



**COMPASSIONATE
CUISINE**

*Add
Love+
Stir*

Southern-Style Vegan BBQ

A Virtual Class with Chef Linda

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Menu:

BBQ Seitan Ribs

Cauliflower Grits with Succotash

Avocado Key Lime Pie





Shopping List



Dry Goods

2 cups vital wheat gluten (generally found with flours or in the “healthy” aisle)
1 cup vegetable broth or dark beer/stout
¼ cup soy sauce
2 tablespoons vegan Worcestershire sauce
2 tablespoons tahini
⅔ cup + 2 tablespoons maple syrup
1 heaping tablespoon tomato paste
⅔ cup unsweetened non-dairy milk
1 9-inch graham cracker crust (or buy optional ingredients to make your own prior to class)
1 cup canned coconut cream
¼ cup cornstarch
1 bottle of BBQ sauce

Produce

1 cup cherry tomatoes (or substitute 2 large tomatoes)
1 medium-large onion
3 large cloves of garlic
1 small head of cauliflower (or purchase cauliflower pre-riced, about 3 cups)
3 ears of corn (about 2 ½ cups frozen or canned)
½ cup loosely packed basil
2 ripe avocados
5 regular limes for ½ cup lime juice or 10 to 12 key limes (fresh is best!)

Refrigerated/Frozen

3 tablespoons vegan butter (or substitute olive oil)
½ cup spreadable vegan cheese (like Treeline flavored cheese, cream cheese, or substitute grated non-dairy shredded cheese like mozzarella or cheddar)
Vegan whipped cream, optional
1 cup frozen shelled edamame beans

Pantry

Salt and pepper
2 tablespoons garlic powder
2 tablespoons onion powder
2 teaspoons smoked paprika
2 teaspoons ground cumin
½ teaspoon ground cinnamon
Olive oil
1 teaspoon vanilla extract

OPTIONAL Ingredients for graham cracker crust

1 ½ cups vegan graham cracker crumbs, from about 10 graham crackers
6 tablespoons vegan butter, melted or substitute melted coconut oil plus ⅛ teaspoon salt





Vegan BBQ Ribs

MAKES 18-30 PIECES, DEPENDING ON SIZE OF DISH

ALLERGEN NOTES: CONTAINS GLUTEN

SPECIAL EQUIPMENT: 9X13-INCH SQUARE OR 9-INCH CASSEROLE DISH, INDOOR GRILL PAN (OR OUTDOOR GRILL)

We believe most dishes can be veganized and when they are, there is an opportunity to see how we can enjoy the flavors and textures we love without using animal ingredients. These ribs are the perfect example! Vital wheat gluten is wheat flour that's had the starch washed away. What's left is the stretchy, chewy gluten that gives bread and other foods the texture we love. And gluten is where the protein is! This simple flour can be transformed into things like sausages, cutlets, and RIBS!

With some smoky seasonings and your favorite BBQ sauce, you're on your way to the most amazing, meaty, flavorful, and compassionate ribs you've ever tasted!

Ingredients

- | | |
|---------------------------------------|-------------------------------------|
| 2 cups vital wheat gluten | ¼ cup soy sauce |
| 2 tablespoons garlic powder | 2 tablespoons Worcestershire sauce |
| 2 tablespoons onion powder | 2 tablespoons tahini |
| 2 teaspoons smoked paprika | 2 tablespoons maple syrup |
| 2 teaspoons ground cumin | 1 heaping tablespoon tomato paste |
| ½ teaspoon ground cinnamon | 1 bottle of your favorite BBQ sauce |
| 1 ¼ cups vegetable broth or dark beer | |

Directions

In a large bowl, mix together the vital wheat gluten, garlic powder, onion powder, paprika, cumin, and cinnamon. In a small bowl, mix together the broth, soy sauce, Worcestershire sauce, tahini, syrup, and tomato paste. Make a well in the center of the dry ingredients and pour in the wet ingredients. Use your hands to work in the flour from around the sides of the well, eventually incorporating all the flour into the mix. In the bowl or on a clean work surface, knead the dough for about 5 minutes. Let the dough rest for a few minutes.

Preheat the oven to 375°F. Liberally oil the casserole dish. Use your hands to stretch or use a rolling pin to get the dough to a fairly even width that fits the dish. Press and spread the dough until it evenly fits the shape of the dish.

Directions on next page



Vegan BBQ Ribs

MAKES 18-30 PIECES, DEPENDING ON SIZE OF DISH

ALLERGEN NOTES: CONTAINS GLUTEN

SPECIAL EQUIPMENT: 9X13-INCH OR 9-INCH CASSEROLE DISH, LARGE BOWL, SMALL BOWL, INDOOR GRILL PAN (OR OUTDOOR GRILL)

Directions Continued

Place the dish in the oven and bake for about 25 minutes. If using a 9x9-inch dish, it may need a few minutes more in the oven. In the last few minutes of baking, heat your grill. Remove the dish from the oven. Loosen the contents with a spatula. Brush the top of the ribs with a thick layer of BBQ sauce. Place it sauce-side down on the grill then brush more sauce on the top. Cook for about 5 minutes on medium-high heat until you see grill marks on the bottom and the rack has browned. Flip and cook the other side for about 5 minutes again. Transfer to a cutting board and cut the rack in half lengthwise then cut crosswise into 1-inch strips/ribs. Alternatively, if you aren't using a grill or grill pan, after loosening the dough from the pan, brush the top with BBQ sauce and flip it sauce-side down in the dish then brush the more sauce over the top. Return the dish to the oven and cook for 8 to 10 minutes more. Serve with more BBQ on the side.



Cheesy Cauliflower Grits

ALLERGENS: CONTAINS INGREDIENTS THAT MAY CONTAIN SOY

SPECIAL EQUIPMENT: FOOD PROCESSOR OR BOX GRATER

Grits are the perfect comfort food but if you're looking for a lighter version, try cauliflower. When grated or finely chopped in the food processor, cauliflower has the consistency of rice or, in this case, grits. Cooked up with onion and garlic, a little vegan milk, and some vegan cheese, you get a light, creamy dish that's still comforting and full of texture and taste. A quick succotash adds color, texture, and pop to this easy-to-make southern favorite. The recipe calls for edamame in the succotash instead of lima beans: edamame are immature soybeans which are full of protein and have a bright, fresh flavor-find them in the frozen section. Fresh corn and cherry tomatoes add a seasonal touch to this delicious side dish.

Ingredients

For the Succotash

1 tablespoon vegan butter or olive oil
½ medium onion, finely chopped, about
½ cup
½ teaspoon salt
1 cup frozen, shelled edamame beans,
thawed
3 ears fresh corn, husked, kernels
removed (about 2 ½ cups)
1 cup of cherry tomatoes, halved (or use
2 large tomatoes, chopped)
¼ teaspoon black pepper
Half of a lemon

For the Cauliflower Grits

2 tablespoons vegan butter (or oil)
½ medium onion, finely chopped, about
½ cup

3 large cloves garlic, minced
3 cups riced cauliflower (about 1 small
head of cauliflower, grated or pulsed
in the food processor)
⅔ cup unsweetened non-dairy milk
¼ teaspoon salt
¼ teaspoon ground pepper or white
pepper, more to taste
½ cup spreadable vegan cheese (like
Treeline flavored cheese, cream
cheese, or substitute non-dairy
shredded cheese like mozzarella or
cheddar)
½ cup loosely packed basil, chopped for
garnish

Directions on next page





Cheesy Cauliflower Grits

ALLERGENS: CONTAINS INGREDIENTS THAT MAY CONTAIN SOY

SPECIAL EQUIPMENT: FOOD PROCESSOR OR BOX GRATER

Directions

To make the succotash, heat the butter in a large pan over medium-high heat. Add the onion and salt. Cook for about 5 minutes until the onion begins to soften. Add the edamame and corn. Cook while stirring occasionally for another 5 to 7 minutes or until the corn is bright yellow. Stir in the tomatoes and basil. Season with black pepper and a squeeze of lemon and turn off the heat. Transfer vegetables to a bowl while you cook the cauliflower.

In the same pan, heat the butter over medium-high heat. Add the onion and garlic. Cook for about 5 minutes, until the onion starts to turn translucent. Add the riced cauliflower, milk, salt, and pepper to the pan. Cook for about 8 minutes, stirring frequently. When the cauliflower is tender and has a “grit-like” consistency, turn off the heat, and stir in the cheese until it’s evenly distributed. Cover for several minutes until the cheese melts.

To serve, spoon grits onto plates and top with succotash. Garnish liberally with basil.



Avocado Key Lime Pie

MAKES ONE 9" PIE

**ALLERGEN NOTES: GLUTEN, CONTAINS INGREDIENTS THAT MAY CONTAIN SOY
SPECIAL EQUIPMENT: FOOD PROCESSOR OR BLENDER, ZESTER**

MAKE AHEAD NOTES: PIE NEEDS TO CHILL SEVERAL HOURS BEFORE EATING

Sweet and tart key lime pie originated in the south where key limes grow in abundance. Reminiscent of long and lazy summer days, this pie is a seasonal favorite but what to do when it's traditionally made with eggs and condensed milk? We gave this beloved pie a compassionate makeover and kept the best parts; the creamy texture, lip-puckering taste, and crumbly crust.

Make the crust yourself or buy a premade graham cracker crust, if you prefer. It's another example of how we can reinvent our favorite foods and never miss a beat when it comes to taste and texture. Make this simple pie when you need a little slice of heaven or when you want to share the joy of eating vegan with others.

Ingredients

1 cup canned coconut cream

¼ cup cornstarch

2 avocados, pitted

⅔ cup maple syrup

1 tablespoon lime zest, plus 1 teaspoon
for garnish

½ cup fresh lime juice (from about 5
regular limes or 10 to 12 key limes, or
use bottled key lime juice)

1 teaspoon vanilla extract

Pinch of salt

1 pre-made 9-inch graham cracker crust
(or follow directions on next page to
make your own)

To serve

Vegan whipped cream

Directions

Place the coconut cream, cornstarch, avocado flesh, syrup, 1 tablespoon of lime zest, lime juice, vanilla, and salt in a blender or food processor. Blend until completely smooth. Transfer the mixture into a small pot. Cook over low heat to activate the cornstarch, stirring constantly, until mixture thickens and begins to make big, gloppy bubbles, about 6 minutes. Be careful not to scorch the mixture.

Empty the filling into the prepared crust and spread evenly. Garnish with lime zest. Chill in the freezer for several hours before serving or overnight in the refrigerator.





Graham Cracker Pie Crust

MAKES ONE 9" PIE

ALLERGEN NOTES: GLUTEN, CONTAINS INGREDIENTS THAT MAY CONTAIN SOY

SPECIAL EQUIPMENT: FOOD PROCESSOR OR BLENDER, ZESTER

MAKE AHEAD NOTES: PIE NEEDS TO CHILL SEVERAL HOURS BEFORE EATING

Ingredients

1 ½ cups vegan graham cracker crumbs, from about 10 graham crackers

6 tablespoons vegan butter, melted or substitute melted coconut oil plus ⅛ teaspoon salt

Directions

Break the graham crackers into the bowl of a food processor. Pulse to grind into fine crumbs.

Add the melted butter and pulse until the mixture resembles wet sand. Empty crumbs into a 9-inch pie plate and press firmly up the sides and on the bottom.

Finish by pressing firmly all the way around using the bottom of a metal measuring cup. Return to the recipe to make the filling.

