



Virtual Cookbook



In this sneak peek of the UConn Alumni Plant-Based Virtual Cookbook, you'll find delicious plant-based recipes to try at home. Keep an eye out for the full version of the Plant-Based Virtual Cookbook coming later in the series.

From our table to yours, let's get cooking!

“Not So Crabby” Crab Cakes with Remoulade Sauce (GF/Vegan)

Submitted by: UConn Dining

Makes: 9 “crab” cakes



“Crab” Cake Ingredients:

- 1lb drained hearts of palm
- 1/3 cup crushed GF crackers or Rice Chex
- 3 scallions (green & white parts), finely chopped
- ½ cup finely diced red bell pepper
- ¼ cup vegan mayonnaise
- 2 tbsp wholegrain or Dijon mustard
- 1 tbsp flaxseed meal
- 1 tbsp lemon juice
- ¼ teaspoon garlic powder
- 1 tsp salt
- Pinch cayenne pepper
- 1/3 cup olive oil
- 1 cup finely crushed gluten free crackers or bread crumbs or Rice Chex

“Crab” Cake Instructions:

1. In large bowl, shred hearts of palm.
2. Add in 1/3 cup vegan crackers, scallions, red bell pepper, mayonnaise, mustard, flaxseed meal, lemon juice, garlic powder, salt and cayenne pepper. Mix until just combined.
3. Using your hands or 2-oz ice cream scoop; form a ball, then a patty. Dredge both sides of crab cake in finely crushed vegan crackers and place on sheet pan lined with parchment paper. Refrigerate for 30-40 minutes.
4. Heat oil in large skillet over medium heat, then add cakes in small batches and cook until browned on both sides, 4-5 minutes.

Herbed Remoulade Sauce

Combine the following in a large mixing bowl and whisk until blended. Refrigerate until needed.

- ¾ cup vegan mayo
- 1 tbsp whole grain mustard
- 1 tsp red wine vinegar
- ¼ tsp hot sauce
- 2 tbsp scallions, finely chopped
- 1 tsp parsley, finely chopped
- 2 tsp capers, finely chopped
- Kosher salt – to taste
- Ground black pepper – to taste

Deconstructed Meatball Banh Mi with Sriracha Mayo Drizzle

Submitted by: UConn Dining

Makes: 2 dozen meatballs (1 oz.)



Meatball Ingredients:

- 1 lb rice tempeh, diced $\frac{3}{4}$ in.
- 1 tbsp olive oil, plus extra for cooking
- 8 oz onion, diced $\frac{1}{4}$ inch
- 3 garlic cloves, minced
- 8 oz cremini mushrooms, chopped
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{4}$ cup chopped basil leaves
- 3 green onions, finely chopped
- 2 tsp cornstarch
- 1 tbsp sugar
- 1 tbsp sriracha

Meatball Instructions:

1. Steam tempeh cubes 15 min. and add to food processor.
2. Heat 1 tbsp oil over medium heat in sauté pan or pot. Sweat diced onions and garlic, 3-5 min. until softened, then add chopped mushrooms. Sauté until lightly brown.
3. Add soy sauce and cook until absorbed.
4. Add mushroom mixture & remaining ingredients to chopped tempeh in food processor.
5. Mix until blended, cool for 15 min., then form into 1 oz. meatballs.
6. Place meatballs in refrigerator until slightly firm, about 1 hour.
7. Heat olive oil in large skillet over medium heat. Cook tempeh meatballs in batches, turning a $\frac{1}{4}$ turn, browning all sides. Remove from heat, and place on baking pan.
8. Place in preheated 350-degree oven for 10 minutes. Then plate with Hot Chili Mayo and Carrot & Daikon Slaw.

Hot Chili Mayo

Ingredients:

- 1 cup vegan mayo
- 2 tbsp sriracha

Instructions:

1. In a medium bowl, whisk together mayo, sriracha & salt until blended. Hold in refrigerator until needed.

Carrot & Daikon Slaw

Ingredients:

- 2 cups julienned carrots
- 2 cups julienned daikon
- 1 each jalapeno, finely minced
- $\frac{1}{4}$ cup rough chopped cilantro
- 1 cup unseasoned rice vinegar
- $\frac{1}{2}$ cup sugar
- 1 tbsp sesame oil

Instructions:

1. In a large bowl, combine carrots, daikon, jalapeno & cilantro.
2. In a small bowl, whisk vinegar, sugar & sesame oil.
3. Pour over the vegetables until submerged, cover & refrigerate for two days.

White Beach Garlic Gnocchi with Roasted Artichokes and Brussels

Submitted by: UConn Dining

Makes: 25 Servings



Gnocchi Ingredients:

- 1 cup drained navy beans
- 1 tsp chopped garlic
- 10 basil leaves, minced
- 3 tsp Kosher salt
- 2 tbsp olive oil
- 3 lbs russets, peeled & quartered
- 2 cups all-purpose flour, plus extra for dusting
- 6 tbsp (vegan) Just Egg

Gnocchi Instructions:

1. In food processor, combine beans, garlic, basil leaves, 2 tsp salt, and olive oil.
2. Blend, scraping sides of processor with rubber spatula until a smooth paste forms. Set aside.
3. Add potatoes to a large stock of cold water with 2 tsp Kosher salt. Bring to boil and cook until fork tender, ~10-15 minutes.
4. Drain, cool, and mash potatoes until smooth
5. In large bowl, combine mashed potatoes, bean paste, flour, & vegan egg.
6. Pour out onto floured cutting board and knead until dough forms a ball
7. Cut into 1-inch slices, roll each slice on floured surface into long snake about 3/4-inch diameter.
8. Cut 1/2-inch pieces and place on parchment-papered sheet and place in refrigerator until needed. *(see assembly instructions on next page)*

Roasted Brussels & Artichokes

Ingredients: (makes about 2lbs)

- 1 1/2 lbs, canned quartered artichokes, drained
- 1 1/2 lbs, brussel sprouts, stemmed & quartered
- 1 tbsp fresh thyme leaves
- 1/2 teaspoon crushed red pepper
- 1/3 cup olive oil
- 1/4 tsp kosher salt

Instructions:

1. In a bowl, toss together artichokes, brussel sprouts, garlic, lemon zest, thyme, red pepper, olive oil, & Kosher salt.
2. Spread in a single layer on sheet pan & cook in preheated 350-degree oven until brussel sprouts are slightly caramelized on edges, about 20 minutes. Set aside until needed.

White Bean Garlic Gnocchi with Roasted Artichokes and Brussels (Continued...)

Submitted by: UConn Dining

Makes: 25 Servings



Vegan Parmesan Cheese Ingredients:

(makes about 1 cup)

- 1 cup raw cashews
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- 1/2 tsp kosher salt

Vegan Parmesan Cheese Instructions:

1. In food processor, blend together cashews, nutritional yeast, garlic powder and salt until mixture resembles parmesan cheese (a fine meal texture).
2. Refrigerate until needed.

Assembly of White Bean Garlic Gnocchi with Roasted Artichokes & Brussels

Ingredients:

- Gnocchi (recipe on previous page)
- 3/4 cup vegan butter
- 2 tsp garlic
- 1/2 cup vegetable stock
- Juice of 1 lemon
- Roasted vegetables – about 2 lbs cooked (recipe on previous page)
- 1/2 cup cashew parmesan (recipe above)

Instructions:

1. Bring a large pot of lightly salted water to a boil. Drop a quarter of prepared gnocchi into water and cook until they float, about 3-5 minutes. Drain and set aside. Repeat with remaining gnocchi.
2. In tilt skillet or large pot, melt vegan butter and garlic over medium heat and cook until garlic is fragrant.
3. Add vegetable stock, juice from lemon, pre-cooked gnocchi, and vegetables.
4. Decrease heat to medium and add gnocchi and vegetables, tossing until heated through.
5. Scoop onto plates and sprinkle with cashew parmesan.

Enjoy!