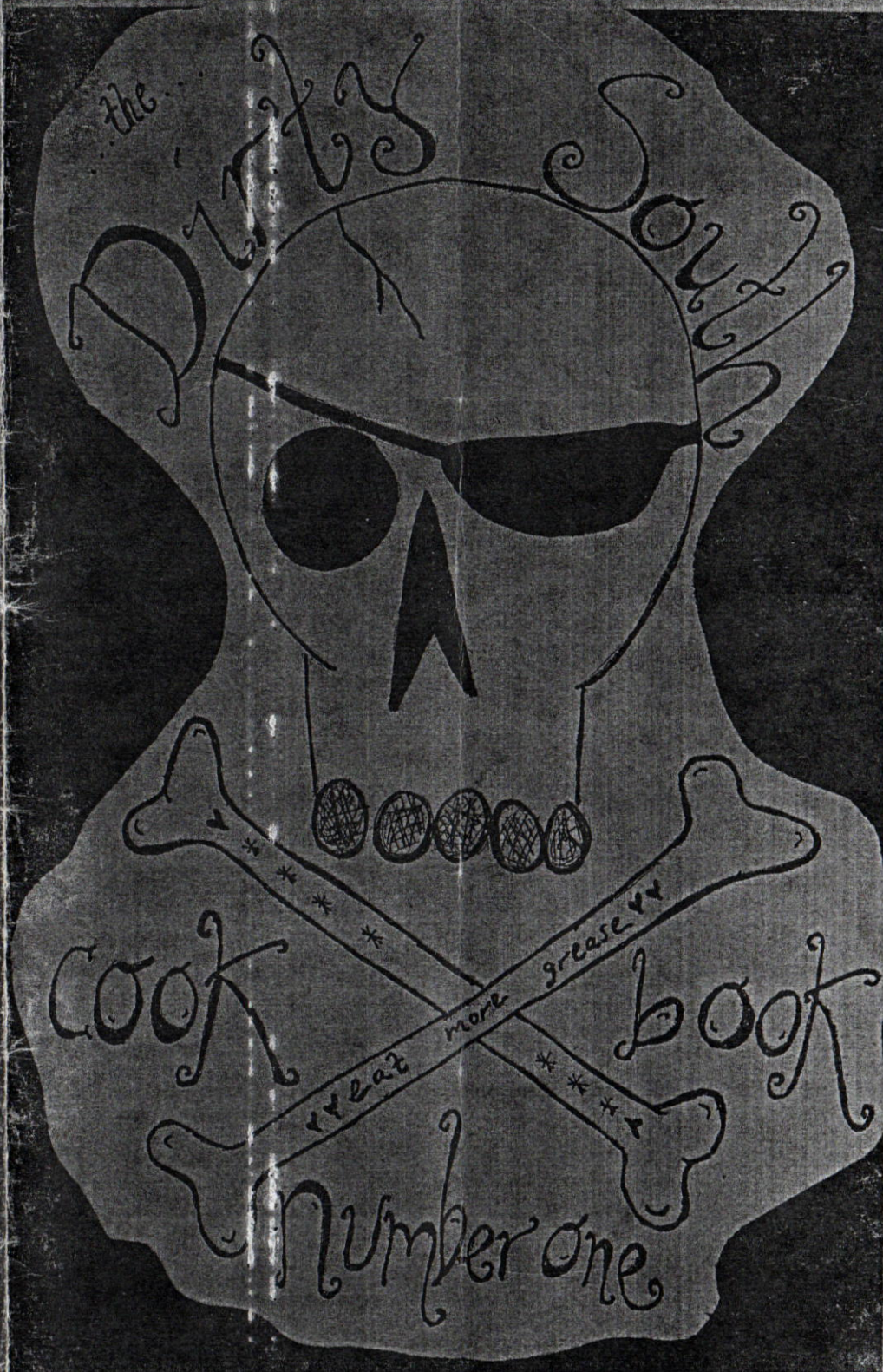
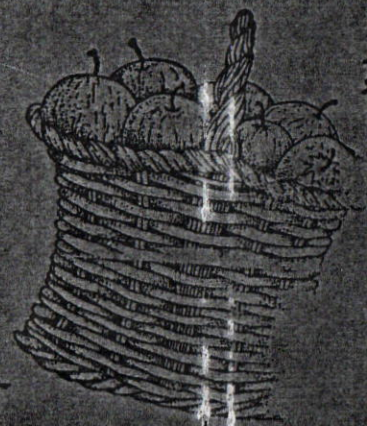


- ☐ LOVES ME
- ☐ LOVES ME NOT
- ☐ UNDECIDED



To: You

From: ME



A few things about this book.

These recipes aren't really meant to be made every day. There are lots of vegan cookbooks out there for those who are interested in veganism for health or ethical reasons. Those books usually have pretty good guidelines as to what you should eat a lot of (fruits, vegetables, grains, blah) and what you should not eat a lot of (fat, sweets, etc). That's not really what this is about. These are recipes that I think are proof that you CAN make good southern food without meat. Most of these recipes are also really cheap to make, and easy and fun too. Thanks for reading.



"party in your mouth" cake

Ingredients:

- two cups sugar
- one cup margarine
- two tablespoons vanilla
- half a cup of applesauce mixed with two tablespoons baking powder
- two and a half to three cups flour
- three teaspoons baking powder
- one teaspoon salt
- one and a half cups soymilk
- a container of raspberries
- a container of strawberries
- one orange
- one cup chocolate chips

Cream the margarine and sugar together, then add the vanilla and applesauce-baking powder mixture. Mix together the flour, baking powder, and salt, and add to sugar mixture alternately with soymilk till everything's all mixed together. Then add the container of raspberries and stir well. Pour the batter into two greased and floured pans of equal size (cause it's going to be a two-layer cake) and bake at 350 for about thirty or forty minutes. While the cake is baking, take some strawberries and slice them. Toss them in a bowl with some vanilla, sugar, and the juice from the orange. Set this aside. When the cake is done, (cooled too) place one layer on a plate or cake dish. Take the strawberries and spread on top. Now (carefully) add the top layer. Melt the chocolate chips with some margarine and water and cook over low heat till it thickens. Swirl the chocolate sauce over the cake in fancy (or not so fancy) designs, and decorate with strawberry slices along the cake's edges.

ooo *** ** ** ** **



Pumpkin fritters



Ingredients:

about two cups cooked or canned pumpkin
two tablespoons soymilk
four tablespoons arrowroot mixed with
half a cup of water

OR

half a cup of applesauce mixed with
two tablespoons baking powder

OR

any other egg substitute (for two eggs)
one tablespoon oil
one cup flour
three tablespoons sugar
one teaspoon baking powder
half teaspoon salt
half teaspoon cinnamon
a bit of nutmeg



In a large bowl, mash up the pumpkin.
Then add the soymilk, egg substitute,
and oil and mix till it's smooth.
Combine the flour, sugar, baking powder,
salt, cinnamon, and nutmeg in another bowl.
Add this to the pumpkin mixture and stir
well. If the batter looks too thin you can
add some more flour.
Drop the batter by spoonfuls into hot oil
and deep-fry until browned on both sides.
Drain off excess oil with paper towels and
sprinkle with powdered sugar.

★ OIL ★

A bit about cooking oil.

Most of these recipes require cooking oil.

Canola oil works best because it can withstand
high heat and doesn't really have a flavor
of its own. Corn oil is okay too, but I
think it's higher in saturated fat.
Olive oil is really no good for most
of these recipes because it has a
pretty strong flavor

which you will taste in whatever
you're cooking.

Never try to deep fry anything in
margarine, because it will burn. Or
you'll burn yourself.

Okay. Enough about that.



Careful!

HOT

HOT

HOT

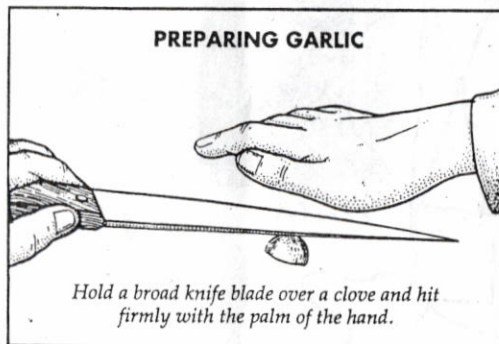
Stock: this can be used for making
soup, sauce, gravy, to cook seitan in...

Ingredients:

ten cups water
half cup soy sauce
medium size onion (white, yellow, or Vidalia)
one bell pepper
one bunch of green onions
two carrots
one large handful of mushrooms
one tablespoon poultry or all purpose seasoning
five to ten cloves garlic
one tablespoon chives, one tablespoon thyme
a bit of cayenne pepper

This may seem like a long list,
but it's really easy to make and you
can use it in a lot of different recipes.
Here's what you do:

Put the water and soy sauce in a
large pot. Chop all the vegetables
and garlic and add to pot along with
herbs and spices. Bring this to a boil,
then cover and simmer for thirty minutes.
When it's done you can strain out the
vegetables if you want. I don't unless
I'm using it to make gravy. Keep this in
the freezer if you're not going to use
it in a week or so.



Sweet potato pudding

Ingredients:

quarter cup of margarine
half a cup of sugar
quarter cup of brown sugar
egg replacer for 2 eggs (i use half a cup of
applesauce mixed with two or three spoons baking powder)
one teaspoon cinnamon
quarter teaspoon nutmeg
quarter teaspoon cloves
one tablespoon vanilla
dash salt
two and a half cups shredded sweet potatoes (uncooked)
one and a half cups soymilk or soy creamer

Mix together the sugar, margarine, and
brown sugar in a big bowl. Add the egg
replacer, spices, and salt and stir.
Then add the sweet potatoes and soy milk
(or cream) and stir well. Pour this into
a greased casserole dish and bake at 400
for about an hour.

Sauce for pudding:

Ingredients:

half a cup of brown sugar
half a cup of margarine
one teaspoon vanilla
quarter cup jack daniels

Stir all this together in a small
saucepan over low-medium heat. Bring
to a boil, then add half a cup of
water and stir well. You can add
a tablespoon of cornstarch to thicken,
if you want. You can also add more
whiskey if you want it stronger.



Blueberry or chocolate-peanut butter banana bread

Ingredients:

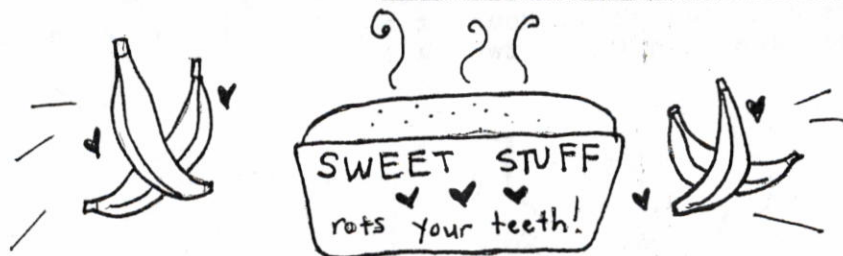
three or four mashed bananas
half a cup of oil or margarine
half a cup of sugar
half a cup of brown sugar
one and a half to two cups flour
half a teaspoon of salt
two teaspoons baking powder
one container of blueberries
OR...

a cup of chocolate chips and two
tablespoons peanut butter
two tablespoons vanilla
one teaspoon cinnamon
soymilk, maybe

Mix the bananas with the sugar, oil,
vanilla, and cinnamon. (Add the
peanut butter too, if you're making
the chocolate chip version.)

Mix the dry ingredients together
and add to wet ingredients. Now add
chocolate chips or blueberries.

If the batter looks too thick, add
some soymilk; if it's too thin add
some more flour. Pour the batter into
a greased and floured pan and bake at
375 for thirty to forty minutes.

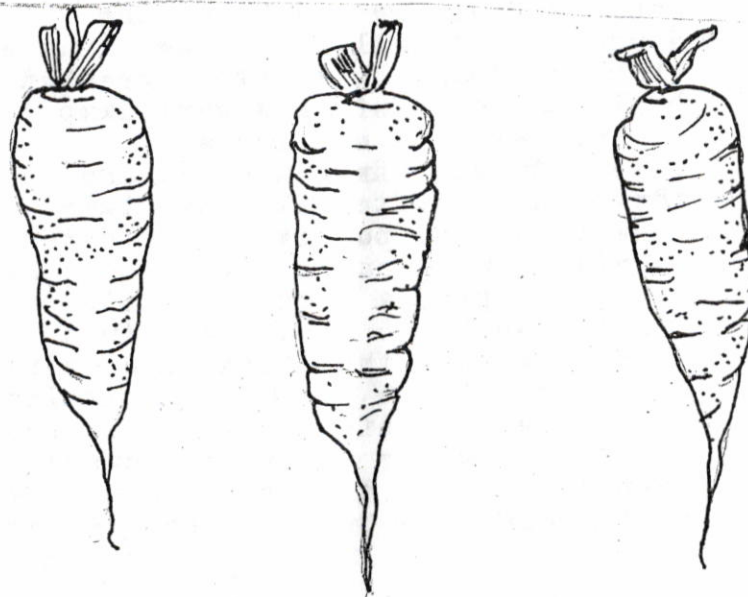


Gravy

Ingredients:

six tablespoons margarine (not oil)
half a cup of nutritional yeast
half a cup of flour
two cups hot vegetable stock or hot water
one cup soymilk
cayenne pepper
salt
garlic powder
onion powder
a few cloves of garlic, chopped

Melt the margarine in a large pan. Add the garlic
and spices, then add the flour and stir until
it clumps together. Add the stock or water
and stir (a whisk works best) until smooth.
Add the nutritional yeast and soymilk and
mix until gravy is creamy. Turn the heat down
and stir until gravy reaches the desired thickness.
This will keep in the fridge for about a week.



Johnny cakes

My grandmother had seven kids and seventeen grandkids, so whenever we would all visit her, she made this.

It's really incredibly cheap to make and can feed massive amounts of people.

Ingredients:

three cups flour
three tablespoons baking powder
one heaping teaspoon salt
one or two tablespoons sugar
soy milk
water

Mix the dry ingredients together.

Add equal portions soymilk and water until you get a dough that resembles bread dough. Coat your hands with flour and knead the dough into a ball for a few minutes.

Put the dough ball into a greased bowl and cover with a warm damp cloth. Let this sit for any time between thirty minutes and three hours. After it sits, take the dough and put it on a floured surface. Roll out (if you don't have a rolling pin, a Boone's bottle works really well) to about half inch thickness. Use the mouth of a drinking glass to cut the dough into circles.

The remaining pieces can be shaped into balls, or whatever pleases you. Deep fry in oil till the johnny cakes puff up and are brown on both sides.

Macaroni casserole

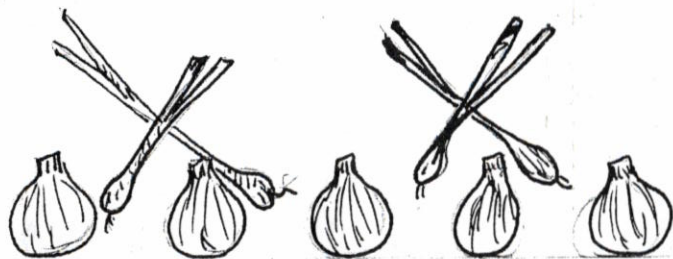
Ingredients:

one pound macaroni noodles, cooked
one pound tofu, cut into cubes
one cup of corn
half pound of mushrooms
one small onion
two yellow squash (small)
three or four garlic cloves
four to six tablespoons margarine
four to six tablespoons flour
two cups soymilk
one half to three-quarters of a cup of nutri. yeast
soy sauce or bragg's
spices (garlic powder, cayenne, cajun seasoning, etc)

Put the cooked macaroni in a large pot, and set aside. Then chop all the vegetables and garlic and cook with the cubed tofu for a few minutes. Then add this to the pasta.

Now, melt the margarine in a large saucepan. Add the flour and stir till it all comes together. Add the soymilk and whisk until it's smooth. Then add the nutritional yeast and spices and cook over low-medium heat until the sauce reaches the desired thickness. Pour the sauce into the pot with the pasta-vegetable mixture and stir well. Pour it all into a BIG casserole dish and bake at 400 for twenty to thirty minutes.





Fried potatoes

Ingredients:

one large tomato, diced
 four to six potatoes
 half a pound of tofu
 half a pound of mushrooms
 one yellow onion
 one bell pepper
 one bunch green onions
 a few cloves of garlic
 cajun seasoning - or make your own by
 combining cayenne, salt, pepper, garlic
 powder, onion powder, and chili powder.

Wash the potatoes well and dice. You
 don't need to take the skins off.
 Heat some oil in a saucepan, add the
 potatoes, garlic, and spices, and
 cook until the potatoes are about
 half-done. Chop the vegetables and
 add to the potatoes. Add a little bit
 of water if the potatoes start to stick.
 Cook until the potatoes are soft and the
 vegetables are done.

★ - yukon gold potatoes are the best
 potatoes ever - but you can use
 baking potatoes too, or red potatoes...



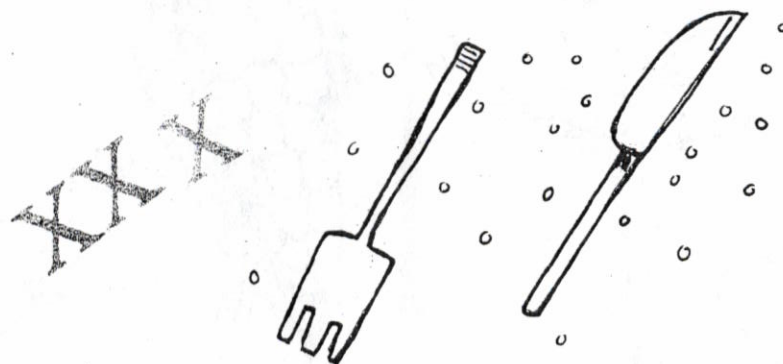
Buttermilk biscuits

Ingredients:

two cups flour
 one tablespoon baking powder
 one heaping spoonful nutritional yeast
 one tablespoon sugar or honey
 one teaspoon salt
 one-third cup oil
 two-thirds of a cup of soymilk mixed
 with a spoon or two of vinegar

Combine dry ingredients. Add oil and
 soymilk and stir well. Drop by large spoonfuls
 onto a greased baking sheet and bake at 450
 for fifteen to twenty minutes.

These definitely don't last long,
 and are best eaten right out of the oven
 (with gravy, of course). Unless you want
 to use them to play kickball.

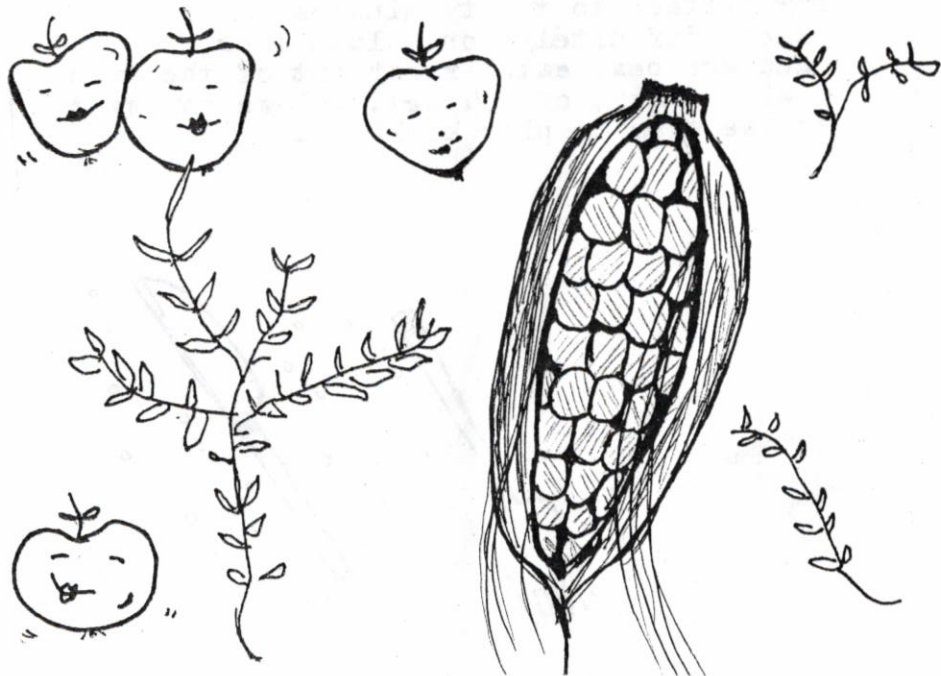


Corn bread

Ingredients:

one and a quarter cups flour
three quarters of a cup of cornmeal
half a cup of sugar
two teaspoons baking powder
half a teaspoon of salt
one cup soymilk
quarter cup vegetable oil or margarine
two tablespoons arrowroot, mixed with
a quarter cup of applesauce
half to one cup of corn
optional-some chopped rosemary

Combine the dry ingredients. Add everything else and stir just till it's all combined. Pour the batter into a greased pan and bake at 400 for about twenty-five minutes. Test by sticking a fork or toothpick into the center- it should come out mostly clean.



Yvette's aunt Kathy's potato salad

Ingredients:

five pounds russet potatoes
two medium onions (Vidalia)
sweet gherkins
salt, garlic powder, all-purpose seasoning
creole or yellow mustard
mayonaisse
optional-chopped celery

First, clean and boil the potatoes whole. When they're done, split them in half and let them cool. When they're cool, peel the skins off and cut the potatoes into chunks. Mix in the rest of the ingredients to taste and add some pickle juice too. Mix in everything with your hands. Taste as you go- start with a little and work your way up.



Turnip stew

Ingredients:

three or four large turnips
a bunch of carrots with greens attached
one onion
four cloves garlic
fresh thyme
salt, pepper, cayenne, spike
four cups vegetable stock

Peel the turnips and chop them up.
Take the greens off the carrots, wash them
and chop them. Chop the carrots, onion,
and garlic. Put all this in a pot with the
vegetable stock and spices and
cook until the turnips are soft.
Then take about half the soup and blend
in a blender or food processor until it's
creamy. Add this to the remaining soup
in the pot and stir well. Repeat this if you
want a less chunky stew. Add a little soymilk
to thin it if you need to. I guess you could
make this recipe using potatoes instead of
turnips, if you want something more substantial....

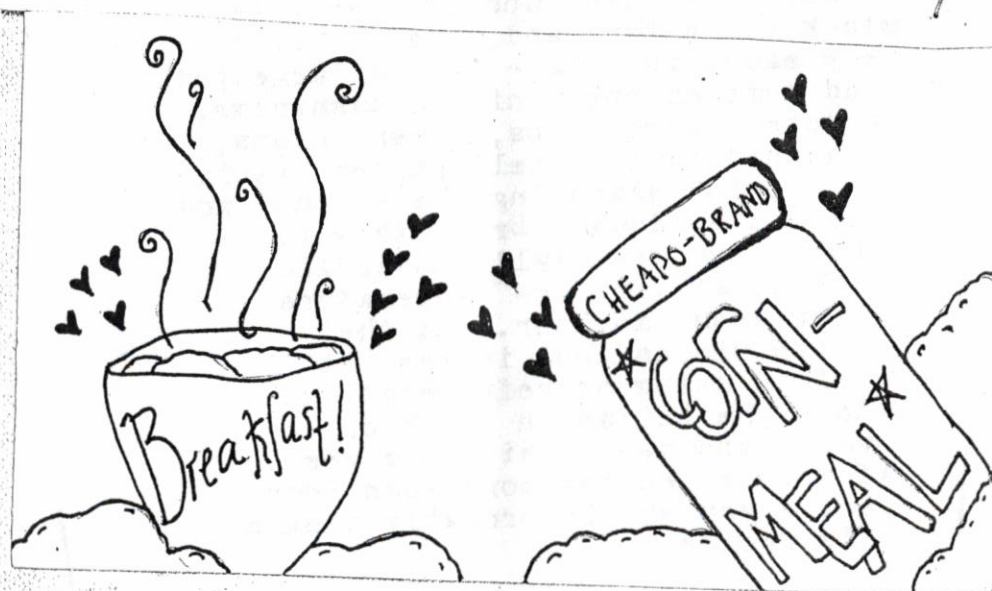
Corn meal mush (corn pone)

This seems to be more of a northern southern food.
I ate it a lot when I was staying in North
Carolina, but nobody in New Orleans seems to
make it. It's a good cheap breakfast food
and you can make it sweet (with soymilk and syrup)
or not (with cajun seasoning and nutritional yeast).

Ingredients:

four cups water
one cup corn meal
one teaspoon salt
margarine

Boil three cups of water.
Mix the fourth cup of water with
the cornmeal and salt and pour it
into the boiling water. Cook while
stirring until thick. Add some margarine
and whatever seasoning you like, and
serve with toast or biscuits.



Seitan

Ingredients:

one and a half cups vital wheat gluten
a quarter cup of nutritional yeast
garlic powder
poultry seasoning
thyme
onion powder
one cup vegetable broth
two or three tablespoons soy sauce
one tablespoon oil

Put the wheat gluten, nutritional yeast, and spices into a bowl and stir them together.

Add the broth, soy sauce, and oil to the dry ingredients. Mix until you have a firm and spongy sort of dough. You might have to add a few tablespoons of water to get all the wheat gluten mixed into dough. Knead the dough for a minute, then cut into a few big chunks and set aside.

Now, take ten cups of vegetable stock (or water) and a half cup of soy sauce and place into a large pot. Add some chopped onions, mushrooms, carrots, carrot tops, green onions, chopped garlic, bell pepper (this is all for seasoning the seitan) and the gluten dough. Bring this to a boil, then partially cover and cook it at very low temperature for about an hour. Let the seitan pieces cool in the pot before using or refrigerating. Store the seitan in broth or water and use it within a week. If you're feeding more than four people you should probably double this recipe.

BBQ Tofu Rib

Ingredients:

two pounds extra firm tofu
one onion
one bell pepper
one large carrot
mushrooms
three garlic cloves
small can of tomato paste
ketchup
one bottle BBQ sauce (yeah I'm lazy)
garlic powder
vegan worcestershire sauce, if you can get it
soy sauce or bragg's
one spoonful brown sugar

First, press the water out of the tofu.

Cut the tofu into big pieces and place on a baking sheet, or flat surface.

Put a heavy weight on top of the tofu (like a pot full of cans of vegetables) and let the water drain out of the tofu for about twenty minutes.

While the tofu is draining, chop all the vegetables and garlic. Put in a pot with some oil or margarine, add the spices and cook until onions are soft.

Add the BBQ sauce, tomato paste, brown sugar, and some ketchup and soy sauce (and the worcestershire, if you have it).

Cook this over low heat for about twenty minutes.

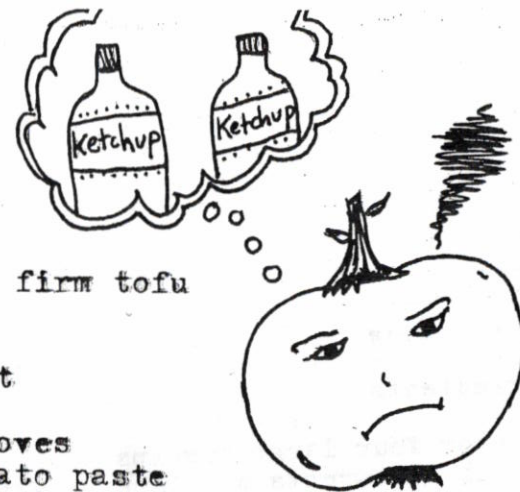
When tofu is drained, pat it dry.

Then cut into rib-sized pieces and fry in a little oil until golden brown.

Dry off excess oil. Place the tofu in a baking pan and pour sauce on top, spreading to cover all the tofu.

Bake at 350 for twenty to thirty minutes.

(After you take this out of the oven, it sit for a while so the sauce will thicken.)

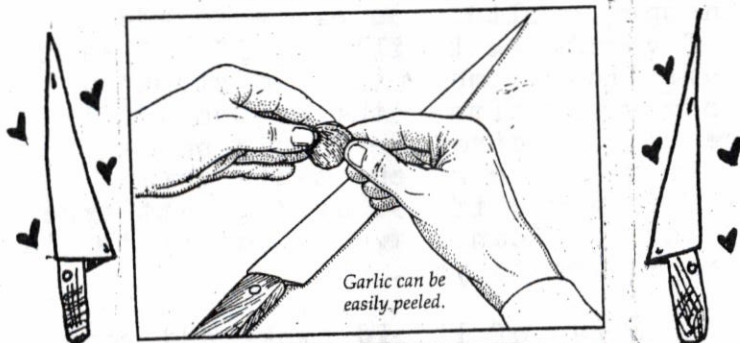


Blackeye pea cakes

Ingredients:

two cans blackeye peas
one cup corn (fresh is better)
one bunch green onions
one small yellow onion
one yellow or red bell pepper
five cloves garlic
one large carrot, grated
one can coconut milk
cornmeal
salt, pepper, cumin, curry,
thyme, cayenne, any other spices you like

Drain the blackeye peas and place them in a big bowl and mash them with a fork or potato masher. Chop the onion, green onion, bell pepper and garlic and add to the blackeye peas along with the corn and grated carrot. Add spices and coconut milk, and enough cornmeal to make the mixture firm enough to hold together. You should be able to make the mixture into patties that don't fall apart. Taste the mixture for seasoning, then make into cakes with your hands and fry in canola oil until brown on both sides. Dry on paper towels.



Fake fried chicken

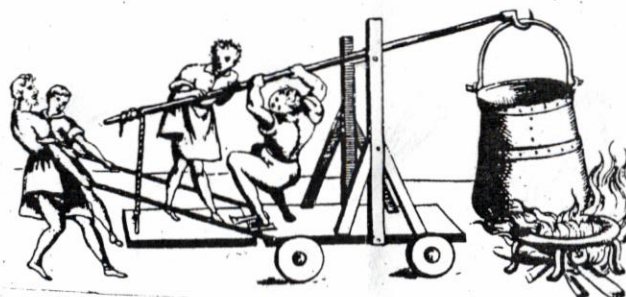
So this actually tastes more like country-fried steak, but it kind of looks and smells like fried chicken. Hence the name.

Ingredients:

seitan, cut into chicken-size chunks (you know what i mean)
flour
cornmeal
creole mustard
nutritional yeast
cayenne pepper
salt
garlic powder
pepper
all-purpose seasoning
soymilk

Take equal amounts of flour and cornmeal, and mix with the yeast and spices. This is your breading. Then, mix some Creole mustard (about three tablespoons) with enough flour and soymilk to make a thick batter. Take the seitan pieces and dip them in the batter, then in the breading. Fry in canola oil until brown on both sides. This is best served with mashed potatoes, greens, cornbread, and iced tea.

fuck that's heavy!



open-fire
cooking
fun
in
1643!

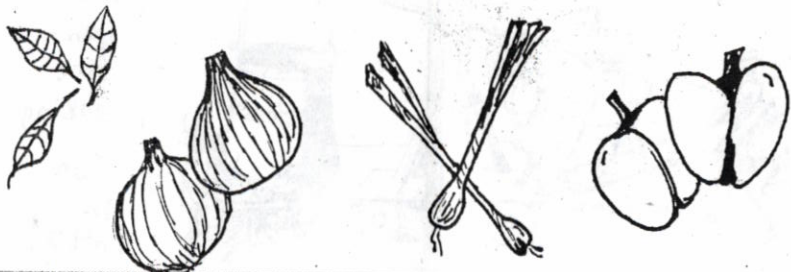
Seitan Dirty Rice

Seitan dirty rice

Ingredients:

two cups rice
four cups vegetable stock
four cloves chopped garlic
one cup chopped onion
one or two bell peppers, chopped
vegetable oil
salt, pepper, thyme
half teaspoon cayenne
one bay leaf
one bunch green onions, chopped
two cups seitan, chopped or ground (whatever's easiest)

Rinse rice, then put in a pot with vegetable stock. Bring to a boil, then simmer for twenty minutes. Sauté garlic, onions, and peppers in oil until soft. Add salt, pepper, thyme, bay leaf, and cayenne. Add the green onions and seitan and cook for a few more minutes. Add this to the rice and cook till it's done. Taste for seasoning.



COLLARD



Cooking greens

Maybe this is self-explanatory to most people, but a lot of my friends won't eat greens cause they think they're too bitter. You just have to cook them till they're DONE. As in soft. Collard greens seem less bitter than mustard or turnip greens, and carrot tops are really mild and cook quickly. So...

Take your greens and wash them well. Chop roughly and put in a pot. Add enough water to just cover. Then add a chopped onion, a chopped carrot, some bell pepper, and five to ten cloves of chopped garlic. You can also add a cube of vegetable bouillon if you want. Add some liquid smoke (i like stubb's) and cover and simmer the greens until they're soft. Adding the liquid smoke seems to make the greens taste more like they would if you used a meat-type seasoning. You can leave it out if that's not appealing to you.

Maybe instead of liquid smoke add some miso (after the greens are cooked, so you don't kill the nutrients in the miso).