



## BAKLAVA

This was once published somewhere under the name "Trader Joe's Heroic Baklava." I haven't the foggiest idea what, if anything, it has to do with Trader Joe's (which, by the way, is now open in Boston and New York for all you transplanted Californians on the East Coast).

A Note on Filo Dough: The filo dough I buy comes frozen in a 1-pound package. I believe each sheet is 14 x 22 inches, so that the finished baklava is about 14 x 11 inches. The package has very specific instructions for thawing, which should be followed. (Main recipe is below; keep scrolling!)

### Nut Filling:

This is the original recipe; I find it makes too much so I use 2/3 of the amount. I find it works well to dump everything in the food processor. Pecans are good, too.

- 1 1/2 pounds roasted, unsalted walnuts, coarsely chopped or ground
- 1 cup sugar
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground cloves

Combine all ingredients.

### Syrup:

Combine in a saucepan:

- 1 cup honey
- 3/4 cup water
- 1/4 cup sugar
- 2 tablespoons lemon juice
- 1 small piece lemon peel
- 1 small piece orange peel
- 1 inch piece cinnamon stick

Combine all of the above in a saucepan, and let simmer for 10 minutes. Let cool. Discard peels and cinnamon.

## BAKLAVA:

- 1 pound filo dough
- 1/2 pound margarine
- nut filling, above
- syrup, above

Unwrap filo dough and fold in half, like the pages of a book. Keep covered with a dry kitchen towel (or plastic wrap) while working [or just work fast :-)]. Turn over one sheet onto 10x15 inch cookie sheet. Brush with melted margarine, using soft 1 1/2 to 2-inch brush or fingertips. Continue turning sheets (pages) and brushing with margarine until 1/3 of the

sheets have been used. Cover with half of the nut filling. Brush another 1/3 of the pages and place over the nuts in the pan. Top with remaining nut filling, and then continue with the remaining sheets of filo dough. Brush top sheet with remaining margarine. With sharp knife, score pastry into diamonds, squares, or triangles.

Bake at 350 degrees (that's Fahrenheit) 35-45 minutes until puffed, crisp, and deep golden in color. Remove from oven and immediately pour cooled syrup over baklava. Let stand 4 hours. [That's what the recipe says, but I've never been able to do it. :-)] When cool, cut through to the bottom layer in scored cuts.





## CHOCOLATE CAKE

I haven't made this cake for years since I discovered that I can't eat chocolate any more, but this stuff is so good I had to share it with the world. Vegan, easy, and utterly decadent. Trust me. :-)

Sift together:

3/4 cup cocoa and enough flour to make 3 1/3 cups  
all together\*

2 cups sugar or 1.5 cups honey\*\*

1 tsp. salt

2 tsp. baking soda

Mix and add:

3 Tbsp. vinegar

3/4 cup oil

1 tsp. vanilla

2 cups water

Blend with an electric mixer (or stir). Pour into two 9-inch round pans or one 9-inch by 13-inch pan. Bake at 350 degrees F for at least 35 minutes or until done.

\* The original recipe that I adapted this from actually called for 1/3 cup carob powder and 3 cups of flour, but I was never brave enough to try it that way. Of course, now that I've been off chocolate for years, maybe I should!

\*\* I think the honey is just a hold-out from the original recipe that I adapted this from. I don't think I ever actually made this using honey. And I am VERY certain that I never tried to sift the honey.

## Fudge Frosting

This makes a lot, so 3/4 of the frosting recipe is plenty for most people.

Melt together:

4 squares (1 oz. each) unsweetened (baking) chocolate

2 Tbsp. oil or margarine

Blend:

1 box (1 pound) powdered sugar (no need to sift)

dash of salt

scant 1/2 cup water

1 tsp. vanilla

a little peppermint extract (optional)

Blend in the chocolate. Stir until thickened. Spread (or pour) over cake.

Kim Stromberg writes:

I made your chocolate cake yesterday for Thanksgiving. It was

a huge success. Everyone wants the recipe and I'm giving credit where credit is due. I used Sucanat for the sweetener and I used brown rice flour instead of wheat. My friends don't eat wheat. I used apple cider vinegar because that's all we had. I didn't sift. (I'm too lazy.) At least one friend wanted me to use carob instead of cocoa but she didn't complain about the results!

We served it with a topping made from home made almond milk, maple syrup and agar and apple juice. We threw it in the freezer and then blended it up. We didn't follow a recipe or I'd give it to you. I wish I could remember what we did!

Anyway, we loved it. Next time we'll try your frosting. Well I will at least. They are not crazy for powdered sugar.





## ZUCCHINI CAKE

Blend in a food processor, in the order given:

- 9 oz. tofu (firm, but not rock-solid)
- 1 Tbsp. dry egg replacer or cornstarch
- 1 cup oil
- 1 Tbsp. vanilla
- 1 cup sugar
- 1 cup honey

Add and stir:

- 1 pound grated zucchini

Mix together and fold in:

- 3 cups whole wheat (pastry) flour
- 1 1/2 tsp. baking powder
- 3 tsp. baking soda
- 1 1/2 tsp. salt
- 3 tsp. cinnamon

Add:

- 2 cups chopped walnuts

Pour into three 9-inch round pans. (Grease and flour the pans or line with waxed paper.) Bake 45 minutes at 350 degrees F.

### Frosting — Version 1

Cream together:

- 3 oz. Tofutti brand "Better Than Cream Cheese"
- 2 tsp. vanilla

Blend in gradually:

- 1 1/2 to 2 cups powdered sugar

### Frosting — Version 2

Blend in a food processor:

- 7 oz. tofu (firm, but not rock-solid)
- 1 tsp. vanilla
- Maple syrup to taste

Add:

- 1/4 cup margarine

Blend just a little more. This is best if the margarine is mostly, but not completely, blended into the frosting. It also tastes best about 1 day after it is made.



## CARROT CAKE

Blend in a food processor:

- 7 oz. tofu (firm, but not rock-solid)
- 1 Tbsp. dry egg replacer or cornstarch
- 1 cup oil

Mix together and stir in:

- 2 cups whole wheat (pastry) flour
- 2 cups sugar (use less if you are using sweetened coconut)
- 1 1/2 tsp. cinnamon
- 1/4 tsp. mace
- 1/4 tsp. nutmeg
- 1 tsp. salt
- 1 1/2 tsp. soda

Grate and fold in:

- 3 cups grated carrots (1 pound)
- 1 cup grated coconut

Add:

- 1 cup walnuts
- 1 cup raisins or currents

Pour into two 9-inch round pans or three 8-inch round pans. (Grease and flour the pans or line with waxed paper.) Bake 30-40 minutes at 350 degrees F.

### Frosting — Version 1

Cream together:

- 4 oz. Tofutti brand "Better Than Cream Cheese"
- 1/4 cup margarine
- 1 tsp. vanilla

Blend in gradually:

- 1/2 pound (half of a box) powdered sugar

This stuff melts easily, so make sure the cake is completely cool before frosting it.

### Frosting — Version 2

Blend in a food processor:

- 7 oz. tofu (firm, but not rock-solid)
- 1 tsp. vanilla
- 1 tsp. lemon peel, grated
- 2 tsp. lemon juice
- Maple syrup to taste

Add:

- 1/4 cup margarine

Blend just a little more. This is best if the margarine is mostly, but not completely, blended into the frosting. It also tastes best about 1 day after it is made.



## WORLD'S EASIEST PIE CRUST

An acquaintance of mine wrote this one down while listening to a talk show on KGO radio about 20 years ago. I'm glad she did. The texture varies depending on what kind of flour you use, but it's good either way. (Okay, I admit it; they didn't actually say "soymilk" on the radio!)

Sift or mix together:

- 1 1/2 cup flour (white and/or whole wheat)
- 1/2 tsp. salt
- 2 Tbsp. sugar (the sugar seems to be important for some reason)

Add and mix everything with a fork:

- 1/2 cup oil
- 2 Tbsp. soymilk (or regular milk)

Don't even THINK about rolling this stuff. Pat it into the pan with your fingers. If you need a baked crust, bake it at 450 degrees F for 10-12 minutes.



## PANCAKES

This recipe comes from The Farm Vegetarian Cookbook, with only minor changes. I performed many unsuccessful experiments with vegan pancakes until I found this recipe!

Mix or sift together:

- 2 1/2 cups flour
- 1/4 cup sugar
- 4 tsp. baking powder
- 1 tsp. salt

Mix together and add:

- 1 cup soymilk
- 1 1/2 cup water
- 1/4 cup oil

Blend with a wooden spoon or whisk until the ingredients are blended. The batter should be somewhat lumpy, which makes the pancakes light. If you beat the batter smooth, the pancakes will be tough.

Heat your pan or griddle over a medium high flame. It's hot enough when water dropped on it turns to beads and bounces across the pan. Then oil the pan slightly. Pour cakes and shake pan a little if they are too thick. Flip them when the tops bubble up. You may need to lower the flame a little to keep the pancakes from burning, but a higher flame results in lighter pancakes.

Variations:

1. Add up to a cup of blended tofu for thicker pancakes (and more of them).
2. Make waffles with the same batter. Be sure to use a nonstick spray such as Pam; this batter is stickier than most waffle batter. You have been warned.
3. Sprinkle some chopped pecans into the pan and let them toast a little before adding the pancake batter.
4. Use whole wheat flour or other wholegrain flour in place of some or all of the regular flour, and decrease the water slightly. A small amount of cornmeal is nice.





## PEANUT SAUCE

This is one of my personal favorites. I never measure anything for this, but it always seems to come out okay, if different every time. Therefore, the amounts given are only approximate, and the last few ingredients are optional.

Mix in order given:

- 1/2 cup peanut butter or almond butter (or maybe a little less)
- 2 Tbsp. sesame oil
- 3 Tbsp. soy sauce
- 3 Tbsp. lemon juice or rice vinegar (juice is best)
- 3 Tbsp. honey
- Curry powder and/or coriander
- Green onions
- Ginger (fresh)
- Cilantro leaves
- Garlic

I like to serve this over stir-fried or steamed veggies with tofu which has been cooked with rice vinegar, soy sauce, garlic, and ginger. If the veggies are very hot the sauce doesn't need to be heated. I find it loses some of its flavor if it is mixed into the veggies before serving.



## VEGAN LEMON POPPY SEED CAKE

This recipe was printed long ago in the newsletter of the Ocean Beach (San Diego) People's Food Co-op. I made it a short time thereafter, and I don't remember it but I must have enjoyed it since I posted it on Usenet shortly thereafter, and someone else must have enjoyed it, since they made a web page out of it which I found on Yahoo while searching for my (long lost) self, and that's how it ended up here today.

Since I don't eat dairy products, I frosted it with a mixture of 1/2 pound tofu blended in a blender with 1/4 cup margarine and maple syrup, vanilla and lemon juice to taste. By the way, I think it would be better with slightly fewer poppyseeds.

- 3/4 cup poppy seeds
- 1/3 cup lemon juice
- grated peels of 3 lemons
- 3/4 cup apple juice
- 3/4 cup (canola) oil
- 3/4 cup (pure) maple syrup
- 3 cups whole wheat pastry flour (I'm sure white flour is fine)
- 1 1/2 tsp. baking soda
- 3/4 tsp. sea salt (or regular salt)

Mix dry ingredients. Mix wet ingredients. Fold gently together. Pour into greased and floured 13 x 9 x 2 inch pan. Bake in preheated 350 degree (F) oven for 1/2 hour or until toothpick comes clean.

This is a light, not too sweet lemon cake with a lovely snappy crunch from the poppyseeds. Makes a nice tea cake as is, or frost with cream cheese/honey icing for a richer experience.

(I didn't write that last part. This came from a newsletter, remember?)





## ALMOND COOKIES

I invented this recipe while trying to make vegan "Chinese" almond cookies (*a la* Twin Dragon). The result is pretty good, though it does not resemble the original at all.

Sift or mix together:

- 2 cups flour (a mixture of white and whole wheat is good)
- 3/4 cup sugar
- generous 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. cornstarch or dry egg replacer

Add and mix everything with a fork:

- 1/3 cup oil
- 6 Tbsp. water
- 1 tsp. almond extract

After you give up on actually mixing this stuff with a fork, use your hands. Squeeze through your fingers to mix. If the mixture is too crumbly to hold together, add a little more water (not much).

Add:

- 3/4 cup chopped almonds

Make cookies by forming small balls and flattening them, with a whole almond pressed into each one. (There's no need to grease the cookie sheet.) Bake 12-15 minutes at 375 degrees F. Makes about 20 cookies.



## PIZZA

This may be the easiest pizza crust recipe in the world, and it's tasty too! If you prefer a thin crust, use additional pans and don't cook the pizza quite as long. The sauce recipe comes from Laurel's Kitchen, with only minor modifications. I think it's wonderful on a pizza, but I don't recommend it for pasta.

Mix together:

- 4 cups wholegrain flour
- 1/4 cup soy flour
- 2 tsp. baking powder
- 2 tsp. salt

Add:

- 1 1/3 cup water
- 1/2 cup oil

Knead briefly. Press into greased 12-in. by 18-in. greased rectangular pan or two 12-in. round pizza pans. Bake at 425 degrees F for 15 minutes. Spread sauce on top and add desired toppings. (Nonvegans can add cheese, but personally I think it's better without.)

### Tomato Sauce

Saute until onion is soft:

- 2 Tbsp. olive oil
- 1/2 onion, chopped
- 1 clove garlic, minced

Add and stir well:

- 1 small carrot, grated
- 2 Tbsp. (or more) chopped green pepper
- 1 bay leaf
- 1 tsp. oregano
- 1/2 tsp. thyme
- 1/4 tsp. basil
- 2 Tbsp. chopped fresh parsley

Add:

- 2 cups fresh tomatoes, coarsely chopped
- 1 (6 oz) can tomato paste
- 1 tsp. salt
- 1/4 tsp. sugar
- 1/8 tsp. freshly ground black pepper

Simmer for half an hour. Remove the bay leaf.

