsed and drained
- ½ cup plus 2 tablespoons non dairy milk
- 2 teaspoons Dijon mustard
- 1 tablespoon sauerkraut juice
- 1 tablespoon white wine vinegar
- ½ teaspoon fine sea salt
- ⅛ teaspoon black pepper
- ¼ cup minced scallion
- 1 tablespoon all-purpose flour
- 1 teaspoon baking powder
- Canola oil, for cooking
- 4 bagels, cut in half



To make the filling and spread: Heat the oil in a large skillet over medium-high heat. Add the seitan strips and cook until seared, 3 to 5 minutes. Add the sauerkraut, 1 tablespoon of the horseradish, 1 teaspoon of the mustard and the black pepper and red pepper flakes. Cook, stirring, for 4 minutes. For the spread, place the avocado, lemon juice, remaining 1 tablespoon horseradish, and remaining 2 teaspoons mustard in a small bowl. Mash with a fork until smooth.

To make the french toast bagels : Combine the cashews, milk, mustard, sauerkraut juice, vinegar, salt, and pepper in a blender. Process until smooth and then pour into a shallow dish. Stir in the scallion, flour, and baking powder. Heat ⅛ inch of oil in the skillet over medium-high heat. (These are prone to sticking, so add additional oil if needed.) Dip the bagels into the mixture, let the extra batter drip back down into the dish, and transfer to the skillet. Cook for 3 to 4 minutes on one side, or until browned. Cook the other side the same way. Place a bagel half on each plate and spread evenly with the avocado mixture. Divide the seitan/sauerkraut mixture evenly among the bagels. Put the tops on and serve.

BERRY-STUFFED FRENCH TOAST POCKETS

Makes 4 pockets

4 slices (1½ inches thick) slightly stale brioche (see recipe) or vegan challah bread
½ cup fresh raspberries
1 cup full-fat coconut milk or coconut cream, divided
1 tablespoon arrowroot powder
1 tablespoon maca powder (optional)
2 tablespoons sugar
½ teaspoon pure vanilla extract
Pinch of fine sea salt
Nonstick cooking spray
Maple syrup, agave nectar, or brown rice syrup, for serving



Using a paring knife, cut a deep slit across the top in the middle of each slice of bread. This will create your pocket. Stuff with about 2 tablespoons fruit. Close the opening by gently pressing the bread together. Set the filled slices aside.

Combine 2 tablespoons of the coconut milk with the arrowroot powder in a medium, shallow dish and stir to dissolve the powder. Add the remaining 14 tablespoons milk, maca powder, sugar, vanilla, and salt and whisk until smooth.

Dip the pockets into the mixture, one at a time, and soak for a few seconds on each side. Let the extra batter drip back down into the dish.

Heat a panini press fitted with smooth plates on high, or use a large skillet. Lightly coat both sides of the pockets with spray. Cook the pockets on medium-low heat until golden brown, about 4 minutes in all if using a closed panini press, or 4 minutes on each side in a skillet.

Drizzle a little of your favorite sweetener on top. Serve warm.

SHH-OCOLATE SPREAD PANINI

Makes 4 Panini & 3 cups spread

FOR SHH- OCOLATE SPREAD

1 can (15 ounces) cannellini beans, drained and rinsed
¼ cup plus 2 tablespoons agave nectar or other liquid sweetener
¼ cup plus 2 tablespoons non dairy milk
1 teaspoon pure vanilla extract
½ teaspoon pure almond extract (optional)
12 ounces semisweet chocolate chips, melted

FOR PANINI

8 thick slices slightly stale brioche (see recipe) or other bread
Nonstick cooking spray or non dairy butter, if using bread instead of brioche

To make the spread: Combine the beans, agave, milk, vanilla, and almond extract in a food processor. Process until perfectly smooth. Add the chocolate and process again until perfectly smooth, stopping to scrape the sides with a rubber spatula. Store in an airtight container in the fridge. To use as a spread, let sit at room temperature for 15 minutes. To use as syrup, slowly heat on the stove in a small saucepan over low heat until it reaches a syrupy consistency.

To assemble the panini: Spread 3 tablespoons of the spread (or enough to cover the surface) on 4 of the slices of brioche. (You will have spread leftover; save it for another use.) Top each with another slice. Heat a panini press fitted with smooth plates on high, or heat a large skillet over medium heat. Lightly coat with spray or butter. Cook in batches over medium-low heat, without closing the panini press (if using). Flip the sandwich after 5 minutes, or when golden brown, and cook the other side until golden brown. Serve immediately.

PISTACHIO SPREAD & STRAWBERRY CANAPÉS

Makes about 12 small canapes & 1 ½ cups spread

FOR SPREAD

1½ cups dry-roasted, unsalted, shelled pistachios

Pinch of sea salt

3 tablespoons agave nectar or pure maple syrup

¾ cup nondairy milk, or as needed

FOR CANAPÉS

6 slices whole-grain sandwich bread, crusts removed

12 fresh strawberries, hulled and sliced

To make the spread: Place the pistachios, salt, and agave in a blender, or use a handheld blender, or even better, a high-speed blender. Begin to blend and pour in just enough milk to obtain a spreadable but not too liquid consistency. You can make it as smooth as you want or leave it a little chunkier. Store in an airtight container in the fridge for up to a week.

To assemble the Canapés : Using 2-inch, fun-shaped cookie cutters (hearts, stars, animals), stamp shapes out of the slices of bread. (Waste not, want not: use the remnants of those slices to make bread crumbs!) Apply enough pistachio spread to generously cover the whole surface of the bread. Top each with a sliced strawberry, and serve.

MAPLE-NUT PIE WAFFLEWICH

Makes 4-8 wafflewiches

FOR FILLING

2 tablespoons water
2 tablespoons non dairy butter
⅓ cup packed light brown sugar
2 teaspoons ground cinnamon
Pinch of fine sea salt
1 cup pecan or walnut pieces
½ teaspoon pure vanilla extract

FOR WAFFLES

1 cup soy milk
1 tablespoon apple cider vinegar or fresh lemon juice
3 tablespoons canola oil
¼ cup packed light brown sugar
2 teaspoons maple extract
½ teaspoon fine sea salt
1½ cups whole wheat pastry flour
1 teaspoon baking powder
½ teaspoon baking soda
Nonstick cooking spray



To make the filling: Combine the water, butter, sugar, cinnamon, and salt in a small saucepan. Cook over medium-high heat for about 1 minute, stirring constantly, until the butter is melted. Remove from the heat, add the pecans, and stir for about 1 minute (the mixture will continue cooking from the residual heat). Add the vanilla, stir to combine, and set aside until ready to use. The mixture will thicken a little as it cools.

To make the waffles : Combine the milk and vinegar in a large bowl: the mixture will curdle and become like butter milk. Stir in the oil, sugar, maple extract, and salt. Add the flour, baking powder, and baking soda and stir until smooth, being careful not to overmix.

Cook the waffles according to the waffle iron instructions using nonstick cooking spray. You should get 2 Belgian-size waffles, or 4 standard-size waffles. (For extra crispness, toast the waffles in a toaster oven before assembling and eating.)

To serve, break the waffles into quarters. Add 2 tablespoons to ¼ cup of filling on top of one quarter, then top with another quarter. Serve warm.

PLUM-TILLAS WITH VANILLA DIPPING SAUCE

Makes 4 tortillas & 1 ½ cups vanilla sauce

FOR VANILLA DIPPING SAUCE

1 cup unsweetened plain or vanilla soymilk
¼ cup granulated sugar
2 teaspoons pure vanilla extract
⅛ to ¼ teaspoon xanthan gum
¼ cup coconut cream or full-fat coconut milk

FOR PLUMS

6 firm medium-size plums, pitted and cut into bite-size pieces
1 teaspoon non dairy butter, melted
1 tablespoon packed light brown sugar
1 teaspoon balsamic vinegar
1 teaspoon water

FOR TORTILLAS

Four 9-inch flour tortillas Nonstick cooking spray



TO MAKE THE SAUCE: Combine all the ingredients (start with only ⅛ teaspoon xanthan gum, adding more if needed to obtain a yogurt like texture) together in a blender. Blend until perfectly smooth and somewhat thick, like yogurt. Refrigerate in an airtight container for at least 3 hours before using.

TO MAKE THE PLUMS: Place the plums in a skillet and combine with the butter, sugar, vinegar, and water. Sauté over medium heat until all the liquid evaporates and the plums are just tender but not mushy, about 4 minutes. Remove from the heat and set aside.

TO ASSEMBLE THE TORTILLAS: Preheat a panini press fitted with smooth or grill plates on high heat. Place the equivalent of one and a half plums evenly on half of each tortilla and fold over the other half. Lightly coat both sides of the tortilla with spray, close the panini press, and cook until golden brown and crispy, about 6 minutes in all. Cut each tortilla into 4 triangles and dip into the vanilla sauce as desired.

APRICOT BREAKFAST PANINI

Makes 4 sandwiches & 1 ½ cups jam

FOR QUICK APRICOT JAM

12 ounces fresh apricots, halved, pitted, and chopped
2 tablespoons dried sweetened tart cherries
¼ cup plus 2 tablespoons fresh orange juice, divided
1 to 2 tablespoons agave nectar
Pinch of grated nutmeg
2 tablespoons cornstarch

FOR SANDWICHES

8 slices (½-inch thick) Cinnamon Swirl Bread (see recipe)
2 tablespoons non dairy butter
¼ cup non dairy cream cheese



To make the Jam: In a small saucepan over medium heat, combine the apricots, cherries, 1/4 cup of the orange juice, 1 tablespoon of the agave, and nutmeg. Bring the mixture to a boil, then reduce the heat to a simmer and allow the apricots to break down some, 4 to 5 minutes. It should be chunky, but not have large pieces of fruit. In a small bowl, combine the remaining 2 tablespoons orange juice and the cornstarch. Add to the mixture and stir until thickened, 3 to 4 minutes. Taste and add the remaining 1 tablespoon agave if needed. The jam thickens as it cools, so make it ahead of time and refrigerate in an airtight container until you're ready to use it.

To assemble the sandwiches : Preheat a panini press. Butter one side of each slice of bread. On the unbuttered sides, spread 1 tablespoon of the cream cheese and 2 tablespoons of the jam (you will have extra jam leftover; save it for another use). Try to keep the jam away from the edges of the bread so it will not seep out. Put the top slice of bread on so that both the buttered sides are facing out. Close the panini press and cook for 5 to 7 minutes, or until golden brown.

BLUEBERRY AND CORN PANCAKE SANDWICHES WITH LEMONY FILLING

Makes 6 sandwiches

FOR FILLING

¼ cup plus 2 tablespoons cashews, soaked in water for 1 hour, then drained
¼ cup plus 2 tablespoons fresh lemon juice
1 tablespoon lemon zest
1 tablespoon plus 2 teaspoons non dairy cream cheese
1 tablespoon plus 1 teaspoon agave nectar
Pinch of fine sea salt

FOR PANCAKES

1 cup plus 2 tablespoons soymilk
2 tablespoons fresh lemon juice
2 tablespoons sugar
1 tablespoon canola oil
½ teaspoon fine sea salt
½ teaspoon dried thyme
½ teaspoon lemon zest
1 cup all-purpose flour
¼ cup finely ground cornmeal
1 tablespoon baking powder
1¼ cups fresh blueberries, divided
½ cup fresh or frozen corn, rinsed Canola oil, for cooking
Confectioners' sugar, for serving



To make the filling: In a blender, blend all the ingredients until completely smooth. Refrigerate in an airtight container until ready to use.

To make the pancakes : In a medium-size bowl, combine the milk and lemon juice; the mixture will curdle and become like buttermilk. Stir in the sugar, canola oil, salt, thyme, and lemon zest. Add the flour, cornmeal, and baking powder. Stir to combine; a few lumps are okay. Stir in ¾ cup blueberries and the corn. Preheat the oven to 300°F. Lightly coat a large skillet with oil and place over medium heat. Working in batches, scoop ¼ cup of batter into the skillet for each pancake. Cook for 3 to 4 minutes, or until the edges look set and bubbles are appearing on the tops of the pancakes. The bottoms should be golden brown. Flip and cook the other side for 2 to 3 minutes. Keep warm in the oven until all the pancakes are cooked. You should get 12 pancakes.

To assemble the sandwiches , place 6 pancakes on plates. Top with a generous tablespoon of filling and a generous tablespoon of the remaining blueberries. Top with the remaining 6 pancakes. Dust with confectioners' sugar and serve.

Topless Sandwiches

ONION RING RANCHOCADO

Makes 4 sandwiches

FOR SPREAD

1 large avocado, pitted, peeled, and cut into chunks
¼ cup vegan mayonnaise
1 tablespoon apple cider vinegar
1 tablespoon chopped shallot
1 tablespoon minced fresh parsley
2 teaspoons minced fresh thyme
2 teaspoons minced fresh dill
Salt and pepper, to taste

FOR ONION RINGS

1 cup vegan beer, chilled
2 teaspoons sriracha
1 teaspoon liquid smoke
1 teaspoon yellow mustard
½ teaspoon fine sea salt
Pinch of black pepper
1 cup all-purpose flour, plus more if needed
Canola oil, for cooking
12 large (¾ inch wide) sweet onion rings, separated

FOR SANDWICHES

2 crusty ciabatta rolls, cut in half and toasted
2 cups shredded lettuce
8 slices tomato
Sriracha, for serving



To make the spread: In a blender, combine the avocado, mayonnaise, vinegar, and shallot. Blend until smooth. Stir in the herbs. Season to taste with salt and pepper.

To make the onion rings : Preheat the oven to 300°F. In a medium-size bowl, whisk together the beer, sriracha, liquid smoke, mustard, salt, and pepper. Add the flour and whisk until smooth. The mixture should coat the onion ring well without dripping off. Add 1 tablespoon flour or beer if needed. Line a baking sheet with paper towels. Heat 1 inch canola oil in a heavy-bottomed pan over medium-high heat. Working in batches, dip the onion rings into the mixture, then slide into the hot oil. The oil should sizzle but not ripple. Adjust the heat if necessary. Be careful not to crowd the pan or the oil temperature will drop. Cook the onion rings for 1 to 2 minutes, or until golden brown. Drain on the baking sheet. Keep warm in the oven until all are cooked. Repeat with the remaining onion rings.

To assemble the sandwiches : Spread the sauce on the inside of the rolls. Layer on the lettuce, then the tomatoes. Top with the onion rings. Pass the extra sriracha at the table.

CRISPY LEEK-MUSHROOM MANIA SANDWICHES

Makes 4 sandwiches

FOR SPREAD

- ¼ cup vegan mayonnaise
- 2 tablespoons chopped moist sun-dried tomatoes
- 1 tablespoon chopped red onion
- 1 tablespoon fresh lemon juice

FOR MUSHROOMS

- 1 tablespoon olive oil
- 4 large portobello mushrooms, stems removed, sliced
- 1 pound mushrooms of choice, sliced
- ¼ teaspoon dried thyme
- ¼ teaspoon lemon pepper
- ¼ teaspoon black pepper
- 1 clove garlic, minced
- 2 tablespoons fresh lemon juice
- 1 tablespoon tamari
- Salt, to taste

FOR CRISPY LEEKS

- 2 leeks, white part only, washed, patted dry, and sliced into ¼-inch rounds for a total of 1 cup
- 1 tablespoon all-purpose flour
- ¼ teaspoon lemon pepper
- ¼ teaspoon fine sea salt
- Canola oil, for cooking

FOR SANDWICHES

- 4 slices bread, toasted

To make The spread: Combine all the ingredients in a blender. Blend until smooth. Refrigerate in an airtight container until ready to use.

To make The mushrooms : Heat the oil in a large skillet over medium heat. Add the mushrooms. Cook, stirring occasionally, for 10 minutes, or until the mushrooms are softened and have released their juices. Add the thyme, lemon pepper, black pepper, garlic, lemon juice, and tamari. Increase the heat to high and cook for 4 minutes, or until most of the liquid has either been absorbed or cooked off. Season with salt to taste.

To make The leeks : In a medium-size bowl, combine the leeks, flour, lemon pepper, and salt. Toss to coat. Line a plate with paper towels. In a large skillet, heat about ½ inch canola oil over medium heat. Cooking in batches, add half the leeks. Cook, stirring occasionally, for 3 to 4 minutes, or until golden. Do not burn. Remove from the skillet with a slotted spoon and drain on the paper towels. Repeat with the second batch.

To assemble The sandwiches : Spread the mayonnaise blend on one side of each piece of toast. Top with the mushrooms and the leeks, and serve.

BEANS NOT ON TOAST

Makes 4 or 8 sandwiches

FOR BREAD WAFFLES

2 tablespoons sesame oil
1 tablespoon agave nectar
1 cup plain non dairy milk, lukewarm
2 tablespoons fresh lemon juice
1 teaspoon fine sea salt
Scant 3 cups all-purpose flour
2 teaspoons instant yeast
Nonstick cooking spray

FOR BEANS

1 tablespoon olive oil
4 large tomatoes, diced small
1/3 cup minced shallot
6 cloves garlic, minced
1/4 cup apple cider vinegar
1/4 cup tomato paste
2 teaspoons vegan Worcestershire sauce
2 15 oz. cans pinto beans, drained and rinsed
1/2 teaspoon smoked sea salt, to taste
1/4 teaspoon coarse black pepper, to taste

FOR SANDWICHES

Non Dairy butter, for serving Chopped fresh parsley, for serving



To make the waffles : Combine the oil, agave, milk, juice, and salt in a large bowl. Add the flour and yeast and stir for a few minutes, stabbing the dough with a spatula to make sure it gets kneaded. Cover and let rise for 2 hours, until its size doubles. Punch down the dough and divide it into 4 or 8 equal portions; the dough will be sticky, so moisten your hands if needed. Use a heaping 1/2 cup dough for 4 portions or 1/4 cup for 8 portions. Place portions on a piece of parchment paper and let rest for 15 minutes. Following the manufacturer's instructions, heat a waffle iron and coat lightly with spray. Place one (if using a standard waffle iron) or two (if using a large and wide Belgian waffle iron) portions of dough on the iron and press closed for a few seconds to spread the dough. Bake for 8 minutes, or until golden brown and the edges of the waffles aren't doughy. Cool waffles on a wire rack. Repeat with the remaining dough.

To make the beans : Heat the oil in a large skillet. Add the tomatoes, shallot, and garlic. Cook over medium-high heat for 2 minutes, until the tomatoes get saucy. Combine the vinegar, tomato paste, and Worcestershire sauce in a small bowl. Add to the pan, and cook for 1 minute. Add the beans, salt, and pepper, and cook for 2 minutes longer, stirring occasionally.

To assemble the Sandwiches : Spread butter on each waffle. Divide the bean mixture among the waffles, sprinkle with a little parsley, and serve.

'SHROOMS ON A SHINGLE

Makes 4 sandwiches

FOR TOPPING

2 teaspoons olive oil
2 teaspoons non dairy butter
¼ cup minced shallot
4 large portobello mushrooms, stemmed, gilled, and cut into ½-inch slices
1 pound other mushrooms of choice, cut into ¼-inch slices
Salt and pepper, to taste
½ cup chopped roasted red bell peppers
2 cloves garlic, minced
1 tablespoon drained capers
Pinch of red pepper flakes
¼ cup minced fresh basil
1 tablespoon minced fresh chives
2 tablespoons fresh lemon juice
1¼ cups vegetable broth, divided
1 tablespoon cornstarch

FOR GARLIC SHINGLES

1 tablespoon non dairy butter, softened
1 tablespoon olive oil
2 cloves garlic, minced
¼ teaspoon dried thyme
¼ teaspoon dried oregano
¼ teaspoon fine sea salt
Pinch of black pepper
8 slices ciabatta or other Italian-style bread Minced fresh parsley, for garnish

To make the topping: Heat the oil and butter in a large skillet over medium heat. Add the shallot, mushrooms, and a pinch of salt and pepper. Cook, stirring occasionally, for 5 minutes, or until the mushrooms start to soften. Add the bell peppers, garlic, capers, pepper flakes, basil, chives, and lemon juice. Stir and cook for 2 minutes. Add 1 cup of the broth to the mixture. In a small bowl, combine the remaining ¼ cup broth with the cornstarch. Whisk until smooth. Add to the mixture and whisk for 3 to 4 minutes, or until thickened. Taste and adjust the seasonings.

To make the shingles : Set the oven to broil. Combine the butter, oil, garlic, thyme, oregano, salt, and pepper in a small bowl. Mix well. Spread on one side of each slice of bread. Place the bread butter side up on a baking sheet and broil for 2 to 3 minutes, or until golden.

To assemble the Sandwiches : Place 2 slices of toast on each plate. Spoon ½ cup of the topping onto each piece, garnish with the parsley, and serve.

SCRAMBLED TOFU & GREENS BRIOCHE'WICH

Makes 6 sandwiches

FOR GREENS

1 tablespoon olive oil
¼ cup minced shallot
4 cloves garlic, minced
2 medium-size tomatoes, chopped
Smoked or regular sea salt, to taste Ground black pepper, to taste
1 pound mixed leafy greens (collard, mustard, kale)
¼ cup water

FOR TOFU

¾ cup unsweetened coconut milk
2 tablespoons nutritional yeast
1 tablespoon maca powder (optional)
1 tablespoon chickpea flour
¼ teaspoon grated nutmeg
¼ teaspoon turmeric
2 cloves garlic, pressed
½ teaspoon smoked or regular sea salt, to taste Pinch of black salt (optional)
¼ teaspoon ground black pepper, to taste Nonstick cooking spray
1 pound super- or extra-firm tofu, drained, pressed, and cut into ½-inch cubes

FOR SANDWICHES

1 loaf brioche (see recipe) halved lengthwise, cut widthwise into 3 even pieces, lightly toasted
Chopped fresh parsley, for serving
1 lemon, cut into 6 wedges

To make the greens : Use a pot large enough to accommodate the amount of greens. Heat the oil in the pot over medium-high heat; add the shallot, garlic, tomatoes, salt, and pepper; and cook for 2 minutes. Stir in the greens. Once the greens start to wilt, add the water and cook, uncovered, for 10 to 15 minutes, until the ribs are tender and the liquid has reduced. Set aside.

To make the toFu: Combine the coconut milk, nutritional yeast, maca powder, chickpea flour, nutmeg, turmeric, garlic, salt, and pepper in a medium-size bowl. Heat a large skillet over medium heat. Move it away from the stove once it's warm, and carefully coat it with spray. Add the tofu cubes and cook until golden brown, stirring occasionally, 5 to 7 minutes. Add the sauce, increase the heat to medium-high, and cook for 2 minutes, or until thickened.

To assemble the Sandwiches : Place ⅔ cup greens on each slice of brioche. Top with ⅔ cup tofu, sprinkle with the parsley, squeeze a few drops of lemon juice on top, and serve.

HOLLANDAZE'D ASPARAGUS ROUNDS

Makes 4 sandwiches

FOR HOLLANDAZE SAUCE

½ cup cashews, soaked in water for 1 hour, then rinsed and drained
⅓ cup plus 1 tablespoon non dairy milk
¼ cup sauerkraut, drained but not squeezed dry
2 tablespoons fresh lemon juice
1 tablespoon plus 1 teaspoon apple cider vinegar
1 tablespoon olive oil
1 teaspoon Dijon mustard
1 teaspoon nutritional yeast
¼ teaspoon fine sea salt, to taste
¼ teaspoon sriracha, to taste
Pinch of white pepper

FOR ASPARAGUS

12 ounces asparagus, cut into 4-inch pieces
1 tablespoon olive oil
Salt and pepper, to taste

FOR SANDWICHES

1 large tomato, cut into four ½-inch slices
2 English muffins, split and toasted
Minced fresh chives, for serving



To make the sauce: Combine all the ingredients in a blender and blend until smooth. Taste and adjust the seasonings. Just before serving, heat over medium heat in a small saucepan, stirring often. Add an extra tablespoon of milk if needed for a pourable consistency.

To make the asparagus : Preheat the oven to 400°F. In a 9 x 13-inch pan, toss the asparagus with olive oil, salt, and pepper. Roast in the oven for 10 minutes, or until tender.

To assemble the Sandwiches : Place the tomato slices on the muffin halves. Divide the asparagus evenly on top of the tomato slices. Pour a generous ¼ cup sauce over each half, sprinkle with the chives, serve.

NAVAJO TACOS

Makes 4 tacos

FOR CHICKPEA CHORIZO

1 15 oz. can chickpeas, drained and rinsed
1 tablespoon olive oil
¼ to ½ teaspoon cayenne pepper, to taste
1 teaspoon paprika
Smoked sea salt, to taste
1 tablespoon apple cider vinegar
1 tablespoon fresh lime juice
1 teaspoon ground cumin
2 tablespoons ketchup
1 teaspoon onion powder
1 clove garlic, minced

FOR BREAD

1 cup all-purpose flour, plus ½ cup for rolling
1 teaspoon onion powder
1 teaspoon dried cilantro
½ teaspoon fine sea salt
Ground black pepper, to taste
1 teaspoon baking powder
½ cup water
Vegetable or peanut oil, for frying

FOR TACOS

1 ⅓ cups shredded lettuce
Heaping ½ cup corn salsa
Heaping ½ cup tomato salsa
1 avocado, pitted, peeled, and sliced (optional)
Chopped fresh parsley or cilantro, for garnish
1 fresh lime, cut into wedges



To make the Chickpea Chorizo: Combine all the ingredients in a large skillet. Cook over medium-high heat for about 4 minutes, stirring occasionally, until the liquid has been absorbed. Set aside.

To make the bread: Combine 1 cup of flour, onion powder, cilantro, salt, pepper, and baking powder in a large bowl. Add the water, and mix thoroughly. Let stand for 15 minutes at room temperature. Divide the sticky dough into 4 equal portions. On a floured surface, with about ½ cup extra flour handy and your hands sufficiently floured, flatten each portion of dough (sprinkling it with flour, but not kneading the flour in) into a 6-inch disk. Fill a deep 10-inch pot with 1 inch of oil. Preheat to 350°F on a deep-frying thermometer. Carefully add one disk of dough at a time to the hot oil and cook for 3 minutes on each side, or until golden brown. Transfer to a plate lined with paper towels to absorb excess oil. Repeat with the remaining 3 disks, bringing the oil back up to temperature between batches.

To assemble the tacos: Top the fried bread with ⅓ cup lettuce, 2 heaping tablespoons corn salsa, 2 heaping tablespoons tomato salsa, a generous ⅓ cup chickpea chorizo, and one-fourth of the avocado slices. Garnish with the parsley or cilantro and serve with the lime wedges.

WELSH RAREBIT

Makes 4 sandwiches & 2 cups sauce

FOR SAUCE

- 1 cup unsweetened plain soymilk
- ½ cup vegan lager beer
- ¼ cup non dairy butter
- ½ teaspoon paprika
- ½ teaspoon fine sea salt, to taste
- 2 cloves garlic
- 1 teaspoon onion powder
- 2 teaspoons Dijon mustard
- 1 tablespoon tahini
- 1 tablespoon maca powder (optional)
- 3 tablespoons nutritional yeast
- 1 teaspoon vegan Worcestershire sauce
- ¼ cup quick-cooking oats
- 2 teaspoons cornstarch

FOR SANDWICHES

4 slightly stale crusty bread rolls about 4 inches wide, cut in half, or 8 thick slices any slightly stale crusty bread

To make the sauce: Combine all the ingredients in a blender. Blend until smooth. Place in a microwave-safe bowl and heat for 4 minutes, until thickened. Alternatively, cook in a saucepan over medium-high heat until thickened, about 4 minutes, whisking constantly. Remove from the heat.

To assemble the Sandwiches : Preheat the oven to 375°F. Line a baking sheet with parchment paper or a silicone baking mat. Spread no more than ¼ cup sauce on top of each roll half. Bake for 20 minutes, or until the sauce is set and golden brown on top. Let cool for about 10 minutes before eating so as not to burn your palate or hands because the sauce and bread will be hot, hot, hot.

Any leftover sauce will keep, in an airtight container in the fridge, for up to 4 days.

PUFF PASTRY POT PIE SANDWICHES

Makes 4 sandwiches

2 tablespoons canola oil, divided
2 No Cluck Cutlets (see recipe), diced
1/3 cup minced shallot
1 cup diced yellow potato
2/3 cup peeled and diced carrots
2 tablespoons minced celery
1 cup sliced cremini mushrooms
1 clove garlic, minced
1/2 teaspoon dried thyme
1/4 teaspoon dried rosemary
1/8 teaspoon cayenne pepper
1 tablespoon all-purpose flour
2 tablespoons Marsala wine
1 cup vegetable broth, plus more if needed
1/4 cup fresh or thawed frozen peas
1 tablespoon minced fresh parsley
Salt and pepper, to taste
1/2 sheet puff pastry (4 x 9 inches), thawed

Heat 1 tablespoon of the canola oil in a large skillet over medium heat. Add the diced cutlets, shallot, potato, carrot, and celery. Cook for 6 minutes, stirring often, until the diced cutlets are lightly browned.

Add the remaining 1 tablespoon canola oil, the mushrooms, garlic, thyme, rosemary, cayenne, and flour. Cook, stirring occasionally, for 4 minutes. Add the wine to deglaze the skillet, stirring to incorporate anything that may be stuck to the bottom. Add the broth, bring to a boil, then reduce to a simmer. Partially cover and cook for 20 minutes, or until the potatoes are tender, stirring occasionally. Add more broth if needed. Stir in the peas and parsley. Season to taste with salt and pepper.

Meanwhile, cut the puff pastry in half to form 2 pieces 4 x 4 1/2 inches. Bake as per the package directions. When cool enough to handle, gently split the puffed squares in half to make 4 pieces. Divide the pot pie filling evenly over the puff pastry and serve.

PESTO PITZAS

Makes 4 pizzas & 1 pound of cheese

FOR CHEESE

Nonstick cooking spray

1 cup unsweetened coconut cream (see recipe)

½ cup drained firm silken tofu

1 or 2 cloves garlic, to taste

¾ teaspoon smoked sea salt

½ to 1 teaspoon liquid smoke, to taste

½ teaspoon ground white pepper, to taste

½ teaspoon onion powder

1 tablespoon fresh lemon juice

1 to 2 tablespoons nutritional yeast, to taste

1 tablespoon almond or cashew butter

1 tablespoon agar powder

FOR PESTO

1½ cups fresh basil leaves

1 or 2 cloves garlic, to taste, pressed

Salt and ground black pepper, to taste

1½ tablespoons fresh lemon juice

¼ to ½ cup extra-virgin olive oil, as needed

FOR PIT ZAS

Four 8-inch pita breads

2 tablespoons drained capers

¼ cup chopped oil-packed sun-dried tomatoes



To make The cheese: Lightly coat a 2 ½ -inch deep 16-ounce round dish with spray. Combine all the ingredients in a blender and process until smooth. Transfer to a medium-size saucepan and cook over medium-high heat for 5 minutes, whisking constantly. The mixture will thicken slightly and become more cohesive; it will thicken more as it cools. Pour into the prepared dish, cover, and chill overnight in the fridge. It will keep for up to 1 week, stored in an airtight container. To use, finely grate 1 cup for the sandwiches and save the rest for another use.

To make The pesto: Place the basil and garlic in a food processor. Pulse a few times to chop the basil. Add salt and pepper to taste, then add the lemon juice. Slowly drizzle in the oil through the hole in the lid while the machine is running, until a paste forms.

To assemble The pitzas: Preheat the oven to 375°F. Spread pesto on each pita bread to cover the surface. Sprinkle ¼ cup cheese on top, then add ½ tablespoon capers and 1 tablespoon sun-dried tomatoes. Bake for 15 minutes, or until golden brown and crispy.

HOT BROWN SANDWICHES

Makes 4 sandwiches

FOR SAUCE

- 12 cloves garlic, toasted
- 1/3 cup plus 1 tablespoon nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon mustard powder
- 1/2 teaspoon turmeric
- 1 cup coconut milk
- 2 teaspoons white miso
- 1/2 cup vegetable broth, chilled
- 2 tablespoons cornstarch

FOR BROCCOLINI

- 12 ounces broccolini
- 1/3 cup vegetable broth
- Pinch of fine sea salt
- Pinch of black pepper

FOR SANDWICHES

- Four 1-inch slices sandwich bread, toasted
- 1 large tomato, cut into 1/2-inch slices
- 1 recipe Tofu Bits

To make the sauce: In a blender, combine the garlic, nutritional yeast, onion powder, mustard powder, turmeric, coconut milk, and miso. Blend until smooth. Transfer to a small saucepan and cook over medium heat. Whisk the broth and cornstarch together in a small bowl. Whisk into the sauce and continue to whisk until thickened, 3 to 5 minutes.

To make the broccolini: In a large skillet over high heat, combine the broccolini, broth, salt, and pepper and cook for 6 to 7 minutes, or until tender and the broth has evaporated.

To assemble the sandwiches : Preheat the oven to 400°F. Place the toast slices on a large baking sheet. Divide the tomato slices and broccolini among the bread. Top evenly with the sauce and tofu. Bake for 5 minutes, or until the sauce begins to bubble. Serve.

CABANA CHEESE SANDWICHES

Makes 4 sandwiches

FOR CABANA CHEESE

15 ounces extra-firm tofu, crumbled small but not mashed
½ cup unsweetened plain non dairy yogurt
3 tablespoons light olive oil
1 to 2 tablespoons apple cider vinegar, to taste
½ teaspoon ground black pepper, to taste
½ teaspoon fine sea salt
½ teaspoon dried dill weed or 2 teaspoons chopped fresh chives
2 tablespoons chopped shallot or red onion
1 clove garlic, pressed

FOR SANDWICHES

4 large Boston, Bibb, or butter lettuce leaves
4 thick slices Green Monster Bread (see recipe) or any crusty bread, lightly toasted
¾ cup chopped tomato
4 slices sandwich pickles (optional)

To make The cabana cheese : Place the tofu in a fine-mesh sieve lined with cheesecloth, set over a bowl, and drain for several hours in the fridge. Combine the remaining ingredients in a large bowl. Add the drained tofu and stir to combine, being careful not to crush the tofu. Chill again for a few hours in an airtight container, to let the flavors meld.

To assemble The sandwiches : Lay 1 lettuce leaf on a slice of bread. Gently stir the chopped tomato into the cabana cheese. When moving the cabana cheese from its main bowl, use a slotted spoon to avoid the extra liquid that could make the sandwiches soggy. Top the lettuce with ⅓ cup cabana cheese and a pickle, and serve immediately. If you don't plan on eating the sandwiches immediately, prepare them right before serving to prevent sogginess.

Chilled Sandwiches

NORTH END GRINDER

Makes 4 sandwiches & $\frac{2}{3}$ cup dressing

FOR DRESSING

- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon dried thyme
- 1 teaspoon fine sea salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon sugar
- $\frac{1}{4}$ cup apple cider vinegar
- $\frac{1}{4}$ cup plus 2 tablespoons olive oil

FOR SANDWICHES

- Four 6-inch hoagie rolls, cut in half and toasted
- 8 thin Mushroom Tomato Slices (see recipe)
- 8 thin Gobbler Slices (see recipe)
- 2 tomatoes, sliced into $\frac{1}{2}$ -inch rounds
- 6 cups shredded lettuce
- 1 sweet onion, sliced, cut into half-moons, and separated



To make The dressing : Combine the herbs, seasonings, sugar, and vinegar in a small bowl. Whisk to combine, then let soften for 5 minutes before adding the oil. Whisk the oil into the dressing.

To assemble The sandwiches : Pour about 1 tablespoon dressing on the bottom of each roll. Layer 2 slices of each cold cut per roll, folding them in half if they are much larger than the roll. Lay the tomatoes on top, and spread 1 $\frac{1}{2}$ cups lettuce on each. Divide the onion evenly among the rolls. Pour the remaining dressing over the tops of the sandwiches and put the tops on the rolls. Cut in half and serve.

DEVEILED (NOT) EGG SALAD SANDWICHES

Makes 2-3 sandwiches

FOR FILLING

- 2 cups cooked chickpeas
- 2 tablespoons fresh lemon juice
- 1 tablespoon tamari
- ½ teaspoon liquid smoke
- 2 tablespoons nutritional yeast
- ¼ teaspoon turmeric
- 3 tablespoons vegan mayonnaise, plus extra if needed
- 1 teaspoon sweet pickle relish
- 1 teaspoon Dijon mustard
- ½ teaspoon capers, drained
- 1 tablespoon minced onion
- 1 tablespoon minced red bell pepper
- 1 teaspoon minced fresh parsley
- ¼ teaspoon smoked paprika
- Salt and pepper, to taste

FOR SANDWICHES

- 4 to 6 slices Green Monster Bread (see recipe) or any bread
- ½ cup fresh baby spinach
- 1 firm tomato, sliced
- Pretzel sticks (optional)

To make the filling: In a large skillet, combine the chickpeas, lemon juice, tamari, liquid smoke, nutritional yeast, and turmeric. Stir to coat the chickpeas. Cook over medium heat until the liquid has evaporated and the chickpeas are coated, about 6 minutes. Combine the remaining ingredients in a medium-size bowl. Add the chickpeas, stirring well to coat. Partially crush the chickpeas so they don't roll out of the bread as you eat them. Adjust the seasonings to taste and add more mayo, if desired. Chill for a couple of hours before using.

To assemble the Sandwiches : Spread 1/2 to 3/4 cup filling on the bread. The quantity will depend on your personal taste. (We like to overfill this one!) Top with the spinach, tomato, and a small handful of pretzel sticks for added crunch.

FRENCH TOFU SALAD WITH GRAPES

Makes 4 sandwiches

FOR TOFU SALAD

- 1 teaspoon canola oil, if needed
- 1 pound extra-firm tofu, drained, pressed, and cut into ½-inch cubes
- 1 teaspoon tamari
- ¼ cup vegan mayonnaise
- ¼ cup quartered seedless green grapes
- 2 tablespoons minced shallot
- 1 tablespoon minced celery
- 1 tablespoon white wine vinegar
- 1 tablespoon slivered almonds, toasted
- 1 teaspoon minced fresh chives
- ½ teaspoon Dijon mustard
- ½ teaspoon minced fresh thyme
- ½ teaspoon minced fresh parsley
- ¼ teaspoon dried tarragon, crumbled
- ¼ teaspoon dried herbes de Provence
- Salt and pepper, to taste

FOR SANDWICHES

- 1 cup arugula, for serving
- One 16-inch baguette, cut in half lengthwise



To make the tofu salad: Heat a large cast-iron skillet over medium heat. If the skillet is well seasoned, no oil is needed. If it isn't, add the canola oil. Add the tofu cubes and cook, pressing down with a spatula and stirring, for 7 to 8 minutes, or until lightly golden and a firmer texture. Remove from the heat and add the tamari. Transfer to a medium-size bowl. Add all the remaining ingredients and season to taste. Cover and refrigerate for 1 hour to let the flavors meld.

To assemble the Sandwiches : Place the arugula on the bottom of the baguette. Spread the tofu salad evenly over the arugula and top with the other half of the bread. Cut into 4 pieces and serve.

ALMO-CADO SANDWICHES

Makes 2 sandwiches

6 ounces raw beet, peeled and grated or shredded
1 tablespoon seasoned rice vinegar
2 teaspoons fresh orange juice
1 small clove garlic, pressed
Salt and pepper, to taste
1 medium-size ripe avocado, halved, pitted, and peeled
1 tablespoon orange Muscat champagne vinegar or fresh lemon juice
1/3 cup toasted, crunchy, salted almond butter
4 large slices whole-grain bread
1/2 cup microgreens or packed fresh herb salad mix
1/2 cup onion sprouts or any spicy sprouts



Squeeze the liquid out of the grated beets if needed.

This step shouldn't be necessary if you're shredding the beets. In a medium-size bowl, combine the beets with the vinegar, orange juice, and garlic. Add salt and pepper to taste.

Cut the avocado into thin slices and gently rub the slices with the Muscat vinegar to boost the flavor and prevent browning.

To assemble the sandwiches, spread 1 1/2 tablespoons almond butter on each slice of bread, or enough to cover the entire surface of the slices. Lightly drop some of the microgreens and sprouts on two slices, keeping a little aside. Arrange half of the grated beets on top, along with half of the sliced avocado and the remaining microgreens and sprouts. Add a little extra salt and pepper, if desired. Top with the other almond-buttered slice of bread.

RADISH AND CREAMY CHEESE BAGEL SANDWICHES

Makes 4 sandwiches

- ¾ cup non dairy cream cheese, softened
- ¼ cup minced shallot
- 1 tablespoon minced chives
- 1 tablespoon minced raisins
- 2 teaspoons ume plum vinegar
- Pinch of black pepper
- 4 bagels, sliced and toasted
- 4 large radishes, sliced
- 1 cup baby arugula

In a small bowl, combine the cream cheese, shallot, chives, raisins, vinegar, and black pepper. Mix with a fork until combined. Spread 1 tablespoon on the inside of each of the toasted bagel tops. Divide the remaining 2 tablespoons among the bagel bottoms. Layer the sliced radishes evenly over the bagel bottoms. Top with ¼ cup arugula and the top of the bagel. Serve.

APPLE RADICCHIO NUTTY SANDWICHES

Makes 4 sandwiches & 1 ¼ cups nutty cream cheese

- 2 tablespoons thawed apple juice concentrate
- 2 tablespoons grated daikon radish
- 1 tablespoon minced shallot, divided
- 1 teaspoon apple cider vinegar or sherry vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste
- 1 medium-size Granny Smith apple, not peeled, cored and chopped
- 8 ounces nondairy cream cheese, softened
- 2/3 cup toasted pecan pieces
- 8 pumpernickel bread slices
- 8 radicchio leaves
- 1 cup fresh baby arugula

Combine the apple juice concentrate, grated daikon, 2 tea-spoons of the minced shallot, vinegar, mustard, salt, and pepper in a medium-size bowl. Add the chopped apple and stir well. Set aside at room temperature for 30 minutes to let the flavors meld.

In a medium-size bowl, combine the cream cheese, pecans, a pinch of salt and pepper, and the remaining 1 teaspoon minced shallot, using a couple of spoons to thoroughly incorporate the pecans into the softened cream cheese without crushing them.

Spread 2 tablespoons nutty cream cheese on each slice of bread. Top with 2 radicchio leaves, ¼ cup arugula, ¼ cup apple salad, and the remaining slice of bread.

RAZZ-ELNUT SPINACH SANDWICHES

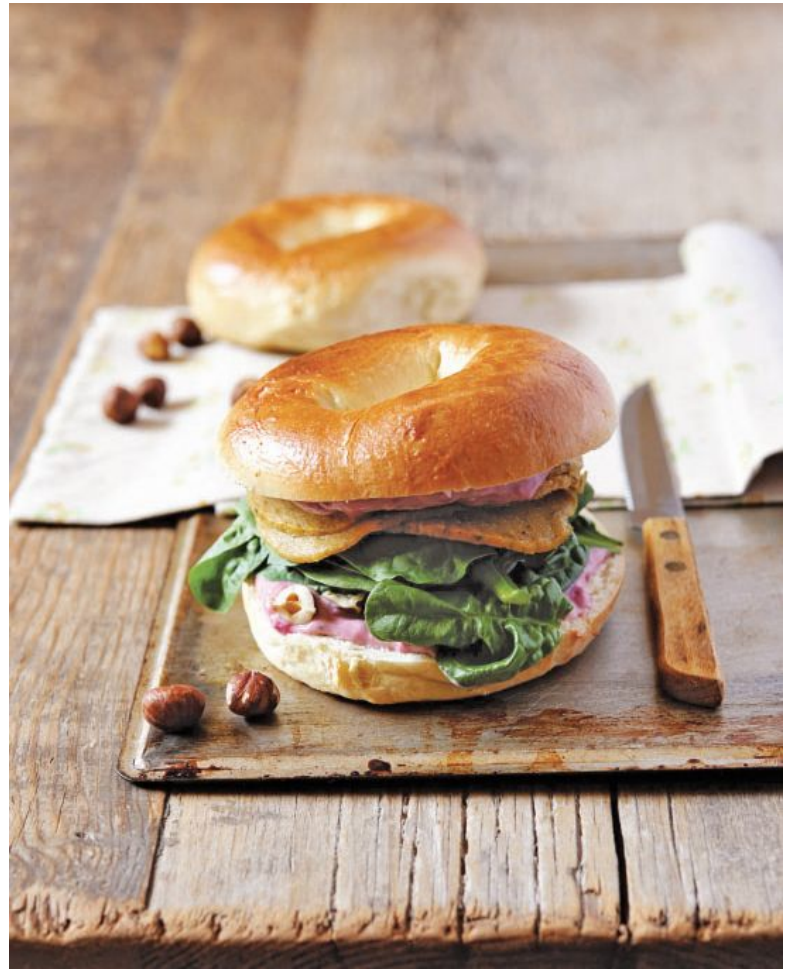
Makes 4 sandwiches

FOR RASPBERRY SPREAD

¼ cup frozen raspberries, thawed and drained
½ cup miso dressing (see recipe)
1½ teaspoons minced shallot
Generous ¼ teaspoon fresh thyme leaves, chopped

FOR SANDWICHES

4 bagels or any soft bread roll, cut in half and lightly toasted
⅓ cup coarsely chopped dry-roasted hazelnuts
2 cups baby spinach
32 super-thin Gobbler Slices (see recipe)



To make the spread: Combine all the ingredients in a small bowl, making sure that no large pieces of raspberries are left.

To assemble the Sandwiches : Spread 1 heaping tablespoon raspberry spread on each bagel half (or enough to cover the surface of it). Top with 1 heaping tablespoon chopped hazelnuts. Cover with ½ cup baby spinach, 8 Gobbler Slices, and the other bagel half.

TOFU POMEGRANATE POCKETS

Makes 4 half pockets

FOR TOFU BITS

Nonstick cooking spray

1 pound extra-firm tofu, drained, pressed, and cut into ½-inch cubes

2 tablespoons tamari

1½ teaspoons liquid smoke, divided

1 teaspoon pure maple syrup

½ teaspoon onion powder

½ teaspoon fine sea salt

¼ teaspoon ground black pepper

FOR DRESSING

½ cup cashews, soaked in water for 1 hour, then rinsed and drained

¼ cup plus 2 tablespoons apple juice, or as needed

1 tablespoon plus 1 teaspoon ume plum vinegar

FOR SANDWICHES

4 cups chopped baby spinach or arugula

¼ cup minced red onion

Two 8-inch pita breads, cut in half 1 small cucumber, sliced

½ cup pomegranate seeds, divided



To make the tofu: Preheat the oven to 400°F. Spray an 8 x 11-inch pan with nonstick spray. Combine the tofu, tamari, 1 teaspoon of the liquid smoke, maple syrup, onion powder, salt, and pepper in the pan. Stir to coat. Bake for 20 minutes, stirring once halfway through. When browned, remove from the oven and add the remaining ½ teaspoon liquid smoke. Let cool before using.

To make the dressing: Combine all the ingredients in a blender. Blend until completely smooth.

To assemble the Sandwiches : Combine the spinach, red onion, and half the dressing in a bowl. Toss to coat. Fill the pockets evenly with the salad and then layer in the cucumber. Fill evenly with the tofu and sprinkle each with 2 tablespoons pomegranate seeds. Drizzle with the remaining dressing and serve.

TEMPEH ARUGULA CAESAR WRAPS

Makes 4 wraps

FOR SALAD DRESSING

¼ cup cashews, soaked in water for 1 hour, then rinsed and drained
2 tablespoons capers, with brine
2 tablespoons red wine vinegar
2 tablespoons non dairy milk
2 tablespoons olive oil
1 tablespoon plus 1 teaspoon fresh lemon juice
2 cloves garlic, minced
2 teaspoons nutritional yeast
½ teaspoon agave nectar
½ teaspoon black pepper
1 teaspoon minced chives

FOR TEMPEH AND SANDWICHES

1 pound tempeh, steamed and cut into ½-inch slices
2 tablespoons tamari
Canola or other vegetable oil, for frying
½ teaspoon salt
¼ teaspoon black pepper
4 cups chopped arugula
2 cups chopped romaine
2 cups chopped roasted red bell pepper
½ cup minced red onion
Four 10-inch flour tortillas
2 tablespoons sunflower seeds
1 tomato, sliced

To make the salad dressing: In a blender, combine the cashews, capers and brine, vinegar, milk, oil, lemon juice, garlic, nutritional yeast, agave, and black pepper. Blend until smooth. Stir in the chives. Store in an airtight container in the refrigerator for up to 1 week.

To make the tempeh: On a large baking sheet, combine the tempeh strips with the tamari. Let sit for 30 minutes, or until the tamari has been absorbed. Preheat the oven to 250°F. Line a baking sheet with a paper towel. Pour ¼ inch (6 mm) oil into a large cast-iron skillet and heat over medium heat. Working in batches, pan fry the tempeh, turning once, for 10 minutes, or until golden. Transfer to the baking sheet and keep warm in the oven. When all the tempeh is cooked, season with the salt and pepper. In a large bowl, combine the arugula, romaine, red pepper, and onion. Add the dressing and toss to coat.

To assemble the Sandwiches : Divide the tempeh evenly among the 4 tortillas. Top each with one-fourth of the salad mixture, sunflower seeds, and sliced tomato. Fold the ends in and roll. Cut in half to serve.



BULGUR HUMMUS WRAPS

Makes 6 wraps

FOR BULGUR

- ½ cup dry bulgur wheat
- 1 tablespoon fresh lemon juice
- ¼ cup plus 3 tablespoons water
- ¼ teaspoon fine sea salt, to taste
- ¼ teaspoon cayenne pepper, to taste
- ½ teaspoon onion powder
- 1 clove garlic, pressed

FOR HUMMUS

- 1 can (15 ounces) chickpeas, drained and rinsed
- 2 tablespoons olive oil
- 2 heaping tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1 tablespoon brine from jar of capers
- ½ teaspoon paprika
- 2 cloves garlic, pressed
- Salt, to taste
- 2 tablespoons capers

FOR VEGGIES

- 1 tablespoon olive oil
- 1/3 cup chopped red onion
- 4 cups mix of shredded green cabbage, red cabbage, and carrots
- Salt and pepper, to taste

FOR WRAPS

- 1 tablespoon extra-virgin olive oil or fresh lemon juice
- Six 10-inch flour tortillas

To make the bulgur: Combine all the ingredients in a medium-size bowl. Cover with plastic wrap and place in the fridge for 2 hours, until the liquid has been absorbed. Fluff with a fork. Set aside.

To make the hummus : Combine the chickpeas, olive oil, tahini, lemon juice, brine, paprika, garlic, and salt in a food processor. Process until mostly smooth, scraping down the sides with a rubber spatula. Add the capers and pulse a few times, just so the capers are partially chopped.

To make the veggies: Heat the oil in a large skillet. Add the onion and shredded veggies and cook over medium-high heat for 6 minutes, stirring occasionally, until the veggies just start to soften. Remove from the heat, add a pinch of salt and pepper, add to the bulgur, and stir to combine. Let cool completely.

To assemble the wraps : Stir the oil into the cooled bulgur mix. Spread 1/4 cup hummus onto each wrap. Add 1/3 cup bulgur mix on top and roll up tightly, tucking in the ends midway through rolling. Cut in half and serve.

INSIDE-OUT RICE-ADILLA

Makes 4 servings

FOR RICE-ADILLAS

1 tablespoon olive oil
½ cup minced red onion
1 cup chopped cauliflower florets
½ minced jalapeño, to taste
1 teaspoon ground cumin
1½ cups cooked rice, chilled
2 cups shredded Swiss chard, stems discarded
2 cloves garlic, minced
1 tablespoon hot sauce, to taste
Salt and pepper, to taste
Four 10-inch flour tortillas

FOR BEAN TOPPING

1 can (15 ounces) kidney beans, drained and rinsed
1 cup jicama matchsticks
½ cup minced scallion
2 tablespoons minced fresh cilantro
1 tablespoon apple cider vinegar
1 tablespoon fresh lime juice
1 tablespoon hot sauce, to taste
Salt and pepper, to taste

FOR SERVING

1 avocado, pitted, peeled, and sliced Hot sauce

To make the rice-adillas : Heat the oil in a large skillet over medium heat. Add the onion, cauliflower, jalapeño, and cumin and cook for 3 minutes. Add the rice, Swiss chard, and garlic. Cook until just wilting, 3 to 4 minutes. Add the hot sauce and season to taste with salt and pepper. Preheat a panini press fitted with smooth plates on high. Divide the mixture evenly between 2 tortillas. Top with the remaining 2 tortillas. Place on the press and close. Cook for 4 to 5 minutes, or until golden and crisp. Cut each tortilla into quarters.

To make the topping: Combine all the ingredients in a medium-size bowl. Stir to combine and adjust the seasonings to taste.

Place 2 tortilla quarters on each of 4 plates and top with ¾ cup bean topping. Serve with the avocado slices and extra hot sauce.

SUSHI SOY WRAPS

Makes 4 wraps

1 cup prepared, sushi rice
¾ cup water
1 tablespoon seasoned rice vinegar
½ teaspoon tamari
¼ teaspoon toasted sesame oil
Pinch of sugar

FOR GINGERY VEGETABLES

1½ cups shredded napa cabbage
½ cup grated daikon radish
½ cup chopped scallion
2 teaspoons ume plum vinegar
½ teaspoon grated fresh ginger

FOR DIPPING SAUCE

2 tablespoons mirin
½ teaspoon sriracha, to taste
½ teaspoon tamari
½ teaspoon ume plum vinegar

FOR TEMPURA

¾ cup all-purpose flour
½ teaspoon fine sea salt
¼ teaspoon baking powder
2/3 cup sparkling water, chilled
Canola oil, for cooking
6 asparagus stalks, cut in half
1 large portobello mushroom cap, stemmed, gilled, and cut into
½-inch slices

FOR WRAPS

4 soy wraps
½ avocado, pitted, peeled, and sliced



To make the rice: Combine the rice and water and cook according to the package directions. Scoop it into a bowl. Combine the vinegar, tamari, oil, and sugar in a small bowl, then pour over the rice and gently fluff. Let cool.

To make the vegetables : Stir all the ingredients together in a medium-size bowl.

To make the dipping sauce: Combine all the ingredients in a small bowl.

To make the tempura: Whisk the flour, salt, and baking powder together in a deep bowl. Whisk in the sparkling water. The mixture should be thick enough to coat the asparagus and mushroom without dripping off. If needed, add 1 tablespoon flour or sparkling water. Line a baking sheet with paper towels. Pour 1-2 inches canola oil into a deep, heavy-bottomed saucepan, heat over medium-high heat. Or heat 3-4 inches oil in a deep fryer to medium-high heat. Working in batches, dip the vegetables in the batter to coat, and fry until golden, 4-5 minutes. Do not crowd the fryer or the temperature of the oil will drop. The correct oil temp should cause a coated vegetable to bubble. Batter and fry all the vegetables and transfer them to the baking sheet to drain. to assemble the wraps : Place the wraps on a cutting board. In the center, spread ¼ cup rice and ¼ cup vegetables. Top evenly with the tempura and the avocado slices. Fold two opposite corners in and roll the wrap closed. Serve with the dipping sauce.

PROTEIN-HAPPY QUINOA WRAPS

Makes 4 wraps & generous $\frac{3}{4}$ cup tapenade

FOR TAPENADE

$\frac{1}{2}$ cup minced sun-dried tomatoes (moist vacuum-packed, not oil-packed)
 $\frac{1}{4}$ cup minced kalamata olives
2 tablespoons chopped capers
2 tablespoons olive oil
 $\frac{1}{4}$ teaspoon red pepper flakes

FOR FILLING

$1\frac{1}{2}$ cups vegetable broth
 $\frac{1}{2}$ cup dry quinoa
 $\frac{1}{4}$ cup packed golden raisins (optional)
1 tablespoon apple cider vinegar
1 tablespoon fresh lemon juice
 $1\frac{1}{2}$ tablespoons olive oil
 $\frac{1}{4}$ teaspoon red pepper flakes, to taste
1 $\frac{1}{2}$ tablespoons minced red onion
1 clove garlic, minced
Fine sea salt, to taste
Cracked black pepper, to taste
2 tablespoons roasted salted pepitas
 $\frac{3}{4}$ cup cooked cannellini beans
2 tablespoons chopped fresh parsley
1 tablespoon minced fresh basil



FOR WRAPS

Four 10-inch flour tortillas
1 red bell pepper, cored and cut into strips 1 small cucumber, cut into strips

To make the tapenade : Combine all the ingredients in a food processor. Pulse a few times, but leave it chunky. Chill for at least 2 hours to let the flavors develop.

To make the quinoa: Bring the broth to a boil in a medium-size pot. Add the quinoa and cook for 8 minutes. Add the raisins and cook for 2 to 4 minutes longer, or until the quinoa is cooked and the telltale tail appears. Drain in a fine-mesh sieve. Set aside to cool completely. In the meantime, prepare the dressing by combining the vinegar, lemon juice, oil, red pepper flakes, onion, garlic, salt, pepper, pepitas, and beans in a large bowl. Add the quinoa mixture, parsley, and basil to the dressing and stir until well coated.

To assemble the wraps : In the middle of each wrap, spread 3 tablespoons tapenade. Top with a generous $\frac{1}{2}$ cup quinoa filling. Divide the red bell pepper and cucumber among the wraps. Fold the ends in and roll closed.

MANGO BASIL WRAPS

Makes 6 wraps & 2 cups spread

FOR COCONUT SPREAD

- 1 package (7 ounces) creamed coconut (see recipe)
- 1 cup warm water
- 2 tablespoons fresh lemon juice
- 2 teaspoons onion powder
- 2 cloves garlic, to taste
- ½ teaspoon fine sea salt, to taste
- ½ teaspoon red pepper flakes
- 1 teaspoon ground ginger
- ½ teaspoon coarse black pepper

FOR WRAPS

- Six 10-inch flour tortillas
- 2 ounces snow pea sprouts or shoots or favorite sprouts
- 1 large English cucumber, thinly sliced
- 1 large, not overly ripe mango, peeled, pitted, and cut into cubes
- 3 small avocados, pitted, peeled, and sliced (optional)
- 24 fresh basil leaves
- Salt and pepper, to taste
- 6 tablespoons chopped fresh cilantro or parsley



To make the spread: Combine all the ingredients in a blender, and blend until smooth. Place in the fridge for 1 to 2 hours, stirring occasionally to check on thickness. It will thicken and set as it chills. If the spread is too thick upon coming out of the fridge, reheat it just for a few seconds in the microwave or leave it at room temperature until it is spreadable. You will have extra spread leftover; store it in an airtight container in the fridge and save for another use. (To use it as a sauce in other recipes, reheat it in the microwave or in a saucepan over low heat.)

To assemble the wraps : Smear 2 tablespoons coconut spread in the center of each tortilla. Place a generous handful of sprouts on top, followed by ⅓ cup cucumber, ¼ cup mango, the slices of ½ an avocado, and 4 basil leaves. Sprinkle with a little salt and pepper to taste, and top it off with 1 tablespoon cilantro. Wrap tightly and serve.

CAJUN LETTUCE WRAPS

Makes 8 lettuce wraps

2 teaspoons olive oil
½ cup minced onion
1/3 cup green beans, cut into pieces ½ inch long
¼ cup minced green bell pepper
2 tablespoons minced celery
1 teaspoon paprika
½ teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon fine sea salt
¼ teaspoon black pepper
2 cloves garlic, minced
1 can (15 ounces) red or kidney beans, drained and rinsed
¾ cup fresh or frozen corn, rinsed
2 tablespoons tomato paste
¼ cup vegetable broth
2 packages (2 ounces each) dried ramen noodles, broken, seasoning packets discarded
1 tablespoon hot sauce, plus more for serving
1/3 cup minced scallion, plus more for garnish
16 large Boston, Bibb, or butter lettuce leaves
¼ cup chopped dry-roasted peanuts

Heat the oil in a large skillet over medium heat. Add the onion, green beans, green pepper, and celery and cook for 2 to 3 minutes. Add the paprika, thyme, oregano, salt, black pepper, and garlic. Cook, stirring occasionally, for 3 to 4 minutes, or until fragrant. Add the beans, corn, tomato paste, and broth. Cook, stirring occasionally, for 5 minutes. If the mixture is too dry, add 1 tablespoon broth. Taste and adjust the seasonings. Set aside.

Cook the ramen noodles in boiling water for 4 minutes or according to package directions. Drain and run the noodles under cold water to stop the cooking. Return them to the saucepan and add the hot sauce and scallion. Stir to combine.

Layer 2 lettuce leaves on top of each other. In the center of each pair, place ¼ cup noodles and a heaping ⅓ cup bean mixture. Top with the peanuts and a few scallions for garnish. Serve with extra hot sauce on the side.

WATERMELON MISO WRAPS

Makes 4 wraps & $\frac{3}{4}$ cup dressing

FOR YOGURT DRESSING

3 tablespoons unsweetened plain non dairy yogurt
3 tablespoons olive oil
2 to 3 tablespoons white balsamic vinegar, to taste
2 tablespoons white miso
 $\frac{1}{4}$ teaspoon ground white or black pepper, to taste

FOR WRAPS

Four 9-inch flour tortillas
1 cup baby romaine
1 cup baby arugula
1 cup watermelon balls
 $\frac{1}{2}$ cup dry-roasted salted pistachios, coarsely chopped
2 tablespoons chopped fresh mint, to taste (optional)
4 razor-thin slices red onion

To make the dressing: Whisk all the ingredients together in a medium-size bowl. Store in an airtight container in the fridge. The dressing will keep for up to 5 days.

To assemble the wraps : Top each wrap with $\frac{1}{4}$ cup baby romaine, $\frac{1}{4}$ cup baby arugula, $\frac{1}{4}$ cup watermelon balls, 2 tablespoons chopped pistachios, 1 $\frac{1}{2}$ teaspoons chopped mint, and 1 slice onion. Add at least 2 tablespoons dressing on top, or more if desired. Wrap tightly and serve.

STRAWBERRY SPINACH TACOWICH

Makes 8 tacowiches & $\frac{3}{4}$ cup dressing

FOR DRESSING

$\frac{1}{4}$ cup olive oil

$\frac{1}{4}$ cup unsweetened plain non dairy yogurt

Pinch of salt

$\frac{1}{4}$ teaspoon ground white pepper, to taste

$\frac{1}{4}$ cup orange Muscat champagne vinegar

1 $\frac{1}{2}$ tablespoons minced shallot

3 tablespoons finely chopped dry-roasted hazelnuts,
plus more for garnish

FOR TACOWICHES

Eight 6-inch corn or wheat tortillas, or any tortillas

2 cups baby spinach

16 small (1 inch) strawberries (about 4 ounces), hulled
and quartered



To make The dressing : Combine the oil, yogurt, salt, pepper, vinegar, and shallot in a blender and pulse until combined. Transfer to an airtight container and stir in the hazelnuts before sealing. Stored in the fridge, the dressing will keep for up to 4 days.

To assemble The Tacowiches : Spread 1 tablespoon dressing onto each tortilla. Add $\frac{1}{4}$ cup baby spinach, 2 quartered strawberries, and a sprinkling of chopped hazelnuts on top. Drizzle with extra dressing, if desired. Fold in half in true taco fashion to eat.

ORANGE FENNEL SUMMER ROLLS

Makes 16 summer rolls

FOR DIPPING SAUCE

- 2 tablespoons sesame oil
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon fresh orange juice
- 1 teaspoon ground ginger
- 1 clove garlic, pressed
- ¼ teaspoon fine sea salt, to taste
- ¼ teaspoon red pepper flakes, to taste

FOR ROLLS

- 16 rice paper wraps
- 2 cups thinly sliced fennel (about 10 ounces untrimmed)
- 1 can (11 ounces) mandarin orange slices, drained
- 2 teaspoons black sesame seeds

To make the dipping sauce: Whisk all the ingredients together in a medium-size bowl. Set aside.

To assemble the rolls : Immerse the rice paper 1 sheet at a time in warm water to soften. Soak for a few seconds, until pliable. Handle carefully because rice paper breaks easily. Drain on a clean kitchen towel before rolling. Add 2 tablespoons fennel, 2 slices mandarin orange, and a pinch of black sesame seeds. Roll tightly, folding the ends in and rolling closed. Serve with the dipping sauce. Store leftovers tightly wrapped in plastic in the fridge for up to 2 days.



Deli Delights

THE ALMIGHTY BLT

Makes 4 sandwiches & 2 cups spread

FOR SPREAD

- 1 jar (14 ounces) hearts of palm, drained
- ¼ cup non dairy sour cream or unsweetened plain non dairy yogurt
- ½ cup vegan mayonnaise
- ¼ teaspoon ground white pepper, to taste
- ¼ teaspoon fine sea salt, to taste
- 1 tablespoon drained capers
- ½ teaspoon red pepper flakes
- 1 teaspoon onion powder (optional)
- 2 cloves garlic, minced
- 2 tablespoons sliced sun-dried tomatoes in oil, drained

FOR SANDWICHES

- 8 slices any bread (crusty or soft), toasted
- 4 large lettuce leaves
- 1 recipe Tempeh Bacon (see recipe), pan fried
- 1 beefsteak tomato, cut into 8 thin slices
- 1 avocado, pitted, peeled, and cut into 12 slices
- 4 razor-thin slices red onion (optional)

To make The spread: Process the hearts of palm in a food processor until coarsely chopped. Add all the remaining ingredients and pulse a few times to leave chunky, or process thoroughly until smooth. Stop to scrape down the sides occasionally. Chill in an airtight container overnight to let the flavors meld. Enjoy the leftovers within 1 week.

To assemble The sandwiches : Smear 1 tablespoon spread on each slice of bread. Top 4 slices of bread with 1 lettuce leaf, 2 ounces bacon, 2 slices tomato, 3 slices avocado, and 1 slice onion. Top with the 4 remaining bread slices.



ONE WORLD REUBEN

Makes 4 sandwiches

FOR SPREAD

- 4 ounces firm tofu, drained
- 1 tablespoon minced onion
- 1 tablespoon dill pickle juice
- 2 teaspoons ume plum vinegar
- 2 teaspoons ketchup
- 1 teaspoon mustard
- 1 teaspoon harissa, to taste
- 1 tablespoon sweet pickle relish

FOR SEITAN

- 1 pound Moo-Free Seitan (see recipe), thinly sliced
- 1½ teaspoons onion powder
- ¾ teaspoon mustard powder
- ¾ teaspoon garlic powder
- ¾ teaspoon garam masala
- ¼ teaspoon black pepper
- ¼ teaspoon fine sea salt
- 1 tablespoon canola oil

FOR SANDWICHES

- ¼ cup non dairy butter
- 8 slices rye or swirl bread
- 3 cups sauerkraut, drained and heated through, with a pinch of black pepper
- 1 tomato, thinly sliced

To make The spread: Combine the tofu, onion, pickle juice, vinegar, ketchup, mustard, and harissa in a blender. Blend until smooth. Stir in the relish. Transfer to an airtight container and refrigerate for at least 30 minutes.

To make The seitan: Combine the seitan and spices in a 9 x 13-inch pan. Toss to coat the seitan. Heat the oil in a large skillet over medium-high heat. Cook the seitan for 5 minutes, stirring occasionally, until lightly browned.

To assemble The sandwiches : Preheat a panini press fitted with smooth plates on high. Butter the outside of each slice of bread. Coat the inside of each slice of bread with 1 tablespoon spread. Divide the seitan evenly among 4 slices. Top each with one-fourth of the sauerkraut and tomato slices. Put the tops on the sandwiches and grill with the press open for 5 minutes, or until golden. Carefully turn over and cook the other side for 3 to 4 minutes. Cut in half and serve.

BIEROCKS

Makes 8 Bierocks

FOR FILLING

- 1½ cups vegetable broth
- ¼ cup red wine vinegar
- 2 tablespoons tomato paste
- 1 tablespoon tamari
- 2 teaspoons onion powder
- 1 teaspoon cumin seeds
- 1 teaspoon paprika
- ½ teaspoon fennel seeds
- ½ teaspoon lemon pepper
- 2 cloves garlic, minced
- 1 teaspoon vegan Worcestershire sauce
- 8 ounces tempeh, minced
- 2 tablespoons olive oil, divided
- 1 cup minced onion
- 2 cups chopped green cabbage
- 1 cup sauerkraut, drained
- ⅓ cup grated carrot
- 1 tablespoon Dijon mustard
- Salt and pepper, to taste

FOR BUNS

- 3 cups all-purpose flour
- 3 tablespoons packed light brown sugar
- 2 teaspoons instant yeast
- 1 teaspoon fine sea salt
- 1 teaspoon caraway seeds
- 1 cup dark vegan beer, flat and at room temperature
- Non Dairy butter, for brushing



To make the filling : In a medium-size saucepan, combine the broth, vinegar, tomato paste, tamari, onion powder, cumin seeds, paprika, fennel seeds, lemon pepper, garlic, and Worcestershire sauce. Bring to a boil, then reduce to a simmer and cook for 20 minutes. Place the tempeh and the marinade in an 8-inch pan. Marinate for 1 hour in the refrigerator. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Drain the tempeh, reserving the marinade, and add to the pan. Cook, stirring, for 10 minutes. Remove the tempeh from the pan and set aside. Add the remaining 1 tablespoon oil, onion, and cabbage to the pan. Cook for 5 minutes. Add the sauerkraut, carrot, mustard, salt, pepper, tempeh, and reserved marinade. Cook, stirring, for 5 minutes. Let cool.

To make The buns : Combine the flour, brown sugar, yeast, salt, caraway seeds, and beer in a medium-size bowl. Stir together. Knead for 8 minutes on a floured board. Add 1 tablespoon flour or beer to make a workable dough. Form into a ball. Oil a large bowl. Place the dough in the bowl and cover with a towel. Let rise in a warm place for 1 ½ to 2 hours, or until doubled. Evenly divide the dough into 8 pieces. On a floured surface, roll each into a 6-inch round. Scoop ½ cup filling into the center and fold the sides in to seal. Pat the bun into a round and place seam-side down on a baking sheet. Repeat with the remaining dough. Let rise, covered with a towel, for 30 minutes. Preheat the oven

to 350°F. Bake the buns for 30 minutes, or until golden. Brush with the melted butter. Transfer to a rack to cool. Serve warm or at room temperature.

RACHEL SANDWICHES

Makes 4 sandwiches

FOR SEITAN

- 4 No Cluck Cutlets (see recipe)
- ½ cup pickle juice
- 1 teaspoon caraway seeds, ground
- 1 teaspoon paprika
- ½ teaspoon fennel seeds, ground
- ½ teaspoon ground coriander
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- ½ cup vegetable broth

FOR THOUSAND ISLAND COLESLAW

- 4 cups shredded green cabbage
- 1 cup shredded red cabbage
- ⅓ cup minced red onion
- ⅓ cup minced dill pickles
- ½ cup vegan mayonnaise
- 2 tablespoons ketchup
- 1 teaspoon mustard
- ½ teaspoon vegan Worcestershire sauce
- ½ to 1 teaspoon sriracha, to taste
- Salt and pepper, to taste

FOR SANDWICHES

- 4 slices rye bread, toasted
- 1 cup Mac-Shroom barbecue sauce (see recipe) or store-bought barbecue sauce, warmed

To make The seitan: In a 9 x 13-inch pan, combine all the ingredients. Mix well. Let the seitan marinate in the refrigerator for 1 hour or longer. Preheat the oven to 400°F. Bake the seitan for 15 minutes, turn over, and bake for 15 minutes longer, or until the marinade has been absorbed. Stack the cutlets on top of each other on a cutting board and slice thinly to form strips.

To make The slaw: In a medium-size bowl, stir together cabbages, onion, and pickles. In a small bowl, stir together mayonnaise, ketchup, mustard, Worcestershire, and sriracha. Add to the vegetables and toss to coat. Season to taste with salt and pepper.

To assemble The sandwiches : Place a piece of toasted bread on each plate. Divide the seitan evenly among the sandwiches. Top with the barbecue sauce. Divide the cole-slaw evenly on top of the sandwiches and serve.

CURRIED LENTIL WRAPS

Makes 8-10 wraps

FOR CURRIED SAUCE

- 1 package (7 ounces) creamed coconut (see recipe)
- 1 cup warm water
- 2 tablespoons fresh lemon juice or apple cider vinegar
- 2 teaspoons onion powder
- 2 teaspoons curry powder
- 2 cloves garlic, to taste
- ½ teaspoon fine sea salt, to taste
- ½ teaspoon red pepper flakes
- ½ teaspoon ground ginger

FOR LENTILS

- 1 cup uncooked green or brown lentils
- 2 cups vegetable broth
- 2 cloves garlic, minced
- ¼ cup golden raisins (optional)
- 2 teaspoons olive oil
- ½ cup finely diced red onion
- 1 red bell pepper, cored and diced
- Salt and pepper, to taste

FOR WRAPS

- Eight to ten 10-inch flour tortillas

To make The curried sauce : Combine all the ingredients in a blender and blend until smooth. Set aside.

To make The lentils : Rinse the lentils and pick out any debris. Combine with the broth in a large pot and bring to a boil over high heat. Reduce the heat and simmer uncovered, checking for doneness after 20 minutes. Add ½ to 1 cup extra liquid if the lentils aren't tender enough by then and cook until the liquid is absorbed. The lentils should be toothsome, not mushy. Once the lentils are ready, add the curried sauce, garlic, and raisins and stir to combine. Set aside. Place the oil in a large skillet. Heat over medium heat, add the onion and bell pepper, and cook until just softened, about 4 minutes. Add the lentils, season with salt and pepper to taste, and simmer for 5 minutes longer, until thickened but not dry.

To assemble The wraps : Add about ½ cup lentils to each tortilla. Fold the ends in and roll. Cut in half to serve.

FAUX-LAFEL

Makes 4 sandwiches

FOR FALAFEL

2 cans (15 ounces each) chickpeas, drained and rinsed
¼ cup minced onion
¼ cup fresh lemon juice
4 cloves garlic, minced
2 tablespoons minced fresh parsley
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons toasted sesame oil
¾ to 1 teaspoon red pepper flakes, to taste
½ teaspoon fine sea salt
Pinch of black pepper
2 teaspoons baking powder
2 to 3 tablespoons all-purpose flour
1 tablespoon olive oil, for baking

FOR SANDWICHES

Four 8-inch whole wheat pita breads, cut in half across
6 cups shredded lettuce
2 large tomatoes, cut into ¼-inch slices
1 medium-size cucumber, cut into 1/8-inch slices

To make The falafel : Preheat the oven to 400°F. Oil a large baking sheet. In a medium-size bowl, combine the chickpeas, onion, lemon juice, garlic, parsley, cumin, coriander, sesame oil, red pepper flakes, salt, and pepper. Mash with a fork so that the chickpeas are broken into chunks but not to a paste. Add the baking powder and 2 tablespoons of the flour. Mix well. Form a heaping tablespoon of the mixture into a patty 2 inches wide and ½ inch thick. If the patty does not hold together, add the remaining 1 tablespoon flour. Place the patty on the baking sheet and repeat with the remaining dough. You should have 20 falafel patties. Brush them with the olive oil and bake for 15 minutes, or until the bottoms are golden. Turn and cook the other side for 8 minutes, or until golden.

for Tahini sauce : Soak ¼ cup cashews in water for 1 hour. Drain and rinse. Combine the cashews, 3 to 4 tablespoons non dairy milk, 3 tablespoons fresh lemon juice, 1 tablespoon tahini, 1 tablespoon apple cider vinegar, 1 clove garlic, minced, ½ teaspoon harissa, ¼ teaspoon fine sea salt, and a pinch of white pepper in a blender. Process until smooth. Stir in 1 teaspoon fresh minced chives and adjust the seasonings.

To assemble The sandwiches : Fill each pita pocket evenly with 5 of the falafel patties, lettuce, tomatoes, and cucumber and drizzle the sauce over all.



PORTOBELLO PO' BOYS

Makes 4 sandwiches

FOR SPREAD

½ cup vegan mayonnaise
2 tablespoons minced onion
1 tablespoon minced fresh parsley
2 teaspoons Dijon mustard
2 teaspoons sweet relish
1 teaspoon sriracha, to taste
Salt and pepper, to taste

FOR MUSHROOMS

3 tablespoons all-purpose flour
3 tablespoons cornmeal
1½ tablespoons Creole seasoning
½ cup plus 2 tablespoons non dairy milk
1 tablespoon Dijon mustard
Canola oil, for cooking
4 large portobello mushrooms, stemmed and cut into ½-inch slices

FOR SANDWICHES

One 20-inch baguette, cut in half lengthwise, cut into 4 pieces, and some inside removed
2 cups shredded lettuce
2 large tomatoes, sliced
3 thin slices red onion, separated into rings
4 dill pickles, sliced

To make The seasoning : In a small bowl, combine all the ingredients. Store in an airtight container.

To make The spread: In a small bowl, stir together all the ingredients. Refrigerate in an airtight container for up to 1 week.

To make The mushrooms : Combine the flour, cornmeal, and Creole seasoning in a shallow dish. In a second dish, stir together the milk and mustard. Heat ¼ inch oil in a large skillet over medium heat. Preheat the oven to 250°F. Line a baking sheet with paper towels. With one hand, dip the mushroom slices into the milk mixture, then with the other hand into the flour mixture. Transfer to the skillet and fry until golden, turning once, 4 to 5 minutes. Transfer to the baking sheet to drain and keep warm in the oven.

To assemble The sandwiches : Smear 1 tablespoon spread on both sides of the bread. Layer the mushrooms, lettuce, tomatoes, red onion, and dill pickles on top. Top with the other slice of bread and serve.

For creole seasoning: In a small bowl, combine 1 tablespoon paprika, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon dried thyme, 1 teaspoon cayenne pepper, ½ teaspoon fine sea salt, ½ teaspoon black pepper.

RETRO KFC-STYLE SANDWICHES

Makes 4 sandwiches

FOR SAUCE

- ½ cup vegan mayonnaise
- 2 tablespoons minced red onion
- 2 tablespoons minced dill pickle
- 1 teaspoon ume plum vinegar
- ¼ teaspoon white pepper

FOR FRIED SEITAN

- 1½ cups cornflakes, crushed into crumbs
- Pinch of salt and pepper
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- 1 teaspoon fine sea salt
- ½ teaspoon mustard powder
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon black pepper
- ¼ cup plus 2 tablespoons all-purpose flour
- ½ cup (see recipe) non dairy milk, plus additional 2 tablespoons, if needed
- Canola oil, for cooking
- 4 No Cluck Cutlets (see recipe)

FOR SANDWICHES

- 4 burger buns, split in half, toasted
- 3 cups finely shredded lettuce
- 1 large tomato, sliced

To make The sauce : Mix all the ingredients together in a small bowl. Refrigerate in an airtight container.

To make The cutlets: Combine the cornflakes and a pinch of salt and pepper in a pie plate or shallow dish. In a second pie plate, combine the parsley, thyme, onion powder, salt, mustard powder, paprika, cayenne, black pepper, and flour. Mix with a fork. Add 1/2 cup milk to the flour mixture, adding the remaining milk 1 tablespoon at a time, if needed, to make a smooth batter. Line a plate with paper towels. Pour enough canola oil into a large skillet to cover the bottom. Heat over medium heat. Dip each cutlet into the batter, then into the cornflakes. Carefully place the cutlets in the hot oil. Cook for 3 to 4 minutes, or until golden. Turn and cook the other side for 3 to 4 minutes, or until golden. Transfer to the plate to drain.

To assemble The sandwiches : Spread the sauce evenly on the inside of the buns. Place a cutlet on each bun and top with 3/4 cup of the lettuce, a tomato slice, and the bun tops. Serve.

DAGWOOD'S SPECIAL SANDWICH

Makes 4 sandwiches

FOR SPREAD

- 1/3 cup vegan mayonnaise
- 2 tablespoons yellow mustard
- 1/4 teaspoon cayenne pepper (optional)

FOR SANDWICHES

- 6 slices sandwich bread, toasted
- 1 head romaine lettuce, torn into sandwich-size leaves
- 4 ounces thin Mushroom Tomato Slices (see recipe)
- 4 ounces thin Gobbler Slices (see recipe)
- 8 ounces tempeh bacon, homemade (see recipe) or store-bought, cooked
- 1 green bell pepper, cored and cut into rings
- 1 large tomato, sliced
- 3 thin slices red onion, cut into half-moons, separated
- 20 dill pickle slices
- 4 olives or small pickles, for garnish



To make The spread: Mix all the ingredients together in a small bowl. Store in an airtight container in the refrigerator until ready to use.

To assemble The sandwiches : Smear a generous 1 tablespoon spread on each slice of bread. Divide the lettuce leaves evenly on 4 of the slices. Divide the Mushroom Tomato Slices, Gobbler Slices, and tempeh bacon evenly among the sandwiches. Top with the bell pepper, tomato, onion, and dill pickle slices. Put one topless stack on each one of the others. Top each stack with the 2 remaining slices of bread. Place 2 skewers through each sandwich and put an olive or a pickle on the skewer. Cut the sandwiches in half and serve.

PÂTÉ SANDWICHES

Makes 8 sandwiches, 2 cups parmesan, and 2 ¼ cups pate

FOR VEGAN PARMESAN

1 cup whole, dry-roasted, lightly salted cashews
1 clove garlic, minced
1 tablespoon maca powder (optional)
½ cup nutritional yeast
¼ cup coconut flour or bread crumbs, or a combination of the two
1 tablespoon white miso

FOR PÂTÉ

1 tablespoon olive oil
8 ounces cremini mushrooms, sliced
¾ cup chopped red onion
4 cloves garlic, pressed
Salt and pepper, to taste
1 teaspoon Italian seasoning
1 tablespoon fresh lemon juice
¼ cup toasted creamy cashew or almond butter
½ cup Vegan Parmesan
1 cup cooked chickpeas or cannellini beans

FOR SANDWICHES

16 baguette slices, ½ inch thick, lightly toasted if desired
1 cup packed fresh herb salad mix or 16 endive leaves
1 crisp pear, quartered, cored, and each quarter thinly sliced

To make The parmesan: Combine all the ingredients in a food processor and process until crumbly, like Parmesan. Store in an airtight container in the fridge for up to 2 weeks.

To make The pâté: Heat the oil in a large skillet. Add the mushrooms, onion, garlic, salt and pepper, and seasoning. Cook over medium-high heat until the mushrooms render their moisture and the onion is tender, about 6 minutes, stirring occasionally. Add the mushroom mixture to the food processor along with the lemon juice, cashew butter, Vegan Parmesan, and chickpeas. Process until smooth, stopping occasionally to scrape the sides of the food processor with a rubber spatula. Continue processing just a little more, until fluffy and airy. Use at room temperature or chilled. Store in an airtight container in the fridge for up to 1 week.

To assemble The sandwiches : Spread 1 tablespoon pâté (or enough to cover the whole surface) on each slice of baguette. Top with just enough salad or 2 endive leaves to cover 8 of the slices, adding 2 thin slices of pear on top of the salad. Crack some extra pepper over the pear if desired, and top with the other slice of baguette.

PITTSBURGH STEAK SANDWICHES

Makes 4 sandwiches

½ cup vegetable broth
¼ cup vegan red wine
1 tablespoon balsamic vinegar
1 tablespoon tamari
½ teaspoon vegan Worcestershire sauce
¼ teaspoon fine sea salt
½ teaspoon black pepper
1 pound Moo-Free Seitan (see recipe), cut into 1/8-inch slices
1/3 cup vegan mayonnaise
2 cloves garlic, minced
Pepper, to taste
4 ciabatta rolls, sliced in half
16 lettuce leaves
2 tomatoes, cut into ½-inch slices
1 avocado, pitted, peeled, and sliced



Preheat the oven to 400°F. In a 9 x 13-inch pan, combine the broth, wine, vinegar, tamari, Worcestershire sauce, salt, and pepper. Put the seitan slices into the pan and turn to coat. Bake for 30 to 35 minutes, or until most of the marinade has been absorbed.

Combine the mayonnaise, garlic, and a pinch of pepper in a small bowl. Spread the sauce on the inside tops of the rolls. Place the lettuce on the bottom. Divide the seitan, tomato slices, and avocado slices on top of the seitan. Put on the top of the bun and serve.

FROM RUSSIA WITH LOVE

Makes 8 sandwiches

FOR TEMPEH

1 1/2 cups vegetable broth
2 small pickled beets
1/3 cup minced shallot
1 tablespoon plus 1 teaspoon tamari
1 tablespoon plus 1 teaspoon apple cider vinegar
1 tablespoon liquid smoke
1 teaspoon agave nectar
1/2 teaspoon fine sea salt
1/2 teaspoon black pepper
2 packages (8 ounces each) tempeh
1 tablespoon canola oil

FOR SPREAD AND SANDWICHES

1/4 cup plus 2 tablespoons non dairy sour cream
1/4 cup dill pickle juice
1 tablespoon plus 1 teaspoon prepared horseradish
2 teaspoons Dijon mustard
1 teaspoon dried dill weed
1 teaspoon agave nectar
1/2 teaspoon black pepper
1/4 cup minced onion
1/4 cup minced dill pickle
2 cups sauerkraut, drained
1 teaspoon caraway seeds
1/2 teaspoon smoked paprika
1/2 teaspoon black pepper
1/4 cup non dairy butter
16 slices pumpernickel or rye bread, 4 inches wide

To make The Tempeh: Cut the tempeh in half lengthwise, then across to make 8 patties. Combine the broth, beets, shallot, tamari, vinegar, liquid smoke, agave, salt, and black pepper in a blender. Blend until smooth. Pour into a 9 x 13-inch pan. Add the tempeh patties and turn to coat. Let marinate in the refrigerator for 1 hour or longer.

To make The spread and sandwiches : In a small bowl, stir all the ingredients together. Refrigerate in an airtight container. Heat the canola oil in a large skillet over medium-high heat. Drain the tempeh and add it to the pan. Sauté for 5 minutes, or until blackened. Turn over and cook the other side for 4 minutes.

To assemble The sandwiches : Combine the sauerkraut, caraway, paprika, and black pepper in a medium-size sauce-pan and warm over medium heat. Preheat a panini press fitted with smooth plates on high. Butter the bread slices. Smear 1 tablespoon spread on the unbuttered sides of 8 slices. Place 1 tempeh patty on each slice. Top with 1/4 cup sauerkraut. Smear the remaining spread on the remaining 8 slices. Put the tops on, buttered sides out. With the

grill open, cook until golden, 4 to 5 minutes. Turn over and cook the other side for 3 to 4 minutes. Cut in half and serve.

RATATOUILLE SANDWICHES

Makes 6 sandwiches & 1 ½ cups spread

FOR SPREAD

- 1 can (15 ounces) chickpeas, drained and rinsed
- ¼ cup roasted red bell pepper
- 2 tablespoons sliced sun-dried tomatoes in oil, drained
- 1 tablespoon drained capers
- 1 tablespoon olive oil
- 2 cloves garlic, pressed
- 1½ tablespoons fresh lemon juice
- ¼ to ½ teaspoon red pepper flakes, to taste
- Salt and pepper, to taste

FOR SANDWICHES

- 2 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- Salt and pepper, to taste
- 12 half-moon slices eggplant, ¼ inch thick
- 12 slices zucchini, ¼ inch thick
- 6 slices red onion, ¼ inch thick
- 1 loaf Green Monster Bread (see recipe), cut into 12 slices, or any crusty bread, toasted, rubbed with garlic clove
- 6 thin slices beefsteak tomato
- 6 quarters roasted yellow bell peppers, drained
- 12 leaves fresh basil, cut into chiffonade
- 6 tablespoons chopped fresh parsley

To make The spread: Combine all the ingredients in a food processor and blend until smooth, stopping to scrape down the sides once or twice. Place in an airtight container and chill for a couple of hours.

To assemble The sandwiches : Combine the olive oil, lemon juice, salt, and pepper in a small bowl. Lightly brush the mixture on the eggplant, zucchini, and onion slices. Heat a grill or grill pan over medium-high heat and grill the vegetables until they are just tender and have grill marks, about 4 minutes on each side.

Smear 1 tablespoon of the spread on all the slices of toasted bread. Place 2 slices eggplant, 2 slices zucchini, 1 slice tomato, 1 slice onion, separated into rings so that there's onion in every bite; 1 quarter roasted pepper, 2 leaves basil, and 1 tablespoon parsley on top. Season with extra salt and pepper, if desired. Top with the second slice of bread. Serve immediately.

WINGWICH

Makes 4 sandwiches

- 4 cups shredded green cabbage
- 1 cup shredded red cabbage
- ¼ cup vegan mayonnaise, to taste
- 1 teaspoon apple cider vinegar
- ½ teaspoon celery salt
- Pinch of black pepper
- 2 teaspoons non dairy butter
- ½ cup hot sauce
- 2 tablespoons brewed coffee
- 1 to 2 tablespoons canola oil, divided
- 1 pound Moo-Free Seitan (see recipe)
- 4 thick slices ciabatta bread
- 1 medium-size cucumber, sliced into rounds
- 2 slices red onion, separated

In a medium-size bowl, combine the cabbages, mayonnaise, vinegar, celery salt, and black pepper. Stir to combine. Store in an airtight container in the refrigerator until ready to use.

In a small saucepan over medium heat, melt the butter. Add the hot sauce and coffee. Stir to combine.

Heat a large skillet over medium-high heat. Add 1 tablespoon of the oil and the seitan. Stir and cook until browned, 8 to 10 minutes. Add the remaining 1 tablespoon oil while cooking if the seitan is sticking. Remove from the heat. Pour the sauce into the skillet and stir to coat the seitan.

To assemble the sandwiches, place a slice of ciabatta on each plate. Divide the slaw, cucumber, and onion evenly among the slices. Divide the seitan among the sandwiches and serve.

UNFISHWICH

Makes 3 sandwiches

FOR TARTAR SAUCE

½ cup miso dressing (see recipe)
1 to 2 teaspoons fresh lemon juice, to taste
½ teaspoon minced capers
1 teaspoon Dijon mustard
1 teaspoon minced shallot
Few drops hot sauce

FOR FISH STICKS

8 ounces tempeh
2 tablespoons plus 2 teaspoons fresh lemon juice, divided
⅓ cup plus ¼ cup unsweetened plain non dairy milk, divided
1 teaspoon kelp powder
1 teaspoon onion powder
2 cloves garlic, pressed
1 teaspoon paprika
½ teaspoon fine sea salt, plus a pinch
½ teaspoon dried dill weed
⅓ cup arrowroot powder
1 tablespoon Old Bay seasoning, divided
¾ cup bread crumbs
Nonstick cooking spray
3 tablespoons non dairy butter, melted
¼ teaspoon cayenne pepper, to taste

FOR SANDWICHES

3 sub sandwich rolls, 6 inches long
¾ cup thinly sliced cucumber
2 small tomatoes, thinly sliced



TO MAKE THE TARTAR SAUCE : Combine all the ingredients in a medium bowl. Store in an airtight container in the fridge until ready to use.

TO MAKE THE FISH STICKS: Cut the tempeh widthwise into 9 sticks. Combine 2 tablespoons lemon juice, ⅓ cup milk, kelp powder, onion powder, garlic, paprika, ½ teaspoon salt, and dill weed in a shallow dish. Add the tempeh sticks and let marinate for 1 hour in the fridge. Line a baking sheet with parchment paper or a silicone baking mat. Preheat oven to 375°F. Combine the arrowroot powder with 2 teaspoons Old Bay seasoning in a shallow plate; place the bread crumbs in another plate. Remove the sticks from the marinade, and thin out the marinade by adding remaining ¼ cup milk. Dip the sticks into the arrowroot, shaking off any excess. Dip the sticks into the marinade, shaking off any excess, and then coat with the bread crumbs. Place on prepared baking sheet. Lightly coat all sides with cooking spray. Bake for 10 minutes. Combine the butter, 2 teaspoons lemon juice, cayenne pepper, 1 teaspoon Old Bay seasoning, and a pinch of salt in a small bowl.

TO ASSEMBLE THE SANDWICHES : Cut the rolls in half lengthwise and lightly toast them. Spread 2 tablespoons tartar sauce on each side of the roll. Divide the sliced cucumber and tomatoes among the sandwiches, add 3 sticks to each sandwich, and serve immediately.

CROQUINOETTE WRAP PARTY

Makes 8 wraps & 1 cup dressing

FOR MISO DRESSING

4 ounces (113 g) drained firm silken tofu
3 tablespoons (24 g) white miso
3 tablespoons (45 ml) olive oil
3 tablespoons (45 ml) white balsamic vinegar ½
teaspoon ground black pepper, to taste Smoked sea
salt, to taste
1 clove garlic

FOR CROQUETTES

1 can (15 ounces) chickpeas, drained and rinsed
2 tablespoons creamy natural peanut butter
2 tablespoons white miso
2 tablespoons fresh lemon juice
2 tablespoons nutritional yeast
2 cloves garlic, pressed
2 cups cooked and cooled quinoa
¼ cup bread crumbs
2 tablespoons cornstarch
1 cup grated zucchini
2 tablespoons minced shallot
Salt and pepper, to taste
2 tablespoons toasted sesame oil, divided

FOR WRAPS

1 English cucumber, cut in half lengthwise and cut into thin half-moons
Eight 8-inch flour tortillas Sriracha, for serving (optional)

To make The dressing: Blend all the ingredients in a blender. Store in an airtight container and chill until ready to serve.

To make The croquette s: Place the chickpeas, peanut butter, miso, lemon juice, nutritional yeast, and garlic in a food processor. Process until smooth, stopping to scrape the sides of the bowl. Place in a large bowl and add the quinoa, bread crumbs, cornstarch, zucchini, shallot, salt, and pepper. Combine thoroughly without mashing too much. The mixture will look wet. Cover the bowl and chill for 1 hour. Divide into 8 croquettes by scooping out a packed ⅓ cup per croquette and shaping into a 3-inch wide round. Heat 1 tablespoon of the oil in a large skillet over medium-high heat and cook the croquettes in batches for 6 minutes on each side: the croquette must get a golden-brown, crispy crust. Adjust the heat, if needed, and use the remaining tablespoon of oil if needed as you cook the croquettes.

To assemble The wraps : Divide the sliced cucumber evenly among all 8 tortillas, drizzle as much dressing as desired on top, place a croquette on top and fold the tortilla over. Add sriracha, if desired.



BEAN AND NUT BURGERS

Makes 4 sandwiches

1 can (15 ounces) cannellini or black beans, drained and rinsed
¼ cup walnut pieces
¼ cup barbecue sauce, homemade (see recipe) or store-bought, plus extra for serving if desired
2 tablespoons onion powder or ¼ cup finely chopped onion
1½ teaspoons garlic powder or 1 tablespoon minced garlic
½ teaspoon fine sea salt, to taste
½ teaspoon cayenne pepper
½ teaspoon black pepper, to taste
½ cup (40 g) panko or regular bread crumbs, plus more if needed
Peanut oil, for pan frying
4 burger buns
Onion rings (see recipe), tomato slices, or other burger toppings

Place the beans, walnuts, barbecue sauce, onion powder, garlic powder, salt, cayenne, and black pepper in a food processor. Pulse a few times until the beans are slightly mashed but not completely puréed.

Remove half of the mixture and place in a bowl. Add the panko to the remaining half of the mixture in the food processor. Process until mostly smooth.

Combine both halves of the mixture. Add more bread crumbs if the mixture is too wet, and more barbecue sauce if it is too dry. Divide the mixture into 4 equal portions of approximately 1/2 cup each. Shape into burgers about 3 inches wide and 1/2 inch thick.

Lightly grease a skillet with peanut oil, heat over medium heat, add the burgers, and cook for 5 minutes on each side, or until golden brown.

Serve each burger in a bun, with the usual fixings, along with a little extra barbecue sauce.

GREEK BURGERS

Makes 6 burgers

FOR BURGERS

2/3 cup boiling water
1/2 cup texturized vegetable protein
3 tablespoons ketchup
1 teaspoon vegan Worcestershire sauce
1 cup plus 2 tablespoons vital wheat gluten
1/4 cup finely minced sun-dried tomatoes (moist vacuum-packed, not oil-packed)
3 tablespoons red onion, finely minced
2 tablespoons kalamata olives, finely minced
2 artichoke hearts, finely minced
2 tablespoons nutritional yeast
2 teaspoons dried oregano
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon onion powder
1/2 teaspoon fine sea salt
1/2 teaspoon black pepper
1 tablespoon vegetable broth, if needed

FOR SPREAD

1/3 cup vegan mayonnaise
2 tablespoons fresh lemon juice
2 cloves garlic, minced

FOR SANDWICHES

Canola oil, for cooking
6 English muffins, toasted

To make The burgers : Combine the water, texturized vegetable protein, ketchup, and Worcestershire in a medium-size bowl and stir. Let sit for 5 minutes. Add the vital wheat gluten, sun-dried tomatoes, onion, olives, artichoke hearts, nutritional yeast, and spices. Mix well and knead until cohesive. If the mixture is dry, add 1 tablespoon vegetable broth.

Prepare a steamer. Divide the mixture evenly among six 10-inch pieces of foil. Form into burgers 3 1/2 to 4 inches wide, pressing any loose vegetables into the burgers. Fold the foil around the burgers. Steam for 1 hour. Chill before using.

To make The spread: In a small bowl, mix the mayonnaise, lemon juice, and garlic. Season to taste.

To assemble The burgers : Lightly oil a large skillet and heat over medium-high heat. Cook the burgers until nearly blackened on the bottom, about 4 minutes. Turn and cook the other side. Smear 1 tablespoon spread on one side of 6 muffins. Put a burger on the muffin and top with the muffin tops.

BEET-N-BARLEY BURGERS

Makes 8 burgers

4 cups water
½ cup dry pearl barley
Pinch of salt
1 tablespoon olive oil
1 cup minced onion
1 cup peeled, finely diced raw beets
½ cup minced green bell pepper
3 tablespoons minced carrot
3 cloves garlic, pressed
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon dried thyme
½ cup cooked black-eyed peas, drained and rinsed
¼ cup barbecue sauce, homemade (see recipe) or store-bought
2 teaspoons Dijon mustard
1 teaspoon liquid smoke
1 teaspoon umami plum vinegar
½ teaspoon fine sea salt
¼ teaspoon black pepper
2/3 to 1 cup old-fashioned or quick oats, ground
Canola oil, for cooking
8 burger buns
Vegan mayonnaise, onions, lettuce, tomato, pickles, or other burger toppings



Combine the water, barley, and a pinch of salt in a medium-size saucepan and bring to a boil over high heat. Reduce to a simmer and cook, uncovered, for 30 to 35 minutes, or until the barley is quite tender. Drain. Heat the oil in a large skillet over medium heat. Add the onion, beets, bell pepper, carrot, garlic, and spices and cook, stirring, until the vegetables are tender, about 10 minutes. Set aside.

In a large bowl, mash the black-eyed peas with a fork until pasty. Add the barbecue sauce, mustard, liquid smoke, vinegar, salt, and pepper. Stir to combine. Add the barley and vegetables. Stir well to combine. Add ⅔ cup ground oats and mix well. Add more ground oats, 1 tablespoon at a time, until the mixture can be shaped into burgers. At this point, refrigerate the mixture for 1 hour or longer.

Line a baking sheet with parchment paper. Using ½ cup of the mixture, form into 8 patties about 3 inches wide and ½ inch thick.

Heat enough canola oil to cover the bottom of a large skillet over medium-high heat. Add the burgers and cook for 5 to 6 minutes, or until the bottom is blackened and slightly crisp. Turn over and cook the other side for 4 to 5 minutes. Serve on the buns with desired toppings.

MEAT(LESS)BALL SUBS

Makes 4 subs

FOR MEATLESS BALLS

2/3 cup boiling water
3/4 cup texturized vegetable protein
1/2 cup minced onion
3 cloves garlic, minced
1 1/2 teaspoons Italian seasoning blend
1/2 teaspoon dried parsley
1/4 teaspoon red pepper flakes, to taste
2 tablespoons tomato paste
1 teaspoon vegan Worcestershire sauce
1 cup vital wheat gluten, or more if needed
2 tablespoons olive oil
1 cup vegetable broth
1/4 cup dry red wine (optional)

FOR SANDWICHES

2 tablespoons olive oil, divided
1 medium-size onion, cut into thin half-moons
1 green bell pepper, cored and cut into strips
4 sub rolls, wedges cut out of tops, some of the bread removed, and toasted
1 1/3 cups favorite marinara, warmed



To make The meatless balls : In a small bowl, combine the water and texturized vegetable protein. Place the onion, garlic, seasoning blend, parsley, red pepper flakes, tomato paste, and Worcestershire sauce in a food processor and pulse until combined. Add the texturized vegetable protein, any unabsorbed water, and the vital wheat gluten. Pulse until thoroughly combined and the mixture can be formed into balls. If it is too sticky, add 1 tablespoon vital wheat gluten and mix again. Roll about a rounded tablespoon of the mixture into a tightly compressed ball. Repeat to form 16 to 20 balls.

Preheat the oven to 300°F. Heat the oil in a large oven-safe skillet over medium-high heat. Brown the balls, about 5 minutes. Turn gently to brown all sides. Remove from the heat. Add the broth and wine to the skillet and cover tightly with foil. Bake for 20 minutes. Remove from the oven and carefully turn the balls over. Recover tightly with foil and bake for 20 more minutes. Remove the foil and bake uncovered for 10 minutes, or until the liquid has been absorbed. Chill before using.

To assemble The sandwiches : Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the onion and cook for 2 minutes. Add the bell pepper and cook for 3 minutes; the vegetables should remain crisp. Transfer to a plate. Add the remaining oil and the balls. Cook, turning gently, for 5 minutes, or until heated through. Divide the vegetables evenly among the rolls and add 4 or 5 balls each. Top each with 1/3 cup marinara. Serve.

PEANUT BUTTER BANANA BACON SANDWICHES

Makes 4 sandwiches

FOR CHICKPEA BACON

1 can (15 ounces chickpeas, drained and rinsed)
1 tablespoon pure maple syrup
1½ teaspoons apple cider vinegar
Heaping ¼ teaspoon smoked paprika
½ teaspoon smoked sea salt, to taste
½ teaspoon onion powder
¼ teaspoon garlic powder
2 teaspoons to 1 tablespoon liquid smoke, to taste
1 tablespoon (15 ml) olive oil

FOR SANDWICHES

½ cup crunchy, unsweetened natural peanut butter
4 soft bread rolls, cut in half, or 8 slices any bread
2 small, just-ripe bananas, sliced
Nonstick cooking spray or non dairy butter



To make The chickpea bacon: Preheat the broiler.

Combine all the ingredients in a medium-size bowl and then spread in a shallow, 8-inch baking dish. Make sure the chickpeas are in a single layer so they cook evenly. Broil for 8 minutes, stir, and broil for 6 to 8 minutes longer, checking every 2 minutes to make sure the chickpeas don't burn. They are ready when the liquid has been absorbed and the chickpeas are crispy and dark golden brown.

To assemble The sandwiches : Spread 1 tablespoon peanut butter (or enough to cover the whole surface of the bread) on each slice of bread. Gently press down a generous ⅓ cup chickpea bacon (or as much as will fit) into the peanut butter on 4 of the slices. Place as many slices of banana as will fit on top. Put the second peanut-buttered slice on top.

Lightly coat a large skillet with spray, or melt some butter in the skillet. Cook the sandwiches in batches on medium-low heat until golden brown and crispy, about 5 minutes on each side.

These are also great prepared in a closed panini press, for about 6 minutes in all. This will meld the ingredients together a little more than just grilling the sandwich does.

DOUBLE-DECKER DELUXE

Makes 4 sandwiches

FOR SAUCE

¼ cup cashews, soaked in water for 1 hour, then rinsed and drained
3 tablespoons vegetable broth
1 tablespoon red wine vinegar
1 tablespoon fresh lemon juice
1 tablespoon minced shallot
1 teaspoon harissa, to taste
¼ teaspoon agave nectar
Generous pinch of black pepper
2 teaspoons minced fresh parsley

FOR SEITAN

¼ cup vegetable broth
3 tablespoons brewed coffee
1 clove garlic, minced
¼ teaspoon fine sea salt
12 ounces Moo-Free Seitan (see recipe), thinly sliced
2 teaspoons olive oil

FOR SANDWICHES

¼ cup non dairy butter, softened
12 slices sandwich bread
2 tablespoons minced pepperoncinis, patted dry
1 green bell pepper, cored and cut into strips 2 thin slices
red onion, cut into half-moons, rings separated
2 teaspoons Dijon mustard
Lettuce leaves
1 tomato, thinly sliced
2 dill pickles, thinly sliced and patted dry



To make The sauce : Combine the cashews, broth, vinegar, lemon juice, shallot, harissa, agave, and black pepper in a blender. Blend until smooth. Stir in the parsley. Refrigerate in an airtight container until ready to use.

To make The seitan: Combine the broth, coffee, garlic, and salt, in an 8 x 12-inch pan. Add the seitan and toss to coat. Let marinate in the refrigerator for 1 hour or longer. Heat the oil in a large skillet over medium heat. Drain the seitan, reserving the marinade, and add to the skillet. Cook until lightly browned, about 5 minutes, scraping up any stuck bits. Add the marinade and cook for 5 minutes, or until the liquid has been absorbed.

To assemble The sandwiches : Preheat a panini press on high. Butter one side of all the bread slices. Grill 4 slices of bread in the closed press until golden, 4 minutes. Transfer to a cooling rack (this will be for the cold portion). On the unbuttered side of each of 4 other slices, spread 1 tablespoon sauce. Divide the seitan evenly among them, topping with pepperoncinis, bell pepper, and onion. Spread the remaining sauce evenly on the unbuttered side of the 4 remaining slices. Place the sandwiches buttered sides out on the panini press. Close and grill until golden, 4 minutes. To prepare the cold layer, spread mustard on the unbuttered sides of the first grilled bread. Layer with lettuce, tomato, and pickles. When the grilled layer is done, carefully remove from the press and place on top of the cold layer. Turn the sandwich over, so the cold part is on the top, slice, and serve.

SOMETHING BLACKENED THIS WAY COMES

Makes 4 sandwiches

FOR SPICY CUTLETS

- 2 teaspoons smoked paprika
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- ½ teaspoon fine sea salt
- 2 teaspoons olive oil, divided
- 4 No Cluck Cutlets (see recipe)

FOR TOMATO RELISH

- 1 cup chopped green tomato (or, if unavailable, red)
- 1 cup diced cucumber
- 2/3 cup minced scallion
- 2 tablespoons seasoned rice vinegar
- 1 tablespoon minced fresh thyme
- Salt and pepper, to taste

FOR SPREAD

- ½ cup vegan mayonnaise
- 2 teaspoons Dijon mustard, to taste
- 2 teaspoons sriracha, to taste

FOR SANDWICHES

- Canola oil, for cooking
- 4 ciabatta rolls, cut in half and toasted

To make The spicy cutlets: Mix all the spices together on a large plate. Rub 1/2 teaspoon olive oil onto each cutlet, dividing it between both sides. Press both sides of a cutlet into the spice mixture and set aside. Repeat to coat the remaining cutlets.

To make The relish: Stir all the ingredients together in a medium-size bowl.

To make The spread: Stir all the ingredients together in a small bowl. Refrigerate in an airtight container until ready to use.

To assemble The sandwiches : Lightly oil a large skillet and heat over medium-high heat. Add the cutlets and cook on one side until blackened and the coating adheres, about 4 minutes. Turn and cook the other side for about 3 minutes. Smear the spread evenly on the rolls. Place a cutlet on each roll and top with 1/2 cup relish and the top of the roll. Serve.

CROQUE-MONSIEUR

Makes 4 sandwiches

FOR BÉCHAMEL

2 tablespoons non dairy butter
2 tablespoons all-purpose flour
¾ cup unsweetened plain non dairy milk
¾ cup unsweetened plain non dairy creamer
½ teaspoon fine sea salt, to taste
¼ teaspoon ground black pepper, to taste
⅛ teaspoon grated nutmeg
1¼ cups grated cheese (see recipe), divided
¼ cup Vegan Parmesan (see recipe)

FOR SANDWICHES

8 teaspoons Dijon mustard
8 slices slightly stale, crusty bread
32 thin Mushroom Tomato Slices (see recipe)
8 teaspoons non dairy butter plus 1 to 2 tablespoons for the skillet

To make The béchamel : Melt the butter in a small saucepan over medium-low heat. Add the flour and stir until smooth, cooking for about 2 minutes. Slowly add the milk and creamer (beware of potential splatter), whisking continuously, and cook until thickened, about 4 minutes; the sauce should coat the back of a spoon. Remove from the heat. Add the salt, pepper, nutmeg, ¼ cup of the grated cheese, and the Vegan Parmesan.

To assemble The sandwiches : Spread 2 teaspoons mustard on 4 slices of bread. Place 8 Mushroom Tomato Slices on each slice, and top with ¼ cup of the remaining grated cheese. Spread 2 teaspoons butter on each of the 4 remaining slices of bread, and place on top of the cheese.

Melt 1 tablespoon of the butter in a large skillet over medium-low heat. Cook the croque-monsieur in batches just until the cheese starts to melt inside, about 4 minutes on each side, flipping once halfway through. Add the remaining 1 tablespoon butter to cook the remaining sandwiches, if needed.

Preheat the oven to 450°F. Spread the béchamel on top of the sandwiches. Place the sandwiches on a broiling pan. Broil for 5 minutes, or until the béchamel is lightly browned. Check occasionally to prevent burning. Remove from the oven and serve immediately.

Specialty Sandwiches

MUFFALETTA

Makes 4-6 servings

FOR FAST AND FRESH GIARDINIERA

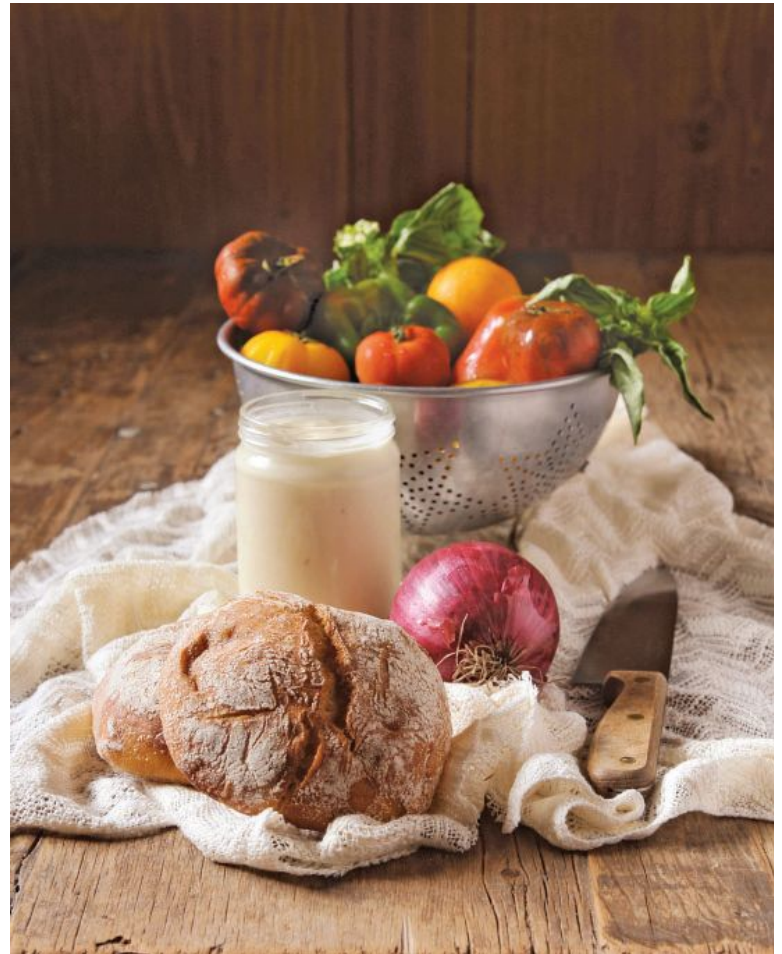
½ cup diced cauliflower
¼ cup diced zucchini
1½ tablespoons diced carrot
1½ tablespoons diced celery
1 hot pepper, minced
3 banana pepper rings, minced
¼ cup minced black olives
¼ cup minced pimento-stuffed green olives
Pinch of dried oregano
Pinch of red pepper flakes
Pinch of black pepper
1½ tablespoons white wine vinegar
1 teaspoon umami plum vinegar
1 teaspoon extra-virgin olive oil
½ teaspoon agave nectar (optional)

FOR SANDWICHES

1 cup baby arugula
One 10-inch round loaf, cut in half laterally, some of the inside removed to hold the filling
4 ounces Mushroom Tomato Slices (see recipe)
4 ounces Gobbler Slices (see recipe)
1 roasted red bell pepper, cored and cut into strips
1 large tomato, sliced

To make The giardiniera: Combine all the vegetables in a medium-size bowl. In a small bowl, whisk together the oregano, red pepper flakes, pepper, vinegars, oil, and agave. Pour over the vegetables and toss to coat. Refrigerate for at least 1 hour before using.

To assemble The sandwiches : Layer the arugula on the bottom of the bread. Layer the Mushroom Tomato and Gobbler Slices evenly over the arugula and top with the pepper strips and tomato slices. Carefully top with the giardiniera. Spoon the dressing from the giardiniera on top to taste. Press the top of the loaf on and cut into 4 or 6 wedges for serving.



THE MAC-SHROOM

Makes 4 sandwiches

FOR BARBECUE SAUCE

- 1 teaspoon olive oil
- 1/3 cup finely minced onion
- 3 cloves garlic, minced
- 1/3 cup vegetable broth
- 1 can (6 ounces) tomato paste
- 1/4 cup brewed coffee
- 1/4 cup apple butter
- 3 tablespoons apple cider vinegar
- 1 tablespoon tamari
- 1 tablespoon pure maple syrup
- 2 teaspoons liquid smoke

FOR MAC AND CHEEZE

- 1/4 cup non dairy milk, plus more if needed
- 1/4 cup nutritional yeast
- 2 teaspoons olive oil
- 1/2 teaspoon white miso
- 1/4 teaspoon onion powder
- Pinch of garlic powder
- Salt and pepper, to taste
- 1 cup dry elbow macaroni, cooked according to package directions, and drained

FOR SANDWICHES

- 1 tablespoon canola oil
- 4 large portobello caps, stemmed and grilled
- Salt and pepper, to taste
- 1/4 cup vegan mayonnaise (optional)
- 4 burger buns, toasted

To make The sauce : Heat the oil in a medium-size saucepan over medium heat. Add the onion and garlic and cook for 4 minutes, or until fragrant. Add the remaining ingredients and stir to combine. Simmer, stirring occasionally, for 20 minutes, or until thickened.

To make The mac and cheese : Combine the milk, nutritional yeast, oil, miso, onion powder, garlic powder, salt, and pepper in a medium-size bowl. Whisk until smooth. Add to the cooked macaroni in the saucepan and stir to coat. Heat the mixture over medium-low heat. If the mixture is too dry, add a splash of milk. Taste and adjust the seasonings.

To assemble The sandwiches : Heat the oil in a large skillet over medium-high heat. Put the mushrooms in the skillet, caps down. Season with salt and pepper. Cook for 5 minutes, or until browned on one side. Turn and cook the other side for 4 minutes, or until the center is tender. Reduce the heat to low and coat both sides of the mushrooms with the barbecue sauce. Let cook for 4 minutes.

Spread 1 tablespoon mayonnaise on the bottom of each bun. Put a mushroom on each bun, cap side down. Spoon 1/2 cup macaroni into each cap. Replace the top of the bun and serve.

THE PARTY MONSTER

Makes 6 servings

1 tablespoon olive oil
1 cup (160 g) chopped onion
2 cups sliced mushrooms
¼ teaspoon dried oregano
¼ teaspoon dried thyme
Salt and pepper, to taste
1 recipe Green Monster dough (see recipe) or favorite bread dough
6 ounces thin Mushroom Tomato Slices (see recipe)
6 ounces thin Gobbler Slices (see recipe)
16 mild banana pepper rings Nonstick cooking spray



Heat the oil in a large skillet over medium-high heat. Add the onion and cook for 2 minutes, then add the mushrooms, oregano, and thyme. Cook for 5 minutes longer, or until the vegetables are softened. Season to taste with salt and pepper. Let cool before using.

After the dough has risen, dump it onto a lightly floured work surface. With a rolling pin, roll into a 12 x 16-inch (30 x 40-cm) rectangle. With the short side across, on the center 6 inches (15 cm), layer half the Mushroom Tomato and Gobbler Slices, all of the onion/mushroom mixture, the remaining Mushroom Tomato and Gobbler Slices, and the pepper rings. Leave a 1-inch strip of dough at the top and bottom without filling.

Using a knife, make 6 to 8 cuts on each side of the filling, perpendicular to the filling. Make an equal number of cuts on each side. This is the part that will be braided. Starting at the top, fold an empty strip of dough over the end of the filling. Alternating sides, pull one strip from each side across the filling. Continue until you reach the last strips on each side. Fold the bottom in, then finish the braid. Pat with your hands to help seal the braided strips closed.

Spray a baking sheet with nonstick spray and carefully transfer the dough to the sheet. Let rise, covered with a towel, for 30 minutes, or until nicely puffed.

Preheat the oven to 350°F. Transfer the baking sheet to the oven and bake for 30 to 35 minutes, or until the bottom is browned. Transfer to a rack and let cool for a few minutes before cutting. Cut into six 2-inch strips and serve.

TWO TOMATO TANGO

Makes 4 sandwiches

FOR DRESSING

½ cup vegan mayonnaise
¼ cup chopped roasted red bell pepper
2 cloves garlic, minced
1 tablespoon prepared horseradish
2 teaspoons fresh lemon juice
2 teaspoons nutritional yeast
1 teaspoon vegan Worcestershire sauce
1 teaspoon sriracha, to taste
1 teaspoon Dijon mustard
Salt and pepper, to taste
¼ cup plus 2 tablespoons
minced scallion

FOR FRIED GREEN TOMATOES

½ cup unsweetened plain soymilk
2 teaspoons apple cider vinegar
1 teaspoon prepared horseradish
½ teaspoon fine sea salt
Pinch of black pepper
½ cup panko crumbs
1 tablespoon cornmeal
1 teaspoon onion powder
Canola oil, for cooking
1 large green tomato, cut into four ½-inch slices

FOR SANDWICHES

4 cups packed baby spinach
4 English muffins, split and toasted
1 large ripe tomato, cut into four ½-inch slices

To make The dressing : Combine the mayonnaise, bell pepper, garlic, horseradish, lemon juice, nutritional yeast, Worcestershire, sriracha, mustard, salt, and pepper in a blender. Blend until smooth. Stir in the scallion. Refrigerate in an airtight container until ready to use.

To make The fried green Tomatoes : Combine the milk, vinegar, horseradish, salt, and black pepper in a pie plate. Whisk to combine. In a second pie plate, combine the panko, cornmeal, and onion powder. Add salt and a generous pinch of pepper. Stir to combine. Place a paper towel on a plate for draining the tomatoes.

Heat 1/2 inch of oil in a large skillet over medium-high heat. Coat the tomato slices with the milk mixture, then dredge in the crumbs, patting the crumbs to adhere. Fry for 4 minutes, or until golden. Turn and cook the other side for 3 minutes. Drain on paper towels.

To assemble The sandwiches : In a medium-size bowl, combine the spinach with 1/2 cup of the dressing. Stir to coat. Spread the remaining dressing on the tops and bottoms of the English muffins. On the bottom, place the ripe tomato slice, the spinach, and the green tomato. Put the tops on and serve.

PEPPERY TEMPEH SANDWICHES

Makes 4 sandwiches

FOR MARINATED TEMPEH

- 2½ cups vegetable broth
- ¾ cup vegan beer
- 1 dried guajillo pepper
- 1 dried ancho pepper
- 1 dried chipotle pepper
- 1 lime, sliced
- 4 cloves garlic, sliced
- 3 tablespoons tamari
- 2 tablespoons mustard
- 2 teaspoons pure maple syrup
- 2 teaspoons cumin seeds
- 2 teaspoons dried oregano
- 2 packages (8 ounces each) tempeh, cut lengthwise, then widthwise to get 4 patties out of each

FOR SPREAD AND SANDWICHES

- ½ cup vegan mayonnaise
- 2 tablespoons fresh lime juice
- 2 tablespoons minced fresh cilantro
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 2 tablespoons plus 1 teaspoon canola oil, divided
- 3 cups thinly sliced onion
- Pinch of black pepper
- 2 tablespoons minced jalapeño pepper
- 2 teaspoons balsamic vinegar
- 4 crusty rolls, cut in half and toasted
- 1 red bell pepper, cored and cut into strips
- ½ cucumber, sliced into thin rounds

To make The marinated Tempeh: Combine the broth, beer, peppers, lime, garlic, tamari, mustard, maple syrup, cumin, and oregano in a medium-size saucepan and bring to a boil over high heat. Reduce the heat and simmer for 30 minutes. Strain the marinade into a 9 x 13-inch baking dish. While the marinade is still hot, add the tempeh patties, turning to coat. Marinate in the refrigerator for 1 hour or longer.

To make The spread: Combine all the ingredients in a small bowl and mix well. Refrigerate in an airtight container until ready to use.

To assemble The sandwiches : Preheat the oven to 300°F. In a large skillet, heat 1 teaspoon of the oil over medium-low heat. Add the onion and black pepper. Cook and stir for 15 minutes, until the onion has softened. Add the jalapeño and vinegar. Cook for 2 minutes longer, then keep warm. Heat 1 tablespoon of the oil in another large skillet over medium heat. Cook 4 tempeh patties at a time for 4 minutes on one side, or until browned. Turn and cook the other side for 3 minutes. Pour half the marinade into the skillet. Cook for 8 minutes, or until the marinade has been absorbed. Keep cooked patties warm in the oven while cooking the second batch. Wipe the skillet clean and add the remaining 1 tablespoon oil, if needed. Cook the remaining 4 patties as before. Smear the spread on both sides of each roll. Place 2 tempeh patties on each bottom half and layer with the bell pepper strips, cucumber, and sautéed onions. Put the tops on and serve.

CARNITAS SANDWICHES

Makes 4 sandwiches & almost 1 cup chili creme

FOR CARNITAS

2 cans (20 ounces) jackfruit in brine or water (not syrup)
½ cup fresh orange juice
2 tablespoons onion powder
6 cloves garlic, minced, divided
3 tablespoons fresh lime juice, divided
¼ cup plus 2 tablespoons tamari, divided
1 tablespoon hot sauce
1 tablespoon dried cilantro
1 teaspoon ground cumin
1 tablespoon brown rice syrup
2 tablespoons olive oil
¼ cup minced shallot

FOR CHILI CRÈME

6 ounces drained firm silken tofu
2 tablespoons olive oil
1 tablespoon fresh lime juice
½ teaspoon fine sea salt, to taste
1 teaspoon chili powder, to taste
½ teaspoon onion powder
1 tablespoon chopped fresh cilantro

FOR SANDWICHES

¾ cup guacamole
4 sub sandwich rolls, 6 inches long, lightly toasted, or 4 individual baguettes, some of the inside removed, if needed

To make The carniTas: Rinse, drain, and roughly shred the jackfruit. Combine the jackfruit, orange juice, onion powder, 4 cloves of the garlic, 1 tablespoon (15 ml) of the lime juice, ¼ cup of the tamari, hot sauce, cilantro, cumin, and syrup in a large pot. Add enough water to reach about ¾ inch above the jackfruit. Cover and bring to a boil over high heat. Lower the heat and simmer for 1 hour, stirring occasionally. The jackfruit should still be fully immersed in liquid after the hour; stop simmering sooner if the liquid evaporates before. Do not drain. Let cool, cover, and chill the jackfruit in the liquid overnight, up to 24 hours. When ready to cook, drain the jackfruit. Heat the oil in a large skillet over medium-high heat. Add the jackfruit, the remaining 2 cloves garlic, and the shallot. Cook for 10 minutes, or until the jackfruit starts to brown. Stir occasionally. Add the remaining 2 tablespoons lime juice and remaining 2 tablespoons tamari, and cook for 5 minutes longer. Set aside.

To make The crème: Combine all the ingredients in a food processor and process until smooth, scraping the sides with a rubber spatula as needed. Store in an airtight container in the fridge for up to 1 week.

To assemble The sandwiches : Spread 3 tablespoons guacamole on one half of each roll. Spread 2 generous tablespoons chili crème on the other side of each roll. Pile ½ cup packed, warm jackfruit on top, or enough to fit the size of the roll without spilling over. Cut in half, for less mess, and serve immediately.



ASIAN EGGPLANT SANDWICHES

Makes 4 sandwiches

FOR SALAD

2 cups shredded napa cabbage
¼ cup sliced red onion
2 tablespoons grated carrot
1½ teaspoons seasoned rice vinegar
Pinch of black pepper

FOR SAUCE

¼ cup ketchup
2 tablespoons tamari
2 tablespoons seasoned rice vinegar
1 tablespoon plus 1 teaspoon sambal oelek, to taste
2 teaspoons smooth peanut butter

FOR EGGPLANT

2 teaspoons toasted sesame oil
1 large eggplant, cut into ½-inch rounds, then quartered
2 cloves garlic, minced
1 teaspoon grated fresh ginger
1½ teaspoons toasted sesame seeds Salt and pepper, to taste

FOR SANDWICHES

¼ cup vegan mayonnaise
1 baguette, 20 inches long, cut in half lengthwise, some of the inside removed, and toasted

To make The salad: Combine all the ingredients in a medium-size bowl.

To make The sauce : Whisk together all the ingredients in a small bowl.

To make The eggplant: Heat the sesame oil in a large skillet over medium heat. Add the eggplant. Cook, stirring, for 6 minutes, or until it begins to soften. Add the garlic and ginger and cook for 2 minutes, stirring. Stir in the sauce and the sesame seeds. Taste and adjust the seasoning with salt and pepper. Cook for 2 minutes longer, or until heated through.

To assemble The sandwiches : Spread the mayonnaise on the bottom of the baguette and layer on the eggplant and salad. Replace the top and cut into 4 equal pieces.

CHICKPEA SHAWARMA

Makes 4 sandwiches & 1 ⅓ cups dressing

FOR CHICKPEAS

- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh lemon juice
- 2 tablespoons unsweetened plain non dairy yogurt
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 2 cloves garlic, pressed
- 1 teaspoon onion powder
- 1 teaspoon mild to medium curry powder
- 1 can (15 ounces chickpeas, drained and rinsed)

FOR TAHINI DRESSING

- ½ cup tahini
- ¼ cup unsweetened plain non dairy yogurt
- ¼ cup water
- ¼ cup fresh lemon juice
- 2 tablespoons olive oil
- 1 or 2 cloves garlic, pressed, to taste
- Salt and pepper, to taste
- 3 tablespoons chopped red onion

FOR SANDWICHES

- 2 cups shredded lettuce
- Four 8-inch pita breads, lightly toasted
- 4 small tomatoes, chopped
- ¼ cup chopped fresh parsley
- Lemon wedges, for serving

To make The chickpeas : Preheat the oven to 350°F. Combine the vinegar, lemon juice, yogurt, oil, salt, pepper, garlic, onion powder, and curry powder in a 9-inch baking dish. Add the chickpeas, stir to coat well, and bake for 20 minutes, until the liquid has been mostly absorbed. Set aside.

To make The Tahini dressing : Combine the tahini, yogurt, water, lemon juice, oil, garlic, salt, and pepper in a blender. Blend until smooth. Stir in the onion. Store in an airtight container in the fridge for up to 1 week. If it thickens after refrigeration, add as much water, lemon juice, and salt as needed to thin it out and to keep the flavor profile bright. You will have some dressing leftover; save it for another use.

To assemble The sandwiches : Place ½ cup lettuce on each pita bread. On top of each, add 1 small chopped tomato and a generous ⅓ cup (85 g) chickpeas. Drizzle with as much dressing as desired. Sprinkle each pita with 1 tablespoon chopped parsley. Fold your pita as best you can, taco style. Serve with the lemon wedges.

OUT OF TUNA SANDWICHES

Makes 3 sandwiches

FOR CHICKPEA TUNA

1 can (15 ounces) chickpeas, drained and rinsed
½ cup miso dressing (see recipe)
2 teaspoons fresh lemon juice
½ teaspoon minced capers
1 teaspoon Dijon mustard
1 teaspoon minced shallot
½ teaspoon kelp powder
⅛ teaspoon dried dill weed
Salt and pepper, to taste

FOR DRESSING

Salt and pepper, to taste
1 small clove garlic, pressed
2 teaspoons fresh lemon juice
2 teaspoons white balsamic vinegar
½ teaspoon Dijon mustard
2 tablespoons extra-virgin olive oil
2 teaspoons minced shallot
1 teaspoon capers, drained and chopped
½ teaspoon vegan Worcestershire sauce

FOR SANDWICHES

3 soft bread rolls, cut in half, or 6 slices sandwich bread, lightly toasted
18 small yellow leaves from heart of romaine
6 thin slices tomato
6 ounces green beans, cooked until crisp-tender
12 olives of choice, for serving



To make The chickpea Tuna: Pulse the chickpeas in a food processor a few times, not to purée, but just not to have all the beans left whole. Transfer to a large bowl and add the remaining ingredients. Stir to combine. Cover with plastic wrap and refrigerate for about 2 hours.

To make The dressing : Combine all the ingredients in a small bowl and whisk thoroughly. Whisk again just before using.

To assemble The sandwiches : Place ½ cup chickpea tuna on the bottom of each roll. Top with 6 lettuce leaves and 2 tomato slices. Combine the green beans with the (freshly whisked) dressing. Place 2 ounces (a little under ½ cup), of beans on top of the tomato slices. Replace the top of the roll and serve immediately alongside 4 olives (or more, if desired) per serving.

PAN BAGNAT

Makes 4 sandwiches

FOR DRESSING

Generous pinch of dried basil
Generous pinch of dried parsley
Generous pinch of black pepper
Pinch of red pepper flakes
¼ teaspoon fine sea salt
1 clove garlic, minced
1½ tablespoons red wine vinegar
1 teaspoon Dijon mustard
½ teaspoon agave nectar
4½ tablespoons olive oil

FOR SANDWICHES

3 artichoke hearts (packed in water), drained, patted dry, and minced
⅓ cup chopped niçoise olives
½ teaspoon olive oil
2 large portobello caps, stemmed, gilled, and cut into ½-inch slices
½ teaspoon fresh lemon juice
Salt and pepper, to taste
1 baguette, 16 inches long, cut in half lengthwise and some of the inside removed
Lettuce leaves
Handful fresh basil leaves
1 tomato, thinly sliced
6 spears asparagus, steamed until tender
1 thin slice red onion, cut into half-moons 2 radishes, thinly sliced

To make The dressing : Whisk together the basil, parsley, black pepper, red pepper flakes, salt, garlic, and vinegar in a small bowl until the salt dissolves. Add the mustard, agave, and oil and whisk until thickened. Refrigerate in an airtight container until ready to use.

To make The sandwiches : Stir the artichokes and olives together in a small bowl to make tapenade. Heat the oil in a large skillet over medium heat. Add the mushrooms and cook, stirring, until they begin to release their juices, about 5 minutes. Remove from the heat, add the lemon juice and season with salt and pepper.

Pour a generous tablespoon of dressing on the bottom of the baguette. Layer with the lettuce, basil, tomato, and mushrooms. Top with the asparagus, red onion, and radishes. Layer the tapenade evenly on top. Drizzle the remaining dressing on the inside of the top and place on the sandwich. Press the sandwich closed. Wrap tightly in foil. To serve soon, press the wrapped sandwich under a cutting board topped with a cast-iron skillet for 10 minutes. While still wrapped, cut the sandwich into 4 pieces. To serve later, refrigerate until serving without pressing.

CURRIED CHICKPEA & CHUTNEY PITA PARTY

Makes 6 sandwiches & 3 cups chutney

FOR CHUTNEY

5 cups halved, pitted, and diced peaches or nectarines
1 tablespoon ground ginger
½ teaspoon fine sea salt
¼ teaspoon red pepper flakes
1 teaspoon garam masala
½ cup loosely packed brown sugar
½ cup granulated sugar
1 cup apple cider vinegar
½ cup water

FOR CURRIED CHICKPEAS

1 cup unsweetened plain non dairy yogurt
2 tablespoons fresh lemon juice
2 cloves garlic, grated
2 tablespoons chopped scallion or red onion
2 teaspoons mild to medium curry powder
½ teaspoon fine sea salt, to taste
⅓ cup dry-roasted cashews, chopped
½ cup petite green peas, cooked
2 cups cooked chickpeas

FOR SANDWICHES

1½ cups baby arugula or baby spinach
Six 8-inch pita breads, split open

To make The chutney: Place all the ingredients in a large pot. Bring to a boil, uncovered, and simmer for 60 to 90 minutes over medium heat, stirring occasionally, until thickened. Store in an airtight container in the fridge and enjoy within a month.

To make The curried chickpeas : Combine the yogurt, lemon juice, garlic, scallion, curry powder, and salt in a medium-size bowl and stir well. Add the cashews, peas, and chickpeas, stirring to combine. Refrigerate for at least 1 hour to let the flavors develop.

To assemble The sandwiches : Place ¼ cup arugula in an opened pita pocket, top with ½ cup chickpeas and add 2 tablespoons or more chutney on top. Serve.

PAV BHAJI

Makes 8 sandwiches

1 large white potato (10 ounces), diced
2 heaping cups frozen cauliflower florets
2 tablespoons olive oil
1/3 cup chopped red onion
1 small hot green pepper, seeded and minced
1 red bell pepper, cored and diced
2 cloves garlic, pressed
1 to 1½ teaspoons grated fresh ginger, to taste
¼ teaspoon turmeric
1 tablespoon pav bhaji masala
1 cup crushed tomatoes
½ cup cooked petite green peas
Salt, to taste
Non Dairy butter, for rolls
8 large soft rolls, cut in half and lightly toasted
½ cup chopped fresh cilantro



Place the potato and cauliflower florets in a large pot and cover with water. Bring to a boil over high heat and cook until tender, 10 to 15 minutes, then drain. Mash and set aside.

Heat the oil in a large skillet over medium-high heat, add the onion, green pepper, and bell pepper and cook until tender, about 5 minutes. Add the garlic, ginger, turmeric, and masala and cook for 1 minute longer. Add the tomatoes, peas, and salt to taste. Add the mashed potato and florets, stir well, cover with a lid, and simmer on low heat for 15 minutes, stirring occasionally. The mixture should be very thick but not dry, so if it gets dry before the cooking is done, add a little water or vegetable broth to moisten it just a bit.

To assemble the sandwiches, lightly butter both halves of the rolls. Scoop ½ cup pav bhaji on the bottom half. Sprinkle with 1 tablespoon chopped cilantro. Replace the top, or leave open-faced, and serve immediately.

KATI ROLLS

Makes 16 rolls

FOR CHAPATIS

2 cups whole wheat flour
2 cups all-purpose flour
2 teaspoons sugar
1½ teaspoons fine sea salt, to taste
Pepper, to taste
¼ cup olive oil
2 cups unsweetened non dairy milk, warmed, as needed
Nonstick cooking spray

FOR FILLING

2 tablespoons peanut oil
2 small potatoes, cut into small dice
½ cup chopped scallion
3 medium-size tomatoes, diced
1 cup cored, seeded, and diced red, yellow, or orange bell pepper
2 cloves garlic, pressed
1 to 2 teaspoons grated fresh ginger
1 teaspoon garam masala
½ teaspoon ground coriander
½ teaspoon ground cumin
¼ teaspoon turmeric
¼ to ½ teaspoon cayenne pepper, to taste (optional)
8 ounces super-firm tofu, cut into 1/3-inch cubes
¼ cup water
Salt and pepper, to taste
Chutney, for serving (optional)



To make The chapatis : Combine the flours, sugar, salt, and pepper in a large bowl. Add the oil and the milk, a little at a time for the latter, as needed. Knead until the dough is soft and smooth. Let rest for 15 minutes. Divide the dough into 16 portions, and roll them out thinly (like tortillas) on a lightly floured surface. Lightly coat a griddle with cooking spray, preheat to medium-high, and cook each chapati until brown spots form, about 1 to 2 minutes per side. Place each chapati on a plate, on top of each other, while cooking the rest. Set aside while preparing the filling.

To make the filling : Heat the oil in a large skillet over medium heat. Add the diced potatoes and cook until barely tender, about 8 minutes. Add the scallion, tomatoes, and bell pepper, and cook until just tender, about 4 minutes. Add the garlic, ginger, and all the spices and cook for 1 minute longer. Add the tofu cubes and let brown for about 6 minutes. Add the water, salt, and pepper and cook for about 4 minutes, or until the water has been absorbed.

To assemble The Kati rolls : Place one chapati on a plate, spread ¼ cup filling in a line down the center, and fold the chapati over the filling. Wrap the ends in foil for a less messy eating experience. Serve with the chutney.

BÁNH MÌ

Makes 4 sandwiches

FOR PICKLED VEGETABLES

3 tablespoons water
3 tablespoons white vinegar
2 tablespoons sugar
½ cup julienned carrot
½ cup julienned daikon radish
¼ cup julienned baby bok choy (white part only)
3 tablespoons minced scallion
1 teaspoon fresh lime juice
Salt, to taste

FOR SEITAN AND SANDWICHES

Nonstick cooking spray
12 ounces Moo-Free Seitan, cut into ¼-inch slices (see recipe)
3 tablespoons vegetable broth
1 teaspoon tamari
1 teaspoon seasoned rice vinegar
½ to 1 teaspoon sambal oelek or sriracha, to taste
½ teaspoon toasted sesame oil
1 tablespoon minced shallot
1 clove garlic, minced
½ teaspoon five-spice powder
Salt and pepper, to taste
¼ cup vegan mayonnaise
1 baguette, 24 inches long, cut lengthwise, some of the inside removed to hold the filling, and toasted
½ English cucumber, thinly sliced
½ jalapeño pepper, thinly sliced
Handful cilantro leaves

To make The pickled vegetables : Bring the water, vinegar, and sugar to a boil in a small saucepan. Remove from the heat. Combine the vegetables and liquid in a medium-size bowl. Stir. Add the lime juice and salt to taste. Refrigerate in an airtight container for 1 hour or longer.

To make the filling : Heat a grill pan over medium-high heat. Spray with nonstick spray. Grill the seitan slices for 4 minutes per side, or until marked. Combine the broth, tamari, vinegar, and sambal oelek in a small bowl. Place the seitan on a cutting board and cut into ½ -inch strips. Heat the oil in a large skillet over medium heat. Add the shallot, garlic, and five-spice powder. Cook, stirring, for 2 to 3 minutes, or until fragrant. Add the seitan strips and broth mixture. Cook, stirring, for 4 minutes, or until the liquid has been absorbed. Season to taste with salt and pepper.

To assemble The sandwiches : Spread 2 tablespoons of the mayonnaise on each side of the baguette. Layer with the seitan, cucumbers, jalapeños, and cilantro. With a slotted spoon, scoop the vegetables from the dressing and spread evenly on top. Replace the top of the baguette and cut into 4 pieces.

TORTA DE TOFU

Makes 4 sandwiches

FOR SAUCE

½ cup vegan mayonnaise
2 tablespoons mustard
1 tablespoon nutritional yeast

FOR MARINATED TOFU

1 chipotle pepper in adobo sauce, minced
2 cloves garlic, minced
1 tablespoon minced shallot
3 tablespoons dry red wine
¾ cup vegetable broth
1 tablespoon tamari
1 teaspoon blackstrap molasses
½ teaspoon ground cumin
½ teaspoon dried oregano
Generous pinch of fine sea salt
Generous pinch of black pepper
1 pound extra-firm tofu, drained, pressed, and cut into 8 pieces
2 teaspoons olive oil

FOR SANDWICHES

1 baguette, 18 inches long, sliced in half lengthwise, some of the inside removed, and toasted
¼ cup pickled jalapeño slices
4 thin slices red onion, cut into half-moons
1 green bell pepper, cored and cut into strips
1 avocado, pitted, peeled, and sliced

To make The sauce : Combine all the ingredients in a blender. Blend until smooth. Refrigerate in an airtight container until ready to use.

To make The marinated Tofu: Combine the chipotle, garlic, shallot, wine, broth, tamari, molasses, cumin, oregano, salt, and pepper in a 9 x 13-inch pan. Place the tofu in the marinade and turn to coat. Cover and refrigerate, turning occasionally, for at least 1 hour.

Preheat the oven to 425°F. Bake the tofu in the pan for 15 minutes. Turn the tofu over and bake for 10 minutes longer, or until all the marinade has been absorbed.

Turn the oven to broil. Brush the tops of the tofu with the olive oil and broil for 2 to 3 minutes, or until crisp.

To assemble The sandwiches : Spread the sauce evenly on the cut sides of the baguette. Place the tofu on the bread. Top evenly with the jalapeños, red onion, bell pepper, and avocado. Put the top on the baguette. Cut into 4 pieces and serve.

JIMWICH

Makes 4 sandwiches

FOR SEITAN

1 pound Moo-Free Seitan (see recipe), thinly sliced
½ cup dry red wine
½ teaspoon black pepper
½ teaspoon smoked salt

FOR BARBECUED ONIONS AND DRESSING

1 teaspoon olive oil
1¼ cups thinly sliced onion
3 tablespoons barbecue sauce, homemade (see recipe) or store-bought
⅓ cup vegan mayonnaise
1 tablespoon mustard
2 teaspoons hot sauce
2 teaspoons white wine vinegar

FOR FRIED PICKLES

1¼ cups dill pickles cut into ½-inch rounds and patted dry
6 tablespoons all-purpose flour, divided
Canola oil, for cooking
½ cup non dairy milk
½ teaspoon baking powder
¼ teaspoon smoked paprika

FOR SEITAN AND SANDWICHES

1 baguette, 20 inches long, halved lengthwise and some of the inside removed
2 cups shredded lettuce
1 large tomato, sliced

To make The seitan: Preheat the oven to 400°F. Combine the seitan, wine, pepper, and salt in a 9 x 13-inch pan. Bake for 10 minutes, or until the liquid has evaporated.

To make The onions : Heat the oil in a large skillet over medium heat. Add the onion and cook, stirring, for 10 minutes, or until softened. Stir in the sauce. Cook for 2 minutes longer. Set aside and keep warm.

To make The dressing : Mix all the ingredients together in a small bowl until smooth.

To make The pickles : Line a plate with paper towels. In a medium-size bowl, toss the pickles with 1 tablespoon of the flour. Pour ¼ inch oil into a large skillet and heat over medium-high heat. In a pie plate, stir together the milk, remaining 5 tablespoons flour, baking powder, and paprika. Working in batches, dip the floured pickles into the batter, then place in the skillet. Cook for 3 minutes, or until golden. Turn and cook the other side for 2 minutes. Transfer to the plate to drain.

To assemble The sandwiches : Spread the dressing evenly on both sides of the bread. Layer with the seitan, onions, pickles, lettuce, and tomato; replace the top of the bread. Cut into 4 pieces and serve.

MARINATED EGGPLANT SANDWICHES

Makes 4 sandwiches & about 40 slices eggplant

FOR MARINATED EGGPLANT

1 small (14 ounces) eggplant, cut in half widthwise, then cut lengthwise into ¼-inch thick slices
¼ cup olive oil, divided
2 tablespoons apple cider vinegar
2 teaspoons Cajun spice mix
2 teaspoons vegan Worcestershire sauce
½ teaspoon liquid smoke

FOR TOFU

¼ cup white balsamic vinegar
2 tablespoons olive oil
2 tablespoons nutritional yeast
1 teaspoon onion powder
2 cloves garlic, pressed
Salt and pepper, to taste
1 pound super-firm or extra-firm tofu, drained, pressed, and cut lengthwise into four ¼-inch steaks

FOR SANDWICHES

½ cup vegan mayonnaise
4 sub sandwich rolls or mini baguettes, 6 inches long, cut in half and lightly toasted
1 ⅓ cups shredded lettuce

To make The marinated eggplant: Preheat the broiler to 450°F. Place the eggplant on one or two large baking sheets. In a small bowl, combine 2 tablespoons of the olive oil with the vinegar and Cajun spice mix. Lightly brush this mixture on both sides of the eggplant slices. Broil for 4 minutes on each side, or until dark brown. In the meantime, in another small bowl, combine the remaining 2 tablespoons olive oil with the Worcestershire sauce and liquid smoke. Carefully remove the baking sheet from the oven. Brush both sides of the eggplant slices with the Worcestershire mixture and let them cool on a wire rack. Let stand for at least 30 minutes before serving, or even better, up to over-night. Store leftovers in an airtight container in the fridge for up to 4 days. To get the best out of the flavors, bring back to room temperature before serving.

To make The Tofu: Combine the vinegar, oil, nutritional yeast, onion powder, garlic, salt, and pepper in a large rectangular shallow dish. Add the tofu and turn to coat thoroughly; let marinate for 30 minutes. Decrease the oven temperature to 425°F. Bake the tofu for 30 minutes, flipping once half-way through. Note that the tofu will become chewier once cooled.

To assemble The sandwiches : Spread 1 tablespoon mayonnaise on each side of the roll. Place ⅓ cup shredded lettuce on top. Place 1 tofu slice on each sandwich and place 4 to 6 slices marinated eggplant on top. Serve immediately.

APRICOT FENNEL SANDWICHES

Makes 4 sandwiches & $\frac{3}{4}$ cup spread

FOR SPREAD

6 ounces drained firm silken tofu
2 tablespoons capers with brine
3 tablespoons olive oil
 $\frac{1}{2}$ teaspoon cayenne pepper, to taste
1 tablespoon fresh lemon juice
Zest of $\frac{1}{2}$ lemon
2 cloves garlic, grated
Pinch of salt, to taste

FOR FENNEL

1 tablespoon olive oil
1 bulb (10 ounces) fennel, trimmed and thinly sliced lengthwise
2 cloves garlic, minced
1 tablespoon minced shallot
1 tablespoon agave nectar
 $\frac{1}{4}$ teaspoon fine sea salt, to taste

FOR TEMPEH

1 tablespoon tamari
2 tablespoons all-fruit apricot jam
1 tablespoon fresh lemon juice
1 tablespoon olive oil
8 ounces tempeh, cut into $\frac{1}{2}$ -inch cubes
4 apricots, halved, pitted, and chopped

FOR SANDWICHES

8 fresh basil leaves, minced
4 crusty rolls, cut in half
Salt and pepper, to taste

To make The spread: Combine all the ingredients in a food processor. Process until smooth. Transfer to an airtight container and chill in the fridge for 1 hour.

To make The fennel : Heat the oil in a skillet over medium heat. Add the fennel and increase the heat to medium-high, then add the garlic, shallot, and agave and stir to combine. Cook for just about 5 minutes, stirring frequently. The fennel should remain crunchy and barely start to caramelize. Remove from the heat. Add the salt and stir to combine. Transfer to a bowl and use the same pan to prepare the tempeh.

To make The Tempeh: Whisk the tamari, jam, and lemon juice together in a small bowl. Set aside. Heat the oil in the skillet over medium-high heat. Add the tempeh cubes and cook, stirring often, until golden brown, about 4 minutes. Add the chopped apricots and reserved sauce and cook until the glaze coats the tempeh and the liquid has been absorbed, about 2 minutes.

To assemble The sandwiches : Stir the basil into the spread. Smear a generous $1\frac{1}{2}$ tablespoons spread on each half of the rolls. Top with $\frac{1}{3}$ cup packed fennel and a heaping $\frac{1}{3}$ cup tempeh. Sprinkle with extra salt and pepper, if desired. Replace the top half of the rolls and serve.

CHOW MEIN SANDWICHES

Makes 4 sandwiches

FOR PASTA

2 packages (4.4 oz) vegan chow mein noodles

1 tablespoon peanut oil

FOR VEGETABLES

1 tablespoon sesame or peanut oil

4 stalks center yellow part of celery heart, thinly sliced

1 green or red bell pepper, cored and cut into thin strips

½ cup thinly sliced (into half-moons) red onion

4 cloves garlic, minced

1 cup mung bean sprouts

FOR SAUCE

¾ cup pineapple juice

¼ cup tamari

2 tablespoons apple cider vinegar

¼ cup vegetable broth

1 to 2 teaspoons sriracha, to taste

2 tablespoons cornstarch

Salt, to taste

FOR SANDWICHES

4 burger buns, cut in half and lightly toasted

To make The pasta: Bring 8 cups water to a boil in a large pot, add the nests of pasta, and cook, following the package instructions, until just tender, usually about 4 minutes. Drain well and let cool completely before using. Reserve the pan for making the sauce. Once the pasta is completely cooled, heat the oil in a large skillet over medium heat and divide the cold pasta into 4 individual nests: they will be stiff and uncooperative. Fry the nests as single units until golden brown and crispy, about 10 minutes, flipping once halfway through and watching the heat so the pasta doesn't burn. Transfer to a wire rack.

To make The vegetables : Return the skillet to the stove, add the oil and heat over medium-high heat. Add the celery, bell pepper, onion, and garlic. Cook for 2 to 3 minutes, until the vegetables are crisp-tender. Stir in the mung bean sprouts and cook for 1 minute longer. Set aside.

To make The sauce : Return the medium-size saucepan to the stove and add the pineapple juice, tamari, vinegar, broth, and sriracha. In a separate small bowl, combine ¼ cup of this mixture with the cornstarch, stirring to dissolve. Set aside. Bring the pineapple juice mixture to a boil, lower the heat to medium-high, and cook for 2 minutes to meld the flavors. Add the cornstarch slurry to thicken the sauce, stirring constantly, and remove from the heat when the sauce is thick, 1 to 2 minutes. Pour the sauce over the vegetables and stir to combine. Season with salt, if needed.

To assemble The sandwiches : Place each pasta nest on the bottom half of each burger bun. Top with a generous amount of the vegetables and sauce. Top with the other half of the bun.



JAMAICAN DIP

Makes 4 sandwiches

FOR MARINATED CUTLETS

2¼ cups vegetable broth
2 dried habanero peppers
1 large jalapeño pepper, stemmed and seeded
¾ cup 1-inch pieces scallion
3-inch cinnamon stick
1½ teaspoons dried thyme
¼ cup fresh lemon juice
3 tablespoons fresh lime juice
3 tablespoons tamari
4 cloves garlic, sliced
1 bay leaf
¾-inch piece ginger, sliced
1½ tablespoons packed light brown sugar
1 teaspoon blackstrap molasses
4 No Cluck Cutlets (see recipe)

FOR RUB AND SANDWICHES

1 teaspoon dried thyme
1 teaspoon dried sage
½ teaspoon ground allspice
½ teaspoon black pepper
¼ teaspoon cayenne pepper
⅛ teaspoon ground cinnamon
⅛ teaspoon fine sea salt
Pinch of ground nutmeg
Nonstick cooking spray
4 hoagie buns, cut in half and some of the inside removed

To make The marinated cutlets: Combine the broth, peppers, scallion, cinnamon stick, thyme, lemon and lime juices, tamari, garlic, bay leaf, ginger, brown sugar, and molasses in a medium saucepan and bring to a boil over high heat. Decrease the heat to low and simmer for 20 minutes. Drain through a mesh strainer into a 9 x 13-inch pan. Add the cutlets, turning to coat. Marinate in the refrigerator for 1 hour or longer. Drain the cutlets, reserving the marinade.

To make The rub : Combine all the ingredients on a plate. Rub into both sides of the marinated cutlets.

To assemble The sandwiches : Heat the reserved marinade in a small saucepan. Keep warm. Heat a grill pan over medium-high heat. Coat with nonstick spray. Grill the cutlets for 5 minutes, or until marked on one side. Turn and cook the other side for 4 minutes, or until marked. Transfer to a cutting board and cut into strips. Place the strips on the buns. Top each with ¼ cup salsa. Remove the cinnamon stick, ginger, and bay leaf from the reserved marinade and serve on the side for dipping.

To make salsa: In a small bowl, mix together ¼ cup minced scallion, 1 kiwi, peeled and diced, ¼ cup diced pineapple, 1 teaspoon minced fresh thyme, 1 teaspoon seasoned rice vinegar, pinch of black pepper, and ¼ cup diced cucumber. Spoon on top of the seitan strips.

SALVADORIAN SEITAN AND BEAN SANDWICHES

Makes 4 sandwiches

FOR MARINATED SEITAN

3 tablespoons rum or vegetable broth
2 tablespoons fresh lime juice
2 tablespoons fresh orange juice
2 teaspoons tamari
1 tablespoon ketchup
1 tablespoon minced red onion
1 clove garlic, minced
2 teaspoons ground cumin
1 teaspoon ground coriander
½ teaspoon red pepper flakes
12 ounces Moo-Free Seitan (see recipe), cut into ¼-inch slices
Nonstick cooking spray

FOR SANDWICHES

2 teaspoons olive oil
¼ cup minced red onion
1 teaspoon ground cumin
2 cloves garlic, minced
1 can (15 ounces) black beans, drained and rinsed
3 tablespoons reserved marinade
Salt and pepper, to taste
4 kaiser or other rolls, cut in half and toasted
¼ cup vegan mayonnaise

To make The marinated Seitan: Blend the rum, lime and orange juices, tamari, ketchup, onion, garlic, cumin, coriander, and red pepper flakes in a blender until smooth. Pour into a 9 x 13-inch pan. Add the seitan slices. Cover and marinate in the refrigerator for 1 hour or longer. When ready to prepare the sandwiches, heat a grill pan over medium-high heat. Drain the seitan, reserving the marinade. Set aside 3 tablespoons marinade in a small bowl. Spray the grill with nonstick spray. Grill the seitan, basting with the rest of the marinade, for 5 minutes, or until marked. Turn and cook the other side for 3 minutes, or until marked.

To assemble The Sandwiches: Heat the oil in a large skillet over medium heat. Add the onion, cumin, and garlic. Cook for 2 to 3 minutes, or until fragrant. Add the beans and re-served 3 tablespoons marinade. Increase the heat to high and cook for 3 minutes, stirring often. Smash the beans with a fork until you have the consistency of refried beans. Taste and adjust the seasonings with salt and pepper. Divide the beans among the bottoms of the buns. Layer with the seitan. Spread 1 tablespoon mayonnaise on the top of each bun. Place on the sandwich and serve.

CHAZWICH

Makes 4 sandwiches & almost 1 cup spread

FOR SPICY SPREAD

6 ounces drained firm silken tofu
2 tablespoons olive oil
1 tablespoon fresh lime juice
½ teaspoon fine sea salt, to taste
Black pepper, to taste
¼ to ½ teaspoon cayenne pepper, to taste
½ teaspoon onion powder

FOR SANDWICHES

1 ½ teaspoons olive oil
1 ½ teaspoons apple cider vinegar
Salt and pepper, to taste
5 ounces zucchini (about 1 medium), trimmed and cut lengthwise into ¼-inch slices
Four 4 x 3-inch panini rolls, lightly toasted and rubbed with a garlic clove
8 small heart of romaine lettuce leaves
4 roasted red bell pepper halves, thoroughly drained and lightly squeezed to remove extra moisture
4 marinated artichoke hearts, thoroughly drained and lightly squeezed to remove extra moisture



To make The spread: Combine all the ingredients in a food processor and process until smooth, scraping the sides with a rubber spatula as needed. Store in an airtight container in the fridge for up to 1 week.

To assemble The sandwiches : Combine the olive oil, vinegar, salt, and pepper in a medium-size bowl. Brush the zucchini slices with the dressing. Place the zucchini on a hot grill or grill pan and cook for about 4 minutes per side, until grill marks appear and the slices are tender.

Smear a heaping tablespoon spread on each half of the rolls. Divide the zucchini slices equally among the sandwiches, then top each with 2 lettuce leaves, 1 bell pepper half, and 1 artichoke heart. Replace the top halves of the rolls and serve.

ETHIOPIAN WRAPS

Makes 4 wraps

FOR POTATO SALAD

1 package (1 pound) frozen hash browns, prepared
2 tablespoons fresh lemon juice
1/2 teaspoon minced fresh mint
Salt and pepper, to taste

FOR STEW AND WRAPS

1 can (15 ounces) chickpeas, drained and rinsed
1 teaspoon olive oil
1/2 teaspoon paprika
1 tablespoon non dairy butter
1/2 cup minced red onion
1/2 to 1 teaspoon berbere spice, to taste
1 cup chopped green cabbage
1/4 cup minced carrot
1 1/2 teaspoons grated ginger
3 cloves garlic, minced
1/3 cup dry red wine, or more if needed
2 tablespoons tomato paste
Salt and pepper, to taste
Four 10-inch flour tortillas

FOR TOMATO SALAD

1 large tomato, seeded and chopped
1/2 cup diced cucumber
3 tablespoons minced red onion
1 tablespoon minced jalapeño pepper
2 teaspoons seasoned rice vinegar
Salt and pepper, to taste

To make The potato salad: Crumble the cooked hash browns into a medium-size bowl. Add the lemon juice, mint, salt, and pepper. Gently mix. Cover and chill in the refrigerator while you make the stew.

To make The stew: Preheat the oven to 400°F. In a 9 x 13-inch pan, combine the chickpeas, oil, and paprika. Stir to coat. Bake for 12 to 14 minutes, or until the chickpeas start to look dry. Remove from the oven and set aside.

Melt the butter in a large skillet over medium heat. Add the onion and cook for 5 minutes. Add the chickpeas, berbere spice, cabbage, carrot, ginger, garlic, wine, and tomato paste. Simmer for 5 minutes, adding 1 tablespoon more wine if needed to keep moist. The mixture should be thick but not dry. Season to taste with salt and pepper.

To make The Tomato salad: Combine all the ingredients in a small bowl.

To assemble The wraps : Spread 1/2 cup potato salad in the center of each wrap. Top with 1/2 cup chickpea stew and a heaping 1/4 cup tomato salad. Fold the ends in, roll up, serve.

SCRAMBLED BURRITOS

Makes 8 burritos

1½ cups coconut milk or unsweetened plain non dairy milk
2½ cups canned diced tomatoes, undrained
½ cup nutritional yeast
¼ cup chopped fresh parsley
¼ cup chopped fresh cilantro
1 teaspoon smoked sea salt, to taste
½ teaspoon ground black pepper, to taste
1 teaspoon smoked paprika
1 teaspoon dried basil
1 tablespoon olive oil
¾ cup chopped scallion
8 ounces tempeh, cut into ½-inch cubes
1 can (15 ounces) cannellini or black beans, drained and rinsed
2 tablespoons tomato paste
4 to 6 cloves garlic, minced, to taste
2 to 4 tablespoons corn flour, as needed
Eight 9-inch flour tortillas
Nonstick cooking spray
Hot sauce, for serving (optional)

Combine the milk, tomatoes, nutritional yeast, parsley, cilantro, salt, pepper, paprika, and basil in a large bowl. Set aside.

Heat the oil in a large skillet, add the scallion and tempeh cubes, and sauté over medium-high heat for about 6 minutes, stirring often, until the tempeh is golden brown. Add a little salt if desired and the beans, tomato paste, and garlic, and cook for 1 minute longer. Add the milk mixture and simmer for 10 minutes, or until thickened. Sprinkle 2 tablespoons of the corn flour on top and stir it in, cooking to thicken.

Add the remaining 1 to 2 tablespoons corn flour if the sauce is still too soupy: you want it to be thick enough to fit in a flour tortilla without making it soggy, but the tempeh preparation should not be too dry either.

Spread ½ cup tempeh filling in the bottom center of the tortilla. Fold the bottom and sides of the tortilla over the filling, leaving the top open; it is easier than slicing the burritos in half later and it allows you to be a little more generous with the filling, which will be thick enough not to escape as the burrito is cooked.

Heat a large skillet over medium-low heat. Move it away from the stove once it's warm, carefully coat it with spray, and cook the burritos, seam side down, until golden brown and crispy and the filling is heated through, about 5 minutes on each side. Drizzle with the hot sauce upon serving.

TASTE OF TUSCANY

Makes 4 sandwiches

FOR ROASTED TOMATOES

8 Roma tomatoes, quartered and seeded
1 tablespoon olive oil
1 teaspoon dried Italian seasoning blend
3 large cloves garlic, thickly sliced
Generous pinches of salt and pepper

FOR SPREAD

¼ cup plus 2 tablespoons vegan mayonnaise
Reserved roasted garlic from tomatoes (above)
2 tablespoons minced kalamata olives
2 tablespoons minced green olives
2 teaspoons drained capers
Black pepper, to taste

FOR SANDWICHES

¼ cup non dairy butter, softened
¾ teaspoon garlic salt
8 slices Italian bread
1 cup baby spinach
1 green bell pepper, cored and cut into thin strips
4 thin slices red onion, separated into rings
Handful fresh basil leaves



To make The roasted Tomatoes : Preheat the oven to 450°F. Combine all the ingredients on a large rimmed baking sheet. Roast for 15 minutes, or until the tomatoes have a few charred spots. Remove from the oven, let cool, and slip off the tomato skins.

To make The spread: Combine the mayonnaise and the garlic in a small blender. Blend until smooth. Stir in the remaining ingredients.

To assemble The sandwiches : Preheat a panini press fitted with smooth plates on high. Mix the butter and garlic salt together in a small bowl. Spread the outside of the bread slices with the garlic butter. Divide the mayonnaise spread evenly on the inside of the slices. Layer on the spinach, roasted tomatoes, bell pepper, onion, and basil leaves and top with the remaining bread slices, buttered sides out. Grill with the press open for 2 to 3 minutes, or until golden. Turn and cook the other side for 2 to 3 minutes. Cut in half on the diagonal and serve.

APPLE TEMPEH TRIANGLE DIPPERS

Makes 15 triangles, or 4 servings

FOR TRIANGLES

Nonstick cooking spray

1 cup peeled, cored, and diced crisp apple

$\frac{3}{4}$ cup cooked, diced tempeh bacon, homemade (see recipe) or store-bought

$\frac{1}{4}$ cup pomegranate seeds

1 tablespoon fresh lemon juice

Pinch of ground cinnamon

All-purpose flour, for dusting

2 sheets vegan puff pastry, thawed as per directions

FOR POMEGRANATE-MAPLE DIPPING SAUCE

$\frac{3}{4}$ cup pomegranate juice, divided

2 tablespoons pure maple syrup

1 tablespoon fresh lemon juice

1 tablespoon cornstarch



To make The Triangles : Preheat the oven to 400°F. Lightly spray two baking sheets with nonstick spray. In a medium-size bowl, combine the apple, tempeh, pomegranate seeds, lemon juice, and cinnamon.

On a lightly floured surface, roll 1 pastry sheet into a 12 x 12-inch square. Cut into 4 equal squares, then cut the squares on the diagonal to form 8 triangles. Repeat with the remaining sheet puff pastry. Place 1 tablespoon filling in each triangle. Be sure to get apple, seeds, and tempeh in each for a balance of flavor and texture. Fold the triangles closed, pressing the seams with your fingers. Repeat with the remaining triangles and filling. Place on the baking sheets and bake for 15 minutes, or until golden. While they are baking, make the sauce. To enjoy later, place the cooked triangles on a wire rack to cool.

To make The sauce : Heat $\frac{1}{2}$ cup of the juice, the maple syrup, and the lemon juice in a small saucepan over medium-high heat. In a small bowl, whisk together the remaining $\frac{1}{4}$ cup juice and the cornstarch. When the mixture is boiling, add the cornstarch slurry and whisk constantly until the sauce thickens, 3 to 4 minutes. It should be a syrupy consistency. Remove from the heat and divide among 4 bowls for serving. To enjoy later, store the sauce in an airtight container.

GREEN MONSTER IN THE GARDEN

Makes 4 sandwiches & 4 cups salad

½ cup dry white wine or vegetable broth
1 tablespoon nutritional yeast
½ teaspoon lemon pepper
½ teaspoon onion powder
½ teaspoon fine sea salt
¼ teaspoon dried thyme
1 pound extra-firm tofu, drained, pressed, and cut into ¼-inch cubes
1 tablespoon olive oil
1 cup chopped green cabbage
½ cup minced onion
¼ cup minced green bell pepper
¼ cup minced carrot
¼ cup minced radish
¼ cup minced celery
¼ cup minced dill pickles
2 tablespoons minced fresh parsley
½ cup vegan mayonnaise
1 tablespoon mustard
1 tablespoon apple cider vinegar
Fine sea salt and pepper, to taste
3 tablespoons non dairy butter
8 slices Green Monster Bread (see recipe) or sandwich bread of choice
1 large tomato, sliced

In a small bowl, mix together the wine, nutritional yeast, lemon pepper, onion powder, salt, and thyme. Heat a large skillet over medium heat. Add the tofu and the wine mixture. Cook, stirring, until the liquid has been absorbed, about 12 minutes. Add the oil and continue to cook until the tofu is golden, about 4 minutes longer. Remove from the skillet, transfer to a medium-size bowl, and let cool.

Add the cabbage, onion, bell pepper, carrot, radish, celery, pickles, parsley, mayonnaise, mustard, and vinegar to the tofu. Stir to combine. Season to taste with salt and pepper. Refrigerate in an airtight container until ready to use. You will have some salad leftover; save for another use.

Preheat a panini press fitted with the smooth plates on high. Spread butter on one side of each bread slice. Place ¾ cup salad on the unbuttered sides of 4 slices of bread. Top with the tomato slices and the second slices of bread with the buttered sides out. Grill the sandwiches with the press open for 3 minutes, or until golden brown. Turn and grill the other side for 3 minutes, or until golden. Cut in half and serve.

MEDITERRANEAN TEMPEH SANDWICHES

Makes 4 sandwiches

FOR TEMPEH SALAD

8 ounces tempeh
½ teaspoon onion powder
¼ teaspoon black pepper
¼ teaspoon garlic powder
¼ teaspoon turmeric
1 tablespoon canola oil
¼ cup minced onion
¼ cup minced green bell pepper
2 tablespoons minced sun-dried tomatoes (moist vacuum-packed, not oil-packed)
1 artichoke heart, patted dry and minced
1 tablespoon minced celery
1 tablespoon minced black olive
1 tablespoon minced pepperoncini
1 tablespoon minced fresh basil
1 tablespoon minced fresh parsley
⅓ cup vegan mayonnaise
2 teaspoons fresh lemon juice
2 teaspoons white wine vinegar
1 clove garlic, minced

FOR SANDWICHES

2 tablespoons non dairy butter
8 slices Green Monster Bread (see recipe) or other sandwich bread
1 cup baby spinach

To make The Tempeh salad: Fill a large skillet three-quarters of the way with water. Bring to a boil over high heat. Place the tempeh in the water, reduce the heat to a simmer, and cook for 20 minutes. In a medium-size bowl, combine the onion powder, pepper, garlic powder, and turmeric. Drain the tempeh and cut into 1/4-inch cubes. While still warm, coat the tempeh with the spice mixture. Heat the oil in a large skillet over medium-high heat. Add the tempeh and cook for 5 minutes, stirring, until golden.

Put the tempeh back into the spice mix. Add the onion, bell pepper, sun-dried tomatoes, artichoke heart, celery, olive, pepperoncini, basil, and parsley. Stir to combine. Add the mayonnaise, lemon juice, vinegar, and garlic. Stir well and adjust the seasonings. Refrigerate in an airtight container until ready to use.

To assemble The sandwiches : Preheat a panini press on high. Butter one side of each bread slice. Place 1/4 cup spinach on 4 of the unbuttered slices. Top with 3/4 cup tempeh salad and another slice of bread with the buttered side out. Place in the press, close the press, and grill for 8 to 10 minutes, or until golden. Cut in half on the diagonal and serve.

Sweet Dessert Sandwiches

SESAME BERRY ICE CREAM SANDWICHES

Makes 6 ice cream sandwiches & 1 quart ice cream

FOR ICE CREAM

1 cup full-fat coconut milk
8 ounces drained firm silken tofu
 $\frac{3}{4}$ cup agave nectar
1 heaping cup frozen raspberries, thawed
1 tablespoon rose water
1 teaspoon pure vanilla extract

FOR COOKIES

$\frac{3}{4}$ cup tahini
 $\frac{1}{3}$ cup agave nectar
 $\frac{1}{2}$ cup packed light brown sugar
2 teaspoons pure vanilla extract
1 cup all-purpose flour
3 tablespoons sesame seeds
 $\frac{1}{4}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon fine sea salt
Unsweetened plain non dairy milk, as needed



To make The ice cream: Freeze the tub of your ice cream maker for at least 24 hours. Place all the ingredients in a blender and blend until perfectly smooth. Transfer to the frozen tub. Following the manufacturer's instructions, prepare the ice cream until it is firm. Place in the freezer until ready to use, to firm up even more.

To make The cookies : Preheat the oven to 325°F. Line 2 cookie sheets with silicone baking mats or parchment paper.

In a large bowl, combine the tahini, agave nectar, sugar, and vanilla. Combine the flour, sesame seeds, baking powder, and salt in another bowl. Add on top of the wet ingredients, and stir until combined. The texture of the dough will vary depending on the thickness of the tahini, so if it is too dry, add just enough nondairy milk for the dough to be manageable and not crumbly. Scoop out 2 tablespoons dough per cookie and flatten slightly. Repeat to make 12 cookies. The cookies won't spread too much, but there won't be enough room for all of them on a single sheet. Place 6 cookies per sheet. Bake for 12 to 14 minutes, or until golden brown. Let cool on the sheet for a couple of minutes before transferring to a wire rack to cool completely. Place the cookies in the freezer for 1 hour before sandwiching with the ice cream.

To assemble The sandwiches : Let the ice cream sit at room temperature for about 15 minutes to soften. Place about 2 tablespoons ice cream between 2 cookies and squeeze lightly to spread the ice cream to the edges. Wrap tightly in plastic and place the sandwiches on a plate. Place in the freezer for 30 minutes so the ice cream can firm up again before enjoying.

FRUIT ROLL-UPS

Makes 4 roll-ups

FOR SPREAD

- ¼ cup unsweetened creamy peanut butter
- Pinch of salt, if the peanut butter is unsalted
- ¼ cup pumpkin purée (not pie filling)
- ½ teaspoon ground cinnamon or pumpkin pie spice
- ½ teaspoon pure vanilla extract
- 2 tablespoons pure maple syrup or agave nectar

FOR ROLL-UPS

- Four 8-inch flour tortillas
- ¼ cup packed raisins, dried cherries, or dried cranberries
- 2 firm ripe bananas, peeled and cut in half lengthwise
- 1 recipe vanilla dipping sauce (see recipe) or
- 2 containers (6 ounces each) vanilla-flavored non dairy yogurt (optional)

To make The spread: Combine all the ingredients in a medium-size bowl.

To assemble The roll-ups : Smear 2 generous tablespoons spread in the center of each tortilla, leaving a 1-inch margin all around. Sprinkle 1 tablespoon raisins in a line on the right side of the tortilla (place them on the spread so that it acts like glue) and place ½ banana on top. Roll the tortillas up into a tight cigar, and dip into the sauce.

CHOCOLATE ALMOND GELATO–FILLED MINI BRIOCHES

Makes 8 mini brioches, 1 pint gelato

FOR GELATO

1 $\frac{1}{3}$ cups unsweetened almond milk, divided
 $\frac{1}{3}$ to $\frac{1}{2}$ cup sugar, to taste
 $\frac{1}{4}$ cup unsweetened cocoa powder
 $\frac{1}{4}$ cup toasted almond butter
1 teaspoon pure vanilla extract
Generous $\frac{1}{4}$ teaspoon pure almond extract (optional)
Pinch of fine sea salt

FOR BRIOCHES

Nonstick cooking spray
1 recipe brioche dough (see recipe), prepared to after refrigeration
Vegan chocolate syrup, for serving (optional)

To make The gelato: Freeze the tub of your ice cream maker for at least 24 hours. Combine all the ingredients in a blender, blending until perfectly smooth. Following the manufacturer's instructions, prepare the ice cream until it is firm. You might have to place it in the freezer for a couple of hours, to get a firmer texture.

To make The brioches : Lightly coat eight 3 $\frac{1}{2}$ -inch mini brioche pans with nonstick spray. Divide the dough into 8 portions, shape each into a round, and place in the pans. Slightly moisten your hands and smooth the tops, if needed. Loosely cover with plastic wrap and let rise for 1 to 1 $\frac{1}{2}$ hours, until doubled.

Preheat the oven to 400°F. Carefully remove the plastic wrap and bake the mini brioches for 10 minutes. Lower the temperature to 350°F and bake the brioches for 6 minutes longer, or until their tops are a deep golden brown color. Carefully remove them from the pans and transfer to a wire rack to cool.

To assemble The brioches : Let the ice cream sit at room temperature for about 15 minutes to soften. Using a sharp knife, dig a cone out of the top of each brioche, large enough to fit a small scoop of gelato. Cut out the pointy end of the brioche cone so that the top hat is flat. Place a small scoop of gelato inside, and top with the brioche hat. Drizzle with the chocolate syrup and serve immediately.

MANGO BUTTER & GINGER WHOOPIE PIES

Makes 8 whoopie pies

FOR MANGO BUTTER

2 cups frozen mango chunks
2 tablespoons water
1 tablespoon fresh lemon juice
¼ cup packed light brown sugar

FOR COOKIES

⅓ cup non dairy butter, at room temperature
¾ cup packed light brown sugar
¾ cup Mango Butter
2 tablespoons cornstarch
1½ teaspoons ground ginger
½ teaspoon fine sea salt
2¼ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda

FOR FROSTING

2 tablespoons vegan shortening
2 tablespoons non dairy butter
¼ teaspoon ground ginger
1½ cups powdered sugar, sifted
1 tablespoon non dairy milk
½ teaspoon pure vanilla extract



To make The mango butter: Combine all ingredients in a medium-size saucepan. Bring to a boil, then lower the heat to medium and cook for 8 minutes, until the mango is tender enough to mash. Transfer to a blender (use caution when blending hot foods!) and blend until perfectly smooth. Let cool completely.

To make The cookies : With an electric mixer, beat the butter and sugar until fluffy. Add the mango butter, cornstarch, ginger, and salt and beat until combined. Sift and combine the flour, baking powder, and baking soda in another bowl. Add on top of the wet ingredients, and beat until just combined. The dough should be fluffy, but thick enough to be held in your hand. Preheat the oven to 350°F. Line two baking sheets with parchment paper. Scoop out 2 tablespoons dough per cookie. Roll it between your hands and flatten slightly. Place 2 inches apart on the cookie sheets. Repeat to make 16 cookies. Bake for 12 minutes, or until set. Cool on a wire rack.

To make The frosting: Cream the shortening and butter with an electric mixer until smooth. Add the ginger and sugar. Mix on low speed, then beat until combined. Add the milk and vanilla. Mix on low speed until combined, then beat on medium speed for 2 minutes until fluffy, occasionally stopping to scrape the sides of the bowl with a rubber spatula.

To assemble The whoopie pies : Spread 1 generous tablespoon frosting on the bottom of one cookie and top with another cookie, pressing down gently to spread the frosting.

BANANAS FOSTER CAKE SANDWICHES

Makes 8 sandwiches, 12 oz ice cream, $\frac{3}{4}$ cup caramel

FOR ICE CREAM

1 recipe vanilla dipping sauce (see recipe)

FOR CAKES

Nonstick cooking spray

1 heaping cup mashed ripe bananas

Scant $\frac{2}{3}$ cup granulated sugar

$\frac{1}{3}$ cup light olive oil

1 tablespoon arrowroot powder

1 teaspoon pure vanilla extract

$1\frac{1}{2}$ cups all-purpose flour

2 teaspoons baking powder

$\frac{1}{2}$ teaspoon fine sea salt

FOR CARAMEL

2 tablespoons non dairy butter

$\frac{1}{2}$ cup packed brown sugar

Pinch of fine sea salt

1 tablespoon dark rum

$\frac{1}{4}$ cup plus 1 tablespoon unsweetened plain non dairy creamer, divided

2 teaspoons cornstarch



To make The ice cream: Freeze the tub of your ice cream maker for at least 24 hours. Place the vanilla sauce in the fro-zen tub. Following the manufacturer's instructions, prepare the ice cream until it is firm. Place ice cream in the freezer while preparing the cakes and caramel.

To make The cakes : Preheat the oven to 350°F. Lightly coat two 5 $\frac{3}{4}$ x 3-inch loaf pans with spray.

Combine the bananas, sugar, oil, arrowroot, and vanilla in a large bowl. Sift and combine the flour, baking powder, and salt in another bowl. Add on top of the wet ingredients, and stir until just combined. Divide between the prepared pans. Bake for 35 minutes, or until a toothpick inserted into the middle comes out clean. Carefully remove the loaves from the pans and let cool completely on a wire rack.

To make The caramel : Combine the butter, sugar, salt, rum, and $\frac{1}{4}$ cup creamer in a medium-size saucepan and cook over medium-high heat until the sugar dissolves, about 3 minutes. Combine the remaining 1 tablespoon creamer with the cornstarch, stirring to form a paste. Add the paste to the syrup and cook just until slightly thickened, about 1 minute. Remove from the heat and keep warm.

When ready to assemble, let the ice cream sit at room temperature for about 15 minutes to soften. Cut both mini loaves into 8 slices. Place a mini-scoop (about 3 tablespoons) ice cream on top. Drizzle warm caramel sauce over all. Top with another slice of cake. If you prefer, serve open-faced and double the ice cream and caramel fun.

GINGER CREAM CRÊPES WITH PEARS

Makes 4 crepe wraps, 1 pint ice cream

FOR ICE CREAM

1¼ cups unsweetened plain non dairy yogurt
¾ cup non dairy cream cheese
⅓ cup sugar
1 tablespoon ground ginger, to taste

FOR PEARS

2 tablespoons thawed apple juice concentrate
2 large firm pears, cored and diced
2 tablespoons packed light brown sugar

FOR CRÊPES

2 tablespoons non dairy butter, melted
1½ tablespoons cornstarch
1 cup unsweetened plain non dairy milk
1 teaspoon pure vanilla extract
Pinch of fine sea salt
2 tablespoons sugar
½ cup all-purpose flour
1 tablespoon chickpea flour
Nonstick cooking spray

To make The ice cream: Freeze the tub of your ice cream maker for at least 24 hours. Blend the yogurt, cream cheese, sugar, and ginger in a food processor, stopping to scrape the sides occasionally, until perfectly smooth. Transfer to the frozen tub. Following the manufacturer's instructions, prepare the ice cream until it is firm. Place ice cream in the freezer while preparing the rest of the recipe.

To make The pears : Combine the juice and pears in a small saucepan over medium heat. Cook for 4 minutes, or until the pears are just tender but not mushy. Add the sugar and cook until dissolved and caramelized, about 2 minutes. Set aside.

To make The crêpes : In a large bowl, whisk the melted butter with the cornstarch until dissolved. Add the milk, vanilla, salt, and sugar. Sift the flours on top, and whisk until completely smooth.

Heat a 10-inch nonstick skillet over medium-high heat, move it away from the stove once it's warm, and carefully coat it with spray. Place it back on the stove and add ⅓ cup batter, tilting the pan so that the batter thins out and covers about 7 inches of the pan. Cook until the edges and surface are light golden brown, 3 to 5 minutes. Flip and cook for 1 to 3 minutes longer, until light golden brown. Transfer to a plate. Repeat with the remaining batter to make 3 more crêpes.

PEANUT BUTTER BROWNIE SANDWICHES

Makes 7 sandwiches

FOR BROWNIES

2/3 cup non dairy butter
1 cup packed brown sugar
2 teaspoons pure vanilla extract
1/4 cup plain or vanilla-flavored non dairy yogurt
1 1/2 cups all-purpose flour
1/2 cup unsweetened cocoa powder
1/2 teaspoon baking powder
1/2 teaspoon fine sea salt

FOR FROSTING

1/2 cup creamy salted unsweetened peanut butter
3 tablespoons vegan shortening
1/3 cup powdered sugar, sifted
1/2 teaspoon pure vanilla extract

To make The brownies: Preheat the oven to 350°F. Line two baking sheets with parchment paper or silicone baking mats. Using an electric mixer, cream the butter, sugar, vanilla, and yogurt until smooth. Sift and combine the flour, cocoa, baking powder, and salt in another bowl. Add them on top of the wet ingredients and beat until just combined. The batter will be soft and almost cakelike. Scoop 2 tablespoons dough per cookie onto the baking sheet, leaving approximately 2 inches between cookies. Flatten the cookies slightly. Repeat to make 14 cookies. Bake for 14 to 16 minutes (the cookies should look dry on the surface) and remove from the oven. Carefully transfer the cookies to a cooling rack. Let cool completely before assembling.

To make The frosting: Using an electric mixer, cream the peanut butter and shortening until smooth. Add the powdered sugar and vanilla, and beat until fluffy.

To assemble The sandwiches: Spread 1 tablespoon peanut butter frosting on the bottom of a brownie. Top with the bottom of another brownie. Repeat with the remaining brownies and frosting.

OREO WAFFLEWICHES

Makes 3 or 6 wafflewiches

For waffles

1 cup plain, vanilla, or chocolate soymilk
1/3 cup sugar
1/4 cup non dairy butter, melted
1/4 teaspoon fine sea salt
1 teaspoon pure vanilla extract
1 cup all-purpose flour
1/4 cup dutch-processed cocoa powder
1 teaspoon baking powder
1 1/2 tablespoons cornstarch
nonstick cooking spray

For Frosting

2 tablespoons vegan shortening
2 tablespoons non dairy butter
1 1/2 cups powdered sugar, sifted
1 tablespoon non dairy milk
1/2 teaspoon pure vanilla extract

For serving

Vegan chocolate syrup (optional)



To make The waffles: Combine the milk, sugar, melted butter, salt, and vanilla in a large bowl. Combine the flour, cocoa, baking powder, and cornstarch in another bowl. Add on top of the wet ingredients and whisk to combine and eliminate lumps, being careful not to overmix. Cook the waffles according to the waffle iron instructions using nonstick cooking spray. The waffles are ready when they look dry on the surface, which should take approximately 6 minutes. You should get 1 1/2 Belgian-size waffles, or 2 to 3 standard size waffles. To get the crispness that Oreo cookies are known for, you will need to toast the waffles in a toaster oven before serving. Be sure to let them cool on a wire rack for about 20 minutes before adding the frosting.

To make The frosting: Cream the shortening and butter with an electric mixer until smooth. Slowly add the sugar. Mix on low speed, then beat until combined. Add the milk and vanilla and beat on low speed until combined, then beat on medium speed for 2 minutes until fluffy, occasionally stopping to scrape the sides of the bowl with a rubber spatula.

To assemble The wafflewiches: Break the waffles into quarters. Divide the frosting equally between half of the quarters, or adjust the amount to your personal taste. Top with the remaining waffle quarters. Drizzle the chocolate syrup on top before serving.

Staples

CINNAMON SWIRL BREAD

Makes 1 loaf

For dough

3 cups all-purpose flour, plus more if needed
1/4 cup vital wheat gluten
1/4 cup packed light brown sugar
1 teaspoon fine sea salt
1 cup almond milk, lukewarm
2 tablespoons canola oil
2 teaspoons instant yeast
1/2 teaspoon canola oil
nonstick cooking spray

For Filling

1 tablespoon arrowroot powder
1 tablespoon warm water
1/4 cup packed light brown sugar
1 tablespoon ground cinnamon



To make The dough: In a large mixing bowl, combine the flour, gluten, sugar, and salt. Add the milk and oil and stir to combine. Add the yeast. Using a stand mixer fitted with a dough hook, mix until a dough forms. Add extra flour, 1 tablespoon at a time, if needed. Mix for about 6 minutes.

Alternatively, if you don't have a stand mixer, transfer the dough to a lightly floured surface and knead for 8 to 10 minutes, until the dough is smooth and pliable. Lightly oil a large bowl and place the dough in it. Turn to coat. Cover tightly with plastic wrap and let rise for 60 to 90 minutes, until doubled. Lightly coat an 8 x 4-inch loaf pan with spray.

To make the filling: Combine all the ingredients in a small bowl. Note that if the filling is too thick to be spread, you can add just a little extra warm water to it. Don't add too much: it should be thick and spreadable, but not pourable. Gently punch down the dough. Roll it out into an 8 x 18-inch rectangle with a rolling pin. Carefully spread the filling all over in a thin layer, leaving less than 1 inch around the edges. Tightly roll the dough starting at the short side and place it, seam side down, into the greased pan. Loosely cover with plastic wrap and let rise until the dough only slightly peaks over the top of the pan, between 30 and 60 minutes. Preheat the oven to 350°F. Place a sheet of foil under the pan just in case the filling should escape, and bake for 30 minutes, or until golden brown and the bottom of the bread sounds hollow when tapped. Remove from the pan and let cool completely before slicing.

BRIOCHE

Makes 1 loaf

1 tablespoon cornstarch
1/2 cup water, divided
1/2 cup full-fat coconut milk, at room temperature
3 tablespoons sugar
1/2 teaspoon fine sea salt
2 cups all-purpose flour
1 tablespoon instant yeast
1/4 cup cold non dairy butter, cut into small pieces
nonstick cooking spray

Combine the cornstarch and 2 tablespoons of the water in a deep microwave-safe bowl and stir to dissolve the starch. Add the remaining 6 tablespoons water, stir well, and cook for 1 minute, or until the mixture is slightly gelatinous, thickened, and cloudy. Alternatively, do this on the stove in a small saucepan, until the same results are achieved, 1 to 2 minutes. Let cool completely before using.

Whisk the cornstarch mixture, milk, sugar, and salt in the bowl of a stand mixer fitted with a dough hook. Add the flour and yeast on top. Mix on medium speed for 2 minutes, starting the countdown and raising the speed to medium-high once the ingredients are beginning to combine.

Slowly add the butter while the mixer is on. Once all the butter is in, mix on medium-high speed for 4 minutes, stopping to push the butter down with a spatula if it sticks to the sides of the bowl. Do not add extra flour; it's normal for the dough to look like batter. Gather it in the center of the bowl with a rubber spatula, tightly cover the bowl with plastic wrap, and let stand for 45 minutes. This time mostly serves to ensure adequate moisture.

Use a rubber spatula to gently deflate the dough, and gather it in the center of the bowl again. Tightly cover with plastic wrap again, and refrigerate for 18 hours.

Coat an 8 x 4-inch loaf pan with spray. Use a rubber spatula to gently deflate the stiff dough. Place the dough in the pan and smooth the top with lightly moistened hands if needed. Loosely cover with plastic wrap, and let rise for 1 1/2 to 2 hours, until doubled.

Preheat the oven to 400°F. Carefully remove the plastic wrap and bake the brioche for 10 minutes. Lower the temperature to 350°F, and bake for 15 to 20 minutes longer, until it reaches a deep golden brown color on top. Carefully remove from the pan, transfer to a wire rack, and let cool completely.

GREEN MONSTER BREAD

Makes 1 loaf

- 1 packed cup baby arugula or spinach
- 1 tablespoon minced garlic
- 1¼ cups water, lukewarm
- 2 tablespoons light olive oil
- 3½ cups all-purpose flour, plus more if needed
- 2 tablespoons vital wheat gluten
- 2 teaspoons instant yeast
- 2 tablespoons sugar
- 1 teaspoon fine sea salt
- ½ teaspoon canola oil
- Nonstick cooking spray

Place the arugula, garlic, water, and oil in a blender; blend until smooth. In a large mixing bowl, combine the flour, gluten, yeast, sugar, and salt. Add the wet ingredients to the dry. Using a stand mixer fitted with a dough hook, mix for about 6 minutes, until a dough forms. Add more flour, 1 tablespoon at a time while mixing, if needed.

Alternatively, if you don't have a stand mixer, transfer the dough to a lightly floured surface and knead for 8 to 10 minutes, adding 1 tablespoon flour at a time if needed, until the dough is smooth and pliable.

Lightly oil a large bowl and place the dough in it. Turn to coat. Cover tightly with plastic wrap and let rise for 60 to 90 minutes, until doubled.

Lightly coat an 8 x 4-inch loaf pan with spray. Gently punch down the dough and press it down into the pan. Loosely cover with plastic wrap and let rise until the dough reaches 1 inch over the top of the pan, between 30 and 60 minutes.

Preheat the oven to 375°F. Carefully remove the plastic wrap and bake for 30 minutes, or until golden brown and the bottom of the bread sounds hollow when tapped. Remove from the pan, transfer to a wire rack, and let cool before slicing.

TEMPEH BACON

Makes 8 ounces

- 8 ounces tempeh
- 3/4 cup vegetable broth
- 1 tablespoon pure maple syrup
- 1 tablespoon tomato paste
- 1 tablespoon apple cider vinegar
- 1 tablespoon tamari
- 3/4 teaspoon ground cumin
- 3/4 teaspoon ground coriander
- 1/2 teaspoon fine sea salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 tablespoon plus 1 teaspoon liquid smoke, divided
- 2 tablespoons olive oil

Using a serrated knife, carefully cut the tempeh into 1/4-inch strips across the short side. In a 9 x 13-inch pan, combine the broth, syrup, tomato paste, vinegar, tamari, cumin, coriander, salt, onion powder, garlic powder, and 1 tablespoon of the liquid smoke. Place the tempeh strips in the marinade and turn to coat. The strips will probably be touching, which is fine. Cover with foil and refrigerate overnight.

Preheat the oven to 300°F. Bake the strips in the marinade, uncovered, for 30 minutes. Most of the marinade will either be absorbed or coating the tempeh. Remove from the oven. At this point, the strips may be prepared for serving or stored in the refrigerator for up to 1 week and cooked as needed.

To cook, combine the olive oil and remaining 1 teaspoon liquid smoke in a small bowl. Heat a large skillet over medium heat. Brush both sides of the tempeh strips with the olive oil mixture and, working in batches, cook for 4 minutes, or until browned. Turn and cook the other side for about 3 minutes.

MOO-FREE SEITAN

Makes 2 pounds if cooked in a slow cooker. 2 ½ pounds if cooked in the oven

For seitan

- 2 cups vital wheat gluten, plus more if needed
- 3 tablespoons soy flour
- 1 tablespoon nutritional yeast
- 2 teaspoons onion powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 1/4 cups vegetable broth, chilled, plus more if needed
- 1/4 cup tamari
- 3 tablespoons ketchup
- 2 teaspoons liquid smoke

For cooking broth

- 4 to 6 cups vegetable broth, chilled
- 1 tablespoon tamari
- 1 tablespoon ketchup
- 2 large cloves garlic, sliced
- 1/4 small onion, sliced
- generous pinch of pepper
- nonstick cooking spray

To make The seitan: In a medium-size bowl stir the wheat gluten, flour, nutritional yeast, and spices with a fork. Combine the broth, tamari, ketchup and liquid smoke in a small bowl. Mix the wet ingredients into the dry, using a fork. Add an extra 1 or 2 tablespoons broth or gluten, if needed, to make a workable dough. Knead by hand for 4 minutes, or until the dough forms a cohesive ball and you can see strands of gluten forming. Form into a ball about 5 inches across.

To make The cooking broth: Combine the broth, tamari, ketchup, garlic, onion, and pepper in a large bowl.

To cook in a slow cooker: Place the seitan in the cooker and pour the broth over the ball. Make sure it is covered completely. Cook on low for 8 hours. Cool in the broth. Cut into four 8-ounce portions, or as desired. Seitan is best after it has had a chance to cool completely. Wrap tightly in plastic and store in the fridge for up to 1 week or freeze for up to 3 months.

To cook in The oven: Preheat the oven to 300°F. Coat a 2-quart round covered casserole dish with spray. A larger baking dish may be used, but more broth will be needed. Place the seitan in the dish. Cover with the broth. Place on top of a baking sheet in case of drips. Cover and bake for 3 hours. Cool in the broth and package as above.

NO CLUCK CUTLETS

Makes 10 cutlets, 4 oz each

For cutlets

2 cups vital wheat gluten, plus more if needed
1/4 cup nutritional yeast
1/4 cup chickpea flour
1/4 cup soy flour
2 cloves garlic, minced
1 teaspoon onion powder
1/4 teaspoon white pepper
1 1/4 cups vegetable broth, chilled, plus more if needed
2 tablespoons dry white wine
1 tablespoon olive oil
1 tablespoon vegan chicken-flavored
bouillon powder (optional)

For cooking broth

3 cups vegetable broth, chilled
1 teaspoon onion powder
1/2 teaspoon dried thyme
1/2 teaspoon mustard powder
1/2 teaspoon fine sea salt

To make The cutlets: In a large bowl, combine the wheat gluten, nutritional yeast, flours, garlic, onion powder, and white pepper. Stir together. In a medium-size bowl, combine the broth, wine, oil, and bouillon and stir together. Mix the wet ingredients into the dry, using a fork. Add an extra 1 or 2 tablespoons broth or gluten, if needed, to make a workable dough. Knead by hand for 4 minutes, or until the dough forms a cohesive ball and you can see strands of gluten forming. Divide evenly into 10 balls.

To make The cooking broth: In a large roasting pan, combine all the ingredients. Preheat the oven to 300°F.

To cook: Between two pieces of parchment paper and using a rolling pin, roll each ball into a thin cutlet about 1/4 inch thick. Pour in the broth in the roasting pan and roll the remaining balls into cutlets. It's fine if they touch or overlap some. Cover the pan tightly with foil and bake for 1 hour. Turn off the heat and leave the cutlets in the oven for 1 hour longer. Remove from the oven and let cool in the broth. Wrap tightly in plastic and store in the fridge for up to 1 week or freeze for up to 3 months.

GOBBIER SLICES

Makes 20 ounces

- 1/2 cup cooked navy beans
- 1/2 cup dry white wine
- 1/2 cup vegetable broth, plus more if needed
- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 3/4 teaspoon dried sage
- 1/2 teaspoon mustard powder
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon black pepper
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon celery seed
- 1 1/4 cups vital wheat gluten, plus more if needed
- 1/4 cup nutritional yeast
- 2 tablespoons chickpea flour or soy flour
- 2 tablespoons instant tapioca, such as Minute Brand

In a blender, combine the beans, wine, broth, lemon juice, oil, and spices. Blend until smooth.

In a medium-size bowl, combine the wheat gluten, nutritional yeast, flour, and tapioca. Pour the liquid into the dry ingredients and mix with a fork. Add an extra 1 tablespoon broth or gluten if needed to make a soft, workable dough. Knead for a few minutes, squeezing to be sure all the ingredients are combined. Transfer to a 12-inch piece of foil. Form into a roll about 6 inches long. Roll the foil around the mixture, twisting the ends to enclose.

Prepare a steamer. Steam the roll for 1 hour 15 minutes. Let cool completely before slicing thinly, using a sharp, serrated knife and cutting in a seesaw motion. Wrap tightly in plastic and store in the fridge for up to 1 week or freeze for up to 2 months.

MUSHROOM TOMATO SLICES

Makes 24 ounces

- 1/2 ounce dried porcini mushrooms
- 1 cup boiling water
- Broth, as needed
- 1/4 cup sun-dried tomatoes (moist vacuum-packed, not oil-packed)
- 1/2 cup cooked black-eyed peas
- 1/3 cup chopped red onion
- 1/4 cup ketchup
- 1/4 cup tamari
- 2 tablespoons olive oil
- 1 tablespoon liquid smoke
- 2 teaspoons smoked paprika
- 2 teaspoons onion powder
- 1 teaspoon ground coriander
- 1 teaspoon red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon white pepper
- 1 1/4 cups vital wheat gluten, plus more if needed
- 1/4 cup nutritional yeast
- 1/4 cup soy flour or chickpea flour
- 2 tablespoons instant tapioca, such as Minute Brand

Add the dried porcinis to the water and let soak for 30 minutes. Using a coffee filter, drain the mushrooms, reserving the liquid. You will need 2/3 cup liquid. If you don't have the full 2/3 cup, add broth or water to make up the difference. Rinse the mushrooms well to remove any dirt. Combine the mushrooms, sun-dried tomatoes, black-eyed peas, onion, ketchup, tamari, oil, liquid smoke, paprika, onion powder, coriander, red pepper flakes, garlic powder, cumin, and white pepper in a blender. Add the reserved liquid and blend until smooth.

In a medium-size bowl, combine the wheat gluten, nutritional yeast, soy flour, and tapioca. Pour the liquid into the dry ingredients and mix with a fork. Add an extra 1 tablespoon broth or gluten if needed to make a soft, workable dough. Knead well, squeezing to be sure all ingredients are combined. Divide the mixture evenly between two 12-inch pieces of foil. Form into 2 rolls about 5 inches long. Roll the foil around the mixture, twisting the ends to enclose the mixture.

Prepare a steamer. Steam the rolls for 1 hour 15 minutes. Preheat the oven to 350°F. Place the steamed rolls on a baking sheet and bake for 45 minutes. Let cool completely before slicing thinly, using a sharp, serrated knife and cutting in a seesaw motion. Wrap tightly in plastic and store in the fridge for up to 1 week or freeze for up to 2 months.

*Thank
you!*