

# Chocolate Mousse

Gluten-free, dairy-free, vegan

contains tree nuts (almonds), soy, corn



**EARTH  
WEEK**

## For the chocolate mousse

20 oz chocolate chips (semi-sweet, non-dairy)

2/3 cup almond milk

2 packages tofu (extra firm)

2/3 cup maple syrup

1 tsp vanilla extract

## For the aquafaba whipped cream

liquid from 1 can of white beans

1 tsp cream of tartar

2 tsp vanilla extract

5 tbsp powdered sugar

Strawberry for garnish

## Method

**For the chocolate mousse:** Combine the chocolate and non dairy milk in a double boiler and melt, using gentle heat and stirring often. Remove from heat.

Crumble tofu in food processor. Add melted chocolate mixture, syrup and vanilla. Process until completely smooth, pausing to scrape down the sides and under the blade as necessary.

Chill the mixture in serving bowls for at least 1 hour before serving.

**For the whipped cream:** Chill the bowl and whisk. Pour the aquafaba into kitchen aid mixer. Begin whipping. Add cream of tartar. Whip the aquafaba on high just until it begins to thicken. With the mixer running, add the sugar, then vanilla and continue whipping until the cream stands up in stiff peaks.

For best results use immediately or refrigerate and use within 30 minutes.

# Mushroom Ragù with Creamy Chive Polenta

Gluten-free, dairy-free, vegan  
contains soy, corn



**EARTH  
WEEK**

## Ingredients for the mushroom ragù

mushrooms  
garlic  
shallots  
rosemary  
oregano

tomato sauce  
red wine  
vegetable stock  
vegan butter

## Ingredients for the creamy chive polenta

vegetable stock  
soy milk  
cornmeal

vegan butter  
fresh chives  
salt and pepper

## Method

Heat the olive oil in a large saucepan over medium heat. Add mushrooms and cook for 10 minutes until reduced and caramelized, stirring only a few times. Season with salt and pepper to taste. Add garlic, shallot, rosemary and oregano, and cook for 5 more minutes. Add tomato sauce and red wine, stir and cook an additional 5 minutes more while you prepare the polenta.

In a separate saucepan, heat the broth and milk over medium heat. When bubbles start to surface, gently whisk in cornmeal and stir together. Reduce heat to low and let cook until thick, stirring often, about 15 to 20 minutes. Stir in non-dairy butter and a pinch each of salt and pepper.

While the polenta is simmering, finish the ragù. Add the vegetable broth to the mushroom sauce, reduce heat to low and simmer until polenta is done cooking. Remove the ragù from heat and whisk in 1 tablespoon (15 g) butter. Garnish with parsley.

# Napoleon Vegetable Stacks

Gluten-free, dairy-free, vegan



**EARTH  
WEEK**

## Ingredients

|                         |                    |
|-------------------------|--------------------|
| 6 red bell peppers      | garlic             |
| 6 yellow bell peppers   | olive oil          |
| 6 zucchini              | crushed red pepper |
| 18 portobello mushrooms | salt & pepper      |
| tomato                  | balsamic glaze     |
| basil                   | rosemary sprigs    |

## Method

Place fresh basil, garlic, and crushed pepper in robo-coup. Turn on, then slowly add olive oil until consistency is smooth.

Wash, then cut and portion vegetables. Season vegetables with olive oil, salt and pepper.

Lightly coat grill with oil and heat to medium-high heat.

Working in batches, grill the vegetables until tender and lightly charred, about 8-10 minutes for the peppers and 7 minutes for the mushrooms and zucchini.

Remove from grill. When you are almost ready to serve the stacks, place the mushrooms upside down on a flat surface. Next, layer with a slice of red pepper, zucchini, yellow pepper and another slice of zucchini. Poke the rosemary sprig through the middle of each stack with the leaves at the top.

# Vegan Cauliflower Arancini

Dairy-free, vegan

contains soy, peanuts, tree nuts (coconut)



**EARTH  
WEEK**

## Ingredients for the cauliflower

6 cups cauliflower rice

vegetable oil

fresh basil

1 cup vegan parmesan cheese

salt & pepper

8 garlic cloves

1 cup chopped sun-dried tomato

4 tsp oregano

1 cup panko

## Ingredients for the arancini mixture

1 cup panko

3 tbsp vegan parmesan

2 cups marinara sauce

## Method

In a large skillet over medium heat, sauté cauliflower rice and garlic in 1 Tbsp olive oil for 5 minutes, with a lid on, stirring frequently. Set aside. Add flax egg to blender or food processor. Wait 5 minutes. Add sun-dried tomatoes, basil, oregano, vegan parmesan cheese, and panko bread crumbs, and pulse/mix to combine.

Add cauliflower rice to food processor or blender, along with salt and pepper and remaining 1 Tbsp olive oil. Pulse/mix a few more times and then transfer to a mixing bowl to avoid getting the mixture too paste-like. Taste and adjust seasonings as needed. Add more bread crumbs and/or vegan parmesan cheese if the mixture feels too wet. It should be moldable when squeezed together. Allow to chill.

Mix together panko bread crumbs and vegan parmesan cheese in a shallow bowl. Set aside. Once chilled, use a Tablespoon or cookie scoop to scoop out rounded Tablespoon amounts of the arancini mixture. Carefully form into balls by resting the arancini in your palm and using your other hand's fingers to gently roll until a ball is formed. They are fragile, so work carefully. There should be 13-14 total.

Coat arancini one at a time in the panko-vegan parmesan mixture, then set aside on a baking sheet. Heat a large skillet over medium heat. Once hot, add 1-2 Tbsp oil and brown 6-7 arancini at a time for 4-5 minutes total, rolling with a spoon or fork to brown on all sides. Turn down heat if browning too quickly.

Once all are browned, place back on a baking sheet and bake in a 375-degree F (190 C) oven for 15-20 minutes. In the meantime, prepare/heat sauce (optional) and any other desired toppings or sides.