



Sweet Vegan
Valentine

Chapter 1

Breakfast in Bed

Legends say to be careful with whom you share a double strawberry, for it is destined that the two of you will fall in love.



Chocolate Strawberry French Toast

INGREDIENTS

1. 4-6 Slices of French Loaf
2. 1 Tbsp Ground Chia Seeds
3. 1 Tsp Cinnamon
4. 100g Bar of dark Chocolate
5. Maple Syrup
6. Strawberries - Sliced
7. 1 Cup Non-Dairy Milk (Soy, Almond, Coconut, etc...)
8. Vanilla or Almond Extract (optional)
9. Toasted slivered Almonds (optional)
10. Vegan Butter (I use Earth Balance. I find it has the closest resemblance to real butter)



METHOD

Slice your loaf thick enough that you will be able to make a small slit on the side, in which you then insert a square of chocolate, deep enough that it won't leak out while you are cooking it. Whisk chia seeds together with milk, cinnamon and Vanilla extract.

Melt butter in a frying pan, on medium high.

Dip bread slices quickly in milk mixture being sure to coat each side without soaking the bread or making them soggy.

Fry on each side, just a couple of minutes, or until golden brown, and the chocolate inside is melted (You can peek). Serve topped with strawberries, maple syrup, and almonds.

Crepes Je T'aime

INGREDIENTS

1. Egg replacer - Equivalent of 2 Eggs
(I use Ener-G)
2. 1 Cup Flour
3. 1 Tbsp Confectioners Sugar + some for garnish
4. 3/4 Cup Non Dairy Milk
5. 1/2 Cup Water
6. 3 Tbsp Melted Butter
7. Butter for coating the pan
8. Lemon slices
9. Red food colouring (or red juice that is thick enough to colour the batter)



METHOD

Blend egg replacer, flour, sugar, milk, water, and melted butter, until smooth.

Place batter in the fridge to sit for an hour

Heat a non-stick skillet and coat with butter.

Pour about 1/8 of a cup of batter into the center of the pan and tilt the pan so that the batter evenly spreads out over the pan.

Cook the crepes about 30 seconds on each side, or until just golden.

Save a bit of batter to mix with colour, and make little pink crepe hearts to garnish with, along with a squeeze of lemon and a sprinkle of confectioners sugar.

Love Bug Smoothie

INGREDIENTS

1. 1 Banana
2. 1 Cup Frozen Strawberries
3. 1/2 Cup Mango
4. 1 Cup Coconut Water
5. 1 Tbsp fresh Lemon juice
6. 1 Tsp Vanilla extract

METHOD

Combine all ingredients in a blender and mix until smooth

To thicken it, you can add ice or coconut yogurt.

To thin it out, add more coconut water.

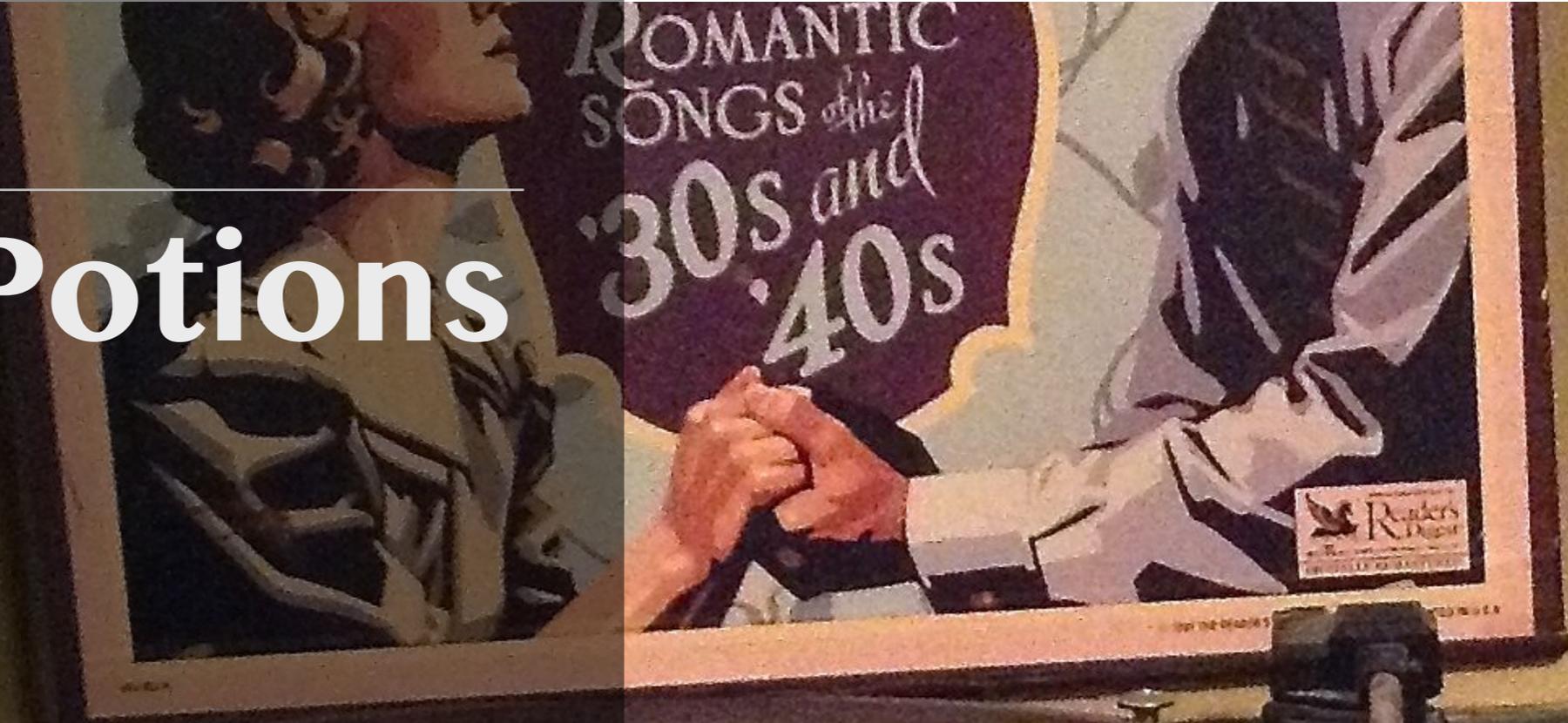
Pineapple or melon pieces can be a tasty addition too.



Chapter 2

Love Potions

Some say the forbidden fruit of the Bible was not an apple at all, but the ancient symbol of fertility, the pomegranate...



Cranberry Mojito

INGREDIENTS - TWO SERVINGS

1. Crushed Ice
2. 1 bunch fresh Mint Leaves
3. 2 Tbs Cranberry Juice
4. 3 ounces white Rum
5. fresh Lime Juice
6. 4 Lime wedges
7. Soda water
8. 2 Tbs fine Sugar
9. Lime slices and a handful of fresh or frozen Cranberries for garnish

METHOD

Put the lime wedges into the glasses. Add the sugar and squish everything together to release the lime juice.

Bruise the mint leaves gently in your hand and drop them into the glasses. Gently push the mint down into the lime juice, with a spoon. Half fill the glass with crushed ice and pour in the rum and cranberry Juice. Stir the mix together until the sugar dissolves. Add ice and soda. Garnish and enjoy!”



Strawberry Bellini

INGREDIENTS - TWO SERVINGS

1. 1 cup Strawberries, stemmed and pureed
2. 2 tablespoons *Simple Syrup
3. Champagne

METHOD

Blend strawberries and simple syrup together in a blender. Strain strawberry mixture if you find it too thick. Pour into glasses and top up with champagne.

Garnish each glass with a strawberry.

*simple syrup is simply 1 part sugar, dissolved in 1 part water, by gently boiling it only until just dissolved, and then cooled back down.

**For Virgin Bellini - Replace the champagne with sparkling water



Pomegranate Gimlet

INGREDIENTS - TWO SERVINGS

1. Crushed Ice
2. Fresh Pomegranate Juice
3. 3 ounces Gin
4. 2 ounces Fresh Lime Juice
5. 1 1/2 ounces Simple Syrup
6. 2 Lime wheels for garnish
7. Pomegranate Seeds for garnish

METHOD

Fill a highball glass with ice.
Add the gin, lime, simple syrup, and top with pomegranate juice. Stir to blend.

Garnish with the lime wheel and sprinkle a few pomegranate seeds on top.
Serve and enjoy!

*simple syrup is simply 1 part sugar, dissolved

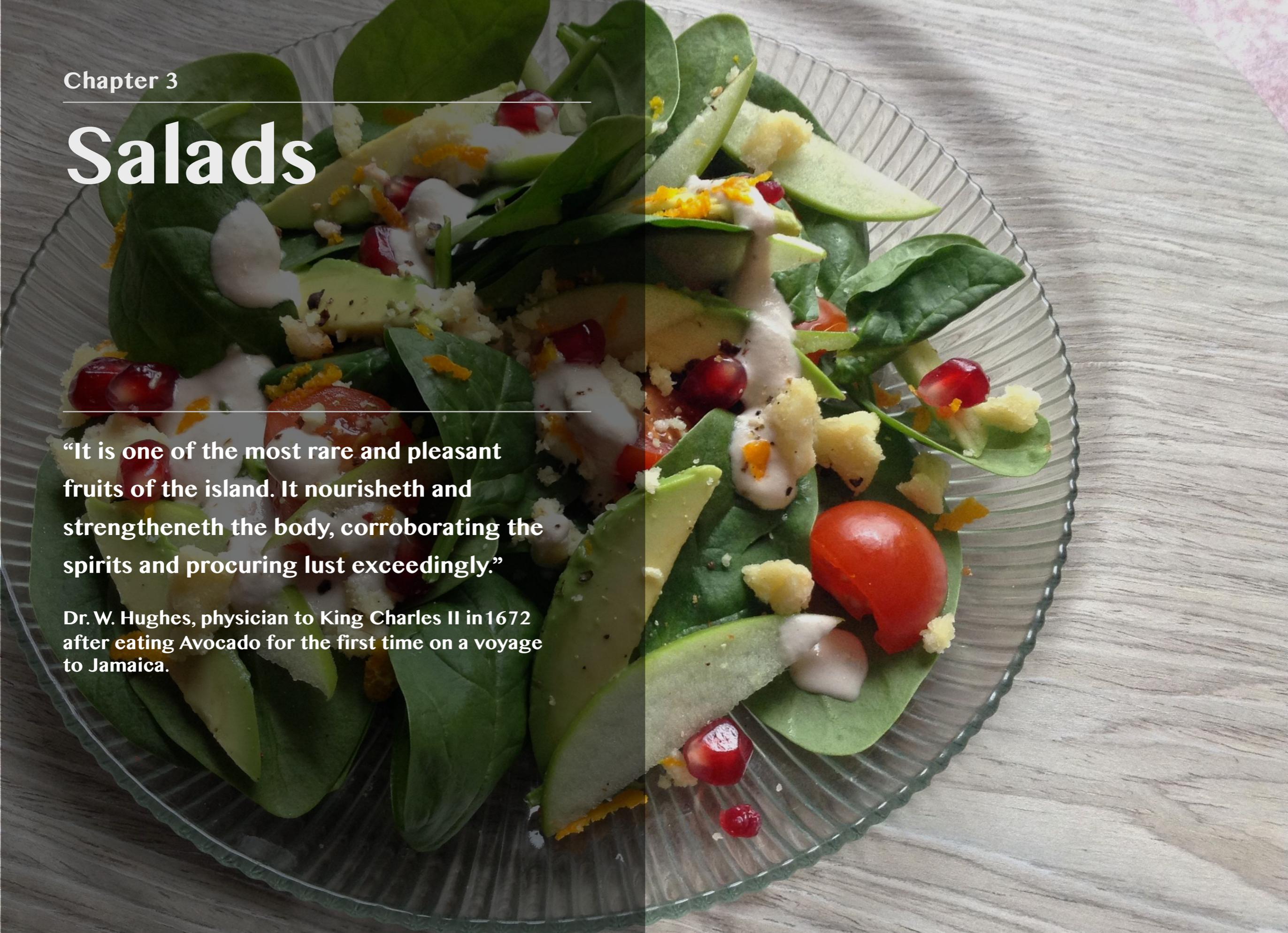


Chapter 3

Salads

“It is one of the most rare and pleasant fruits of the island. It nourisheth and strengtheneth the body, corroborating the spirits and procuring lust exceedingly.”

Dr. W. Hughes, physician to King Charles II in 1672 after eating Avocado for the first time on a voyage to Jamaica.



Beet And Citrus Salad

INGREDIENTS

1. 2 Medium Beets sliced
2. Half cup sliced Daikon Radish - peeled and sliced
3. 1 Orange - peeled and sliced in wedges
4. A few slices of Sweet Red Onion
5. A small handful of Mint leaves - Chopped
6. Soft Lettuce to serve salad on - I used Boston
7. Olive Oil
8. 1 Tsp Rice Wine Vinegar
9. 1 Tbsp Fresh Lime Juice

METHOD

Place beets in a pot of water and bring to a boil. Simmer until tender - about 15-25 minutes depending on how thick you slice them. Allow to cool completely. Combine with orange, daikon and onion. Whisk together the oil, vinegar, lime juice, mint, and salt and pepper and toss with vegetables. Serve on a bed of lettuce. Enjoy.



Asian Style Slaw

INGREDIENTS

1. 1 Cup Purple Cabbage - Sliced Finely
2. 1 Cup Green Cabbage - Sliced Finely
3. 1 Cup Fennel - Sliced Finely
4. A handful of Fresh Cilantro - Chopped
5. 1/4 Cup of Roasted Salted Peanuts
6. 1 Tbs Olive oil
7. 1/2 Tsp Sesame oil
8. 1 Tsp Soy Sauce
9. 1 Tsp Rice Wine Vinegar
10. Salt & Pepper to taste

METHOD

Combine and toss all the ingredients together.

Serve and enjoy!



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Combine and toss all the ingredients together.

Serve and enjoy!

Spinach Pomegranate Salad

INGREDIENTS

1. Baby Spinach
2. Avocado Slices
3. Green Apple slices
4. Cherry Tomatoes - Halved
5. Crumbled Vegan Feta or *Almond "cheese"
6. 2 Tbs Pomegranate Seeds
7. 3 Tbs Olive Oil
8. 1 Tbs Vegan mayo or soft tofu
9. 2 Tsp Apple cider vinegar
10. 1 Tsp Orange juice
11. 2 Tsp Spike or other Herbal Seasoning
12. Salt & Pepper to taste
13. Orange Zest and Pomegranate seeds to garnish

METHOD:

Combine oil, veganise or tofu, vinegar, orange juice and pomegranate seeds in a blender. Whiz for a few seconds. This is your dressing. Combine remaining ingredients in whatever quantities you prefer. Dress, garnish, and enjoy!



*Recipe for Almond Cheese on following page...

Almond “Cheese”

INGREDIENTS

1. 1 Cup Finely ground Almonds
2. 1/8-1/4 Cup Fresh Lemon Juice
3. 1/2 Tsp Salt
4. 2 1/2 Tbs Olive Oil

METHOD:

Preheat Oven to 350F

Blend all ingredients well, in a food processor
Place mixture on a piece of plastic-wrap and
form into a ball. Squeeze it tightly so that it
compacts well.

Remove plastic wrap and place nut ball on a
baking sheet. Bake for 20-25 minutes, or until
golden brown. Allow to cool before serving.



Chapter 4

Soups

Evidence of the beetroot's power can be found as far back as the suggestive murals on the ruins of Pompeii, where Paintings of *Beta vulgaris* adorn the walls of brothels...



Cream of Tomato Soup

INGREDIENTS

1. 1 Tablespoon Vegan Butter
2. 1 Tablespoon Olive Oil
3. 2 (14-ounce) cans whole peeled Tomatoes
4. 1 1/2 cups Vegetable Broth
5. 1/2 cup Coconut Cream
6. 1 small chopped Red Onion
7. 2 cloves Garlic - Minced
8. 1 Stalk Celery - chopped
9. 1 Carrot - Chopped
10. A small handful of fresh Basil
11. 1 tablespoon Tomato Paste
12. Salt and freshly ground Pepper to taste
13. Fresh Basil leaves for garnish



METHOD

Melt butter with olive oil in a medium stockpot over medium heat. Cook onion, garlic and celery until onion starts to become translucent. Add carrots and sauté until quite tender. Add tomatoes, their juices, tomato paste, and broth. Season with salt and pepper and herbal seasoning, and bring to a boil. Reduce heat and simmer 10 minutes. Remove from heat and puree tomato mixture and fresh basil in a blender or food processor, until smooth. Return soup to a pot and warm over low heat. Whisk in cream, salt and pepper. Garnish, serve and enjoy.

Borscht

INGREDIENTS

1. 5 Cups Clear Vegetable Broth
2. 4-5 Medium Beets - Peeled and Julienned
3. 1 Large Carrot - Sliced
4. 1/2 Cup Yellow Onion - Diced very fine
5. A few sprigs of Fresh Dill - Chopped
6. 2 Tsp Vegetable Oil
7. 2 Tsp Apple Cider Vinegar
8. Salt & Pepper to taste
9. Vegan Sour Cream to Garnish

METHOD

Heat oil in a soup pot. Add onions and carrots, and sauté for a couple of minutes, until the onions start to become translucent.

Add beets, vinegar, water (or stock) and dill. Bring to a boil. Reduce heat and simmer until vegetables are tender (about 15-25 minutes). Remove from heat and allow to cool before blending in a food processor until smooth (I like to leave about a quarter of the julienned beets whole, to give the soup texture). Return soup to stove to simmer for another 10 minutes. Garnish and enjoy.



Roasted Red Pepper Soup

INGREDIENTS

1. 3 Red Peppers - Halved and seeded
2. 1 small red onion - Diced
3. 3 Cloves Garlic - Peeled and minced
4. 1 Carrot - Chopped
5. 2 Stalks Celery - Chopped
6. 1/4 Cup Chopped Parsley
7. 3 Cups Vegetable Broth
8. 1/2 Tsp Paprika
9. 1 Tsp ground Mustard
- 10.1 1/2 Tbsp Olive Oil
11. Salt and Freshly Ground Pepper to taste
12. Chopped Parsley for garnish

METHOD:

Place pepper halves on a lightly oiled cookie sheet and roast in a 350 degree oven until skin is wrinkled and slightly charred, and the pepper is tender.

Heat olive oil in soup pan. Sauté onion, garlic, and celery, until they begin to turn translucent.



Add carrot and continue to sauté for about 3 minutes. Add broth, paprika and mustard. Bring to a boil, then add parsley and turn heat down and add red peppers. Simmer on low until the carrots are tender and the soup begins to thicken. Remove from heat and puree in a blender or food processor. Reheat for a few moments on the stove. Garnish, and serve.

Chapter 5

Main Dishes

“Cleopatra put a quarter cup of it in her warm baths, and she used it before encounters with men, trusting that the saffron would render lovemaking yet more pleasurable”.

Pat Willard, Secrets of Saffron: The Vagabond Life of the World's Most Seductive Spice



Mushroom Spinach Ravioli

INGREDIENTS

1. 3 Cups Flour
2. A pinch of Salt
3. 3 Tsp Olive Oil
4. 3/4 Cups Water
5. 2 Cloves Garlic - Minced
6. 1 Medium Shallot - Diced
7. 1 1/2 Cups mixed Mushrooms - Chopped
8. 2 Cups Fresh Spinach - Washed, stemmed and chopped
9. A handful of fresh Basil
10. 1/3 Cup Pine Nuts - Chopped
11. Salt & Fresh Ground Pepper
12. Fresh Basil and Lemon Zest for garnish



Recipe method continued on following page...

Mushroom Spinach Ravioli Continued...

FILLING:

Heat olive oil in a pan and add shallot, garlic and pine nuts. Sauté until shallot begins to turn translucent.

Add mushrooms and fresh basil, and continue cooking until mushrooms become tender.

If mixture becomes dry, add a little bit more olive oil or a couple of teaspoons of water.

Add spinach, salt, and pepper, and remove from heat.

Stir until the spinach is well combined with the mushrooms and wilting. Set aside to cool.

DOUGH:

In a medium sized bowl, sift together your flour and salt.

In a small bowl, combine 3/4 cup water and 2 teaspoons olive oil, then combine with flour and salt.

Using your hands, knead the dough for a few minutes. Form the dough into a ball, and cover in plastic wrap to prevent drying. Set aside.

ASSEMBLY

Divide your dough in half. On a lightly floured surface, roll each half into a long rectangular piece, about 1/16 of an inch thick. Cut ravioli with knife into squares. On the center of half of the squares, put a heaping spoon of filling. Wet the edges and place an empty square on each one, pressing with a fork all around the edges. Make sure they are well sealed.

PREPARATION:

Boil Ravioli in a pot of water, for about 5 minutes.

Drain, pat dry and serve with Rosé Sauce, garnished with fresh Basil, Lemon Zest, Salt, and Pepper.

Recipe for Rosé Sauce on following page....

Rosé Sauce

INGREDIENTS

1. 2 Cloves Garlic
2. 1 Small Shallot - Minced
3. 3 Cups Crushed Tomatoes
4. 1/4 Cup White Wine (optional)
5. 1/4-1/2 Cup Coconut Cream
6. 1/8 Cup Nutritional Yeast flakes
7. 1 Tbs Fresh Basil - Chopped
8. 1 Tbs Fresh (or 1 Tsp dried) Oregano
9. 1/2 Tsp Dried Thyme
10. 1 Tsp *Chili Flakes
11. Salt & freshly ground Pepper to taste

METHOD:

In a sauce pan, heat olive oil over medium-low heat and add garlic, shallot, dried herbs, and dried red pepper flakes.

Sauté and stir frequently, until shallot begins to become translucent.

Add crushed tomatoes and simmer for at least 10 minutes.

Add nutritional yeast and fresh herbs, and salt and pepper.

Reduce heat and add wine, then slowly add cream until desired consistency and colour is achieved. Raise heat only until almost boiling, while stirring constantly.

Remove from heat and serve.

*Adjust quantity of pepper flakes depending on how spicy you like your food.

Pierogies

INGREDIENTS

1. 3 Large Potatoes - Peeled and chopped
2. 1 Large Onion - Peeled and chopped
3. 1 Clove Garlic - Peeled and minced
4. 2 Tbsp Fresh Chopped Dill
5. 3 Cups All Purpose Flour
6. 1/2 Tsp Salt
7. 3/4 Cup hot Water (Saved from cooking the Potatoes)
8. 1/4 Cup cold Water
9. 2 Tbsp Vegetable Oil
10. Vegan Sour Cream

FILLING:

Place potatoes in a pot and cover with water. Boil until tender enough to mash. Reserving 1 cup of the water for later, drain potatoes and set aside.

In a sauté pan, heat 1 Tbsp of oil, and cook the onions and garlic until tender. Add the cooked potatoes, and mash directly in the pan with the onions and garlic, adding salt & pepper to taste. Set aside.



Pierogies Continued...

DOUGH:

In a mixing bowl, combine flour, 1/2 Tsp salt, and 1 Tsp vegetable oil. When you are able to form a ball with the dough, roll it out on a lightly floured pastry board or table to about 2-3 millimeters thick.

ASSEMBLY:

Cut circles out of the pierogi dough by using a glass or a jar. Place a heaping spoonful of the potato filling in the middle of every circle and fold it to form your pierogi. Make sure you pinch the sides well to keep any of the filling from leaking out during the cooking process. If they aren't sticking, wet your fingers with water to help the dough adhere.

Fill a pot with water and bring to a gentle boil.

Boil pierogies for about 4-6 minutes or until they float to the surface of the water.

If you want to brown them after boiling, pat them dry quickly after taking them out of the water.

Melt butter in a pan on medium-high, and sauté the pierogies until the sides are golden.

Serve with vegan sour cream and fried onions

In the spirit of Valentine's Day, I added a tiny bit of beet juice to my sour cream to colour it **pink**, and I used fried **red** Onions for Garnish.

Saffron Risotto

INGREDIENTS

1. 1 Cup Arborio Rice
2. 1 Cup dry White Wine
3. 7 Cups Vegetable Stock
4. 1/2 Cup Frozen Peas
5. 1 Roma Tomato - Peeled, Seeded, and diced
6. 1 large shallot - Peeled and diced
7. 1 Celery Stalk - Diced
8. 1 Clove Garlic - Minced
9. 1/4 Cup Fresh Parsley - Chopped
10. 2 Tbs Olive Oil
11. 1 Tsp Tomato Paste
12. 1/8 Cup of Boiled water
13. 1 Large pinch of Saffron
14. 1 Tbs Nutritional Yeast Flakes
15. 2 Tsp of Bragg Liquid Aminos or Soy Sauce
16. Salt & freshly ground Pepper to taste
17. Fresh Parsley for garnish



Cooking instructions on following page...

Saffron Risotto Continued...

METHOD:

Place saffron in a bowl with boiled water and set aside to bloom. Blooming the saffron is an important step, do not skip it.

Heat the oil in a large saucepan over medium heat.

Add shallot, garlic, and a pinch of salt and pepper, and sauté until shallot is soft.

Add Bragg or soy sauce, and tomato paste, and stir for about 30 seconds.

Add the rice and stir until coated.

Add the wine and simmer for about a minute.

Add the vegetable stock and simmer for about 10 minutes.

Add the saffron and its water. Stir constantly, until most of the water is absorbed - about 8 minutes.

Add the other 3 Cups of Stock and the peas, and simmer until the rice is tender, stirring continuously - About 12-15 minutes.

Remove from heat, add the fresh parsley, tomatoes, nutritional yeast, salt, and pepper, and continue stirring.

The desired consistency is thick and creamy, so if you need to, you can add more stock and stir a bit longer. It will vary from cook to cook, from stove to stove, and ingredient to ingredient.

Garnish with fresh parsley and ground pepper.

Enjoy!

Chapter 6

Sweets

“Tell me ye merchants' daughters did ye see
So fair a creature in your town before, So
sweet, so lovely, and so mild as she, Adorned
with beauty's grace and virtue's store, Her
goodly eyes like Sapphires shining bright, Her
forehead ivory white, Her cheeks like apples
which the sun hath rudded, Her lips like
cherries charming men to bite”

Edmund Spenser, The Bride



Red Velvet Cupcakes

INGREDIENTS

1. 1 1/2 cCups unbleached white flour
2. 1/2 Cup cocoa powder
3. 1 teaspoon Baking Soda
4. 1/2 tsp salt
5. 3/4 Cup sugar
6. 1 tsp Cinnamon
7. 1/2 Cup Vegetable Oil
8. 3/4 cup Unsweetened Almond Milk
9. 1/4 Cup cold Espresso
10. 2 tsp Vanilla Extract
11. 2 Tbsp Apple Cider Vinegar
12. 2 Tbsp Natural Red Food Colouring



Red Velvet Cupcakes

METHOD

In a mixing bowl, whisk together all liquid ingredients.

In a separate bowl, sift together the flour, cocoa powder, baking soda, sugar and salt.

Add the wet to the dry ingredients and stir until smooth.

Add the food colouring, a couple of drops at a time, until the desired colour is achieved.

Pour into the lined cups of a muffin tin

Bake 12-18 minutes, depending on your oven, or until they pass the toothpick test.

CREAM CHEESE FROSTING INGREDIENTS

1. 2 Cups powdered sugar
2. 1/2 Cup Vegan Butter (I use Earth Balance)
3. 1/2 Cup Vegan Cream Cheese
4. 1 Tsp Vanilla
5. A couple of drops of Red Food Colouring

Method:

In the bowl of a mixer cream vegan margarine, Cream cheese, Vanilla, and sugar together until smooth.

Add more or less powdered sugar to adjust to your preferred sweetness.

Add colour one drop at a time until desired colour is achieved.

Cherry Cashew Cheesecakes

INGREDIENTS

1. Vegan Graham Cracker Crumbs
2. Vegan Butter
3. Cherry Pie Filling
4. 1 3/4 Cups raw Cashews soaked in boiled hot water for at least one hour
5. The Juice of 1 large Lemon
6. 1/3 Cup Coconut Oil - Melted
7. 1/2 Cup Coconut Cream
8. 1/2 Cup Agave Nectar

METHOD

Pre-heat oven to 350F

Blend (in a blender or food processor) Graham crackers with butter until crumbled. Divide mixture into the cups of a lightly greased muffin tin and pack down well. Bake for 5 or 6 minutes.

Set aside to cool.

Drain and blend (in a blender or food processor) Cashews and blend with lemon juice, coconut oil, coconut cream and agave, until smooth.

Divide filling between muffin tins. Place in freezer to cool for a few hours, until very firm. Defrost in fridge. Top with Cherry Pie Filling. Serve, and enjoy!



Strawberry Babycakes

INGREDIENTS

1. 1 1/2 Cups All-Purpose Flour
2. 3/4 Cup + 1 Tbs Sugar
3. 1 teaspoon Baking Soda
4. 1/2 tsp Salt
5. 2/3 Cup unsweetened non-dairy Milk (Soy, Almond, Coconut, Oat etc..)
6. 1/3 Cup Canola Oil
7. 2 tsp Apple Cider or White Vinegar
8. 2 tsp Vanilla Extract
9. 1 Cup thick Coconut Cream
10. 1 1/2 Cups sliced fresh Strawberries

METHOD

Preheat the oven to 350F

Use a whisk to mix Milk with vinegar, and set aside.

Sift together the Flour, Baking Soda, and Salt and set aside. In another bowl, mix the sugar, the oil, and the Vanilla, and add the milk and vinegar. Gradually mix the dry ingredients in with the wet.



Pour batter into the cups of a muffin tin, and bake for 18-20 minutes or until they pass the toothpick test. Allow to cool completely. With a whisk, an egg beater, a blender, or a food processor, whip the coconut cream with 1 Tbs sugar (or more if you like it sweet) until it is thick and fluffy. If it is too stiff, you can add a touch of coconut milk or water to thin it a little. Chill for at least 1 hour. Slice the tops off your cupcakes and put a dab of whipped cream and a couple of strawberry slices inside. Replace top and finish with a big dollop of cream and more strawberry slices. These babies are so delicious, you are going to LOVE them!

Chocolate Dipped Strawberries

INGREDIENTS

1. 10 Whole Strawberries
2. 4 Ounces semi-sweet dark Chocolate - Chopped
3. 4 Ounces vegan White Chocolate - Chopped
4. A couple of drops of Red Food Colouring or Strawberry Juice

METHOD

Put the semisweet and white chocolates into the tops of 2 separate double boilers (or heatproof bowls sitting on medium saucepans) fill bottoms with a few inches of water and bring to a simmer over medium heat. Turn off the heat; Whisk the chocolate until it melts and is smooth. Or melt the chocolate in separate bowls, in a microwave and whisk until smooth.

For pink Chocolate, simply whisk your red colour into some of the white Chocolate

Remove from the heat. Holding the strawberries by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl.

Set the strawberries aside to cool for about 30 minutes before serving.

