



UConn | ALUMNI

PLANT-BASED LIVING

An Event Series

VIRTUAL COOK-ALONG WITH PRUDENCE SLOANE

COOK ALONG INSTRUCTIONS

This recipe is vegan, dairy and gluten free.

It is broken down into 3 parts. Quinoa Cakes, Sauce and Vegetable Mash. It is best to have all the ingredients and utensils separated out on one tray per part.

The order of cooking will be 1) Sauce, 2) Vegetable Mash, 3) Quinoa Cakes

Important: The quinoa needs to be cooked prior to class.

COMPLETE BEFORE CLASS

Chop and measure all ingredients.

Cook the quinoa up to a day ahead and refrigerate. Do not add breadcrumbs. Let quinoa come to room temperature before class.

EQUIPMENT NEEDED

10-12" frypan, whisk, spatula (sauce)

Large saucepan & potato masher (vegetable mash)

10-12" fry pan, spatula (quinoa cakes)

Finger bowl of water and cutting board to form the cakes (quinoa cakes)

Large soup plate (or wide bowl) for the finished dish

Tasting spoons

CRISPY QUINOA CAKES OVER VEGETABLE MASH WITH TARRAGON CAPER SAUCE RECIPE

Makes 4 servings

Yield: Makes 12 cakes

Quinoa Cakes

1/3 cup minced onion

1 ½ teaspoons vegan butter (Earth Balance, preferably original)

2 medium garlic cloves, minced

½ cup white quinoa (**do not use black or red**)

1 ½ cup water

2 Tablespoons instant tapioca

¼ teaspoon ground turmeric

pinch cayenne pepper

½ teaspoon salt

1/2 cup Panko breadcrumbs or gluten free breadcrumbs

2-4 tablespoons additional butter for frying

Cook quinoa: In a medium saucepan over medium heat, add the butter and onion and sauté for 3-4 minutes or until lightly browned. Add the garlic and sauté for an additional minute. Add the quinoa and stir to coat with the oil. Add the tapioca to the water. Stir well and add to the quinoa. Add the turmeric, salt, and cayenne pepper. Stir well and let come to a simmer. Cover and simmer for 15 minutes. Uncover and continue cooking for an additional 5 minutes or until the water has evaporated and the quinoa pulls away from the pan when stirred. It should be gluey looking and have the consistency of wet mashed potatoes. Add additional water if it gets too dry. Take off the heat and let cool. **This can now be stored overnight in the refrigerator.**

Fry: When ready to fry, let the quinoa come to room temperature. Mix in the breadcrumbs. Form 12 round tightly packed balls with a heaping tablespoon of the quinoa mixture. (If the mixture breaks apart easily it is too dry. Add a tablespoon of water at a time and stir well. If it is too moist add more breadcrumbs a tablespoon at a time and stir well. Flatten the balls to about ¾" thick while smoothing and compacting the edges.

Heat a large frying pan over medium heat. When hot add 2 tablespoons of the vegan butter to the pan. When melted add the quinoa patties in one layer and let brown on one side for about 2 minutes (without disturbing) or until lightly browned and crisp. Turn over, add an additional 2 tablespoons of the butter and brown for 2 additional minutes or until crisp. Turn off the heat and let sit in the pan to stay warm until serving.

Sauce

2 tablespoons sugar
1 tablespoon lemon juice
1/4 cup white wine
1 cup vegetable stock
2 tablespoons drained capers (packed in water, not salt)
1 teaspoon Dijon mustard
1 teaspoon dried tarragon leaves
1 scallion, minced

Sauce:

Do not heat the pan. Add the sugar to the middle of the pan and sprinkle the lemon juice over the sugar making sure all is moist. (*important: do not stir the sugar until completely moist or it will crystalize*). Heat and melt the sugar over medium heat while constantly stirring. Cook and stir the sugar for about 2 minutes or until it turns amber and just beginning to smoke. This can happen quickly. Remove from the heat and quickly add the white wine and about 1/3 of the stock. Stir until sugar is dissolved. Add the capers. Turn the heat up to medium high and boil until all the water has evaporated but still moist, stirring constantly as it evaporates. When almost dry add in another 1/3 of a cup of the stock and repeat the evaporation process. Add the remaining stock and 2/3 cup or more to achieve 1 cup of sauce. Simmer for about 3 minutes then whisk in the mustard and tarragon. Simmer for an additional minute. The sauce should be slightly thickened but should be thin. ***Hold the sauce at this point until the vegetable mash and quinoa cakes are done.***

When ready to serve reheat the sauce until hot. Remove from the heat and whisk in 1 tablespoon of butter.

Vegetable Mash

1 cup 1/2" diced sweet potato
1/2 cup 1/2" diced all-purpose potato
1 cup frozen peas
2 cups chopped cauliflower florets (about the same size as the potatoes). You can use fresh or frozen cauliflower
1 cup 3/4" diced zucchini
2 1/2 cup water
1/2 teaspoon salt

In a medium saucepan add all the vegetables, water, and salt. Simmer for 10-15 minutes or until cooked and very soft. Reduce the liquid until all the liquid has evaporated but still moist. **Hold and keep warm at this point until ready to plate.** When ready to plate, remove from the heat and mash with a handheld potato masher.

To Plate:

In a large soup plate, place the vegetable mash in the center of the plate. Position 3 quinoa cakes on top. Pour the sauce around the edges of the mash. Sprinkle with the minced scallion.