

Mark Anthony, “Gourmet Cooking”

Berry and Peach Fruit Topping

4 c. strawberries, cleaned and diced
2 c. blueberries
4 c. peaches, peeled and diced
1/2 c. brown rice syrup

In a medium bowl, combine all ingredients and stir. Place in refrigerator, stirring occasionally, until marinated and chilled. Serve topped with raspberry tofu cream if desired. **Mark Anthony**

Copyright 3ABN 2009. All rights reserved.

Raspberry Tofu Cream Topping

1 12.3-oz. pkg. Mori-Nu silken style tofu, extra firm
1/4 c. raspberry juice concentrate, or to taste
2 Tbsp. sugar or honey

Place all ingredients in blender and blend well, stirring and adding more liquid if needed.
Refrigerate.

Recipe idea: layer with fruit to make a colorful parfait.* **Mark Anthony

Copyright 3ABN 2009. All rights reserved.

Stuffed French Toast

BATTER:

3/4 c. soy milk
1 12.3-oz. pkg. silken style tofu, soft
1 tsp. cinnamon
1 Tbsp. vanilla

8 pieces Texas toast

STUFFING:

1 c. vegan cream cheese
1/4 c. diced canned peaches

1. Combine cream cheese and peaches and mix well. Split bread to form a pocket. Spread inside thinly with cream cheese and stuff with peaches.
2. In blender, blend batter ingredients until smooth, adding more liquid if necessary. Spread prepared bread with mixture until completely wet.
3. Cook on medium-high in well-oiled pan.
4. Serve with Berry and Peach Fruit Topping and Raspberry Tofu Topping. **Mark Anthony**

Copyright 3ABN 2009. All rights reserved.

Fruit Infused Quesadillas

HOMEMADE SPINACH TORTILLAS:

1 c. spinach juice, warm
2 c. flour
2 Tbsp. olive oil
1 tsp. salt
pinch of baking soda

Berry and Peach Fruit Topping

Raspberry Tofu Topping

1. Mix the spinach juice, olive oil and salt, add flour until well mixed and forms into a ball. Add flour if too sticky.
2. Cut off a piece of dough and flatten between sheets of plastic wrap. Pan fry in a little olive oil.
3. Stuff with vegan cheese and fold over. Toast on both sides until lightly browned and cheese is melted. Open quesadilla and add Berry & Peach Fruit Topping and Raspberry Tofu Topping. Cut into wedges and serve.

Other liquid can be used instead of spinach, such as water or vegetable juice. Try adding small pieces of spinach or sun-dried tomatoes for taste and eye appeal. **Mark Anthony*

Copyright 3ABN 2009. All rights reserved.

Beefless Wellington

VEGGIE STEAKS:

3/4 c. gluten flour
1/4 c. rice flour
1 c. water
3 Tbsp. Bragg's Liquid Aminos
1 Tbsp. granulated garlic
1 Tbsp. powdered onion
1 Tbsp. vegetable Base

SAUTE ITEMS:

1/4 c. sliced fresh mushrooms
1/4 c. onion slivers
2 Tbsp. olive oil
1 tsp. rosemary
1 tsp. thyme
minced garlic as desired

1/2 c. brown gravy
1 sheet puff pastry dough

1. For veggie steaks, mix the wet ingredients and add the dry, mixing well. Shape into steaks. Bake on oil-sprayed parchment-lined baking sheet, at 350 degrees for 5 - 7 minutes on each side.
2. Prepare sauté items and set aside. Cut puff pastry sheet into 6 squares.
3. To make Wellingtons, place some sautéed onions and mushrooms in the center of a square of pastry. Add a tablespoon of gravy, and place a gluten steak on top. Bring the corners of the dough together and bake seam side down at 350 degrees for 35 - 40 minutes. **Mark Anthony**

Copyright 3ABN 2009. All rights reserved.

Veggie Steak Recipe Ideas

BARBECUE SANDWICH:

Sauté sliced veggie steak with barbecue sauce. Stuff into buns.

FAJITAS:

Sauté onions, peppers, and sliced veggie steaks. Can also add salsa, garlic and mushrooms. Season with cayenne and seasoned salt. Stuff into small tortilla loosely folded in half. Add lettuce if desired.

WRAPS:

1 - Spread tortilla with a mixture of soy mayonnaise, crushed artichokes and sun-dried tomatoes. Add sliced veggie steak, lettuce, peppers and spinach if desired.

2 - Spread tortilla with barbecue sauce and sauce from canned chipotle peppers. Add your choice of sliced veggie steak, peppers, lettuce, tomatoes, cucumbers and vegan cheese.

3 - Spread tortilla with soy mayonnaise, soy Parmesan, and garlic. Fill with avocado, sliced gluten, lettuce, cucumber, tomato, salsa and cheese.

To fold up: Tuck edge of tortilla around filling, fold in sides, then finish rolling it up. Cut in half diagonally and serve. **Mark Anthony**

Copyright 3ABN 2009. All rights reserved.

Pinto Bean Fudge

1 c. cooked pinto beans, drained
3/4 c. vegan butter substitute
1 c. carob powder
1 Tbsp. vanilla
1 c. chopped walnuts
2 lb. powdered sugar

1. Warm butter substitute until just melted. Add vanilla. Mash beans well, add butter mixture. Mix in carob powder.
2. Add walnuts. Add powdered sugar bit by bit and mix well. Press into lightly oiled 9 x 13" pan. Cover and refrigerate overnight.

Can also serve chilled fudge by forming into balls and rolling in nuts.* **Mark Anthony

Copyright 3ABN 2009. All rights reserved.

