



Mother's Day Menu



CHICK'N SALAD SANDWICHES

WATERMELON GAZPACHO

LEMON BLUEBERRY CHEEZECAKE

SUNDAY, MAY 11TH
PACIFIC BEACH TAYLOR
BRANCH LIBRARY

HERBED CHICK’N SALAD

INGREDIENTS:

1 16 oz. block of firm tofu
3-4 stalks celery, diced
4 green onions, sliced
3 tablespoons fresh parsley, chopped
3 tablespoons fresh dill, chopped
3 tablespoons fresh tarragon, chopped
1/2 cup sliced almonds, lightly toasted
3/4 cup vegan mayonnaise
1 teaspoon dijon mustard
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
Freshly ground sea salt and black pepper to taste
Gourmet Artisan Sourdough Rolls
Green Leaf Lettuce

DIRECTIONS:

Remove the tofu from the package and break it into one-inch pieces by hand. Next, chop the tofu with a large knife until it resembles small chunks and crumbles. Transfer the tofu to a medium bowl.

Heat a small frying pan to medium high. Place the almonds in the pan and stir for one minute, turn off the heat and stir occasionally for 2-3 minutes until they become fragrant and lightly toasted. Transfer the toasted almonds into a bowl to cool and set aside.

Add the celery, onions, parsley, dill, tarragon, vegan mayo, mustard, onion powder, garlic powder, and toasted almonds to the crumbled tofu. Stir, folding the ingredients lightly to blend. Season with freshly ground sea salt and black pepper to taste.

Heat the rolls in a warm oven for 6-8 minutes or split them in half and heat them in a dry skillet cut side down until warm. Transfer the rolls to a plate, mound a scoop of the salad on the bottom half, top it with a piece of green leaf lettuce and the second half of the roll. Secure the sandwich with a toothpick and serve with a garnish of fresh grapes and a sprig of herbs. Tastes just like chicken salad, grandmother approved.





WATERMELON GAZPACHO

INGREDIENTS

Soup:

4 cups seedless watermelon, cubed

½ English cucumber, peeled and seeds removed

3 medium heirloom tomatoes, seeds removed

½ yellow bell pepper

½ orange bell pepper

½ red onion

2 cloves garlic

¼ cup plus 2 tablespoons balsamic or red wine vinegar

3 tablespoons olive oil

Freshly ground salt and pepper to taste

Toppings:

½ English cucumber, peeled, seeds removed and diced fine

½ yellow bell pepper, diced fine

½ orange bell pepper, diced fine

¼ red onion, diced fine

1 cup cilantro leaves, stem removed and chopped fine

2 cups vegan croutons

Sprigs of fresh cilantro for garnish

Olive oil for drizzling

Lime wedges

DIRECTIONS

Combine the cucumber, tomato, bell peppers, onion and garlic in the jar of a blender. Blend briefly then begin adding the chunks of watermelon. Blend for about 30 seconds to a minute while adding the remaining vinegar, oil, salt and pepper. Taste to adjust the seasonings then chill the soup for 1-2 hours before serving.

Serve the soup in bowls or glassware. Top each with a sprinkle of chopped cilantro then a spoonful of the remaining diced bell pepper, cucumber and onion. Finish with a drizzle of olive oil, croutons, and a sprig of cilantro. Top with freshly ground salt and pepper to taste.

INGREDIENTS:

Crust:

2 cups almond meal
½ cup coconut sugar
1 teaspoon cinnamon
¼ cup plus 2 tablespoons vegan butter, melted

Cheesecake Layer:

1 ½ cups cashews, (soaked 3-4 hours and drained)
¾ cup maple or agave syrup
Zest and juice of one and a half lemons
1 teaspoon vanilla
1 (16 ounce) block extra firm tofu, cut into chunks

Blueberry Topping:

½ cup cane sugar
2 tablespoons corn starch
½ cup water
Zest and juice of ½ lemon
2 cups fresh or frozen blueberries

Piped Sour Cream Topping:

1 (8 ounce) container vegan sour cream
1 teaspoon vanilla
1 tablespoon powdered sugar

Garnish:

Thinly sliced lemon wedges
Fresh blueberries
Sprigs of fresh mint (optional)

DIRECTIONS:

Combine the almond meal, coconut sugar, cinnamon, and vegan butter in a medium mixing bowl, stir to combine then divide the mixture and press it into the bottom of an 8, or 6-inch springform pan or into a silicone cheesecake mold for mini cheesecakes. Firmly press the crust into the bottom of pan or each cavity or the silicone mold and set it aside.

Combine the sugar and cornstarch for the blueberry topping in a small saucepan, stir it until there are no lumps. Add the water, zest, lemon juice, and blueberries. Simmer until the blueberries begin to soften and the sauce thickens. Set it aside to cool.

Combine the cashews, agave or maple syrup, lemon zest, lemon juice and vanilla in the jar of a blender. Blend on high until smooth then add the tofu a few chunks at a time blending until smooth between each addition.

Pour half of the lemon cashew mixture into the prepared crusts, add a few spoonfuls of the blueberry filling being careful to save half for the top. Layer the remaining lemon mixture over the berries. Without touching the crust, run a table knife through the mixture to slightly swirl and marble it. Smooth the top with a rubber spatula and chill covered in the freezer until firm for about six to eight hours.

In a small mixing bowl combine the vegan sour cream, vanilla, and powdered sugar. Stir well to combine. Transfer the mixture to a pastry bag with a star tip or store it in a small bowl covered and chilled until ready for serving.

Remove the cheesecake(s) from the freezer and unmold them. Spread the remaining blueberry topping over the top then pipe or spoon a swirl of sour cream in the center of each individual cheesecake or around the outside edges of a larger cheesecake. Garnish the tops of the sour cream swirls with thinly sliced lemon wedges, a fresh blueberry, and optional sprig of fresh mint. Serve chilled, keep refrigerated or frozen.

Makes one 8-inch cheesecake, one six-inch cheesecake plus 6 individual cheesecakes, or 12-16 individual cheesecakes.

