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authentic mac sauce

1.5 cup mayo
2 tbsp yellow mustard
4 tbsp pickle relish
4 tbsp sugar
1 tsp white wine vinegar
1 tsp paprika
1/2 tsp garlic powder
1/2 tsp onion powder

beer batter

1 ¼ cups all-purpose flour
2 tablespoons cornstarch
1 large egg, chilled and beaten
1 teaspoon garlic powder
1 teaspoon seasoning salt
1 cup cold light beer

vegan option, instead of egg (mix and let sit for 5 minutes):
2 tbsp chickpea flour
2 tbsp water
1 tsp oil

mix flour->salt together, whisk in beer, texture of pancake batter.
make with cold ingredients while oil is heating up and use immediately

Curry

1 cup yogurt for 2 onions

hot oil in pan, cook sliced onions until golden brown 40ish minutes, don't need to be caramelized just cooked

blend onions with yogurt

heat ghee in same pan, add whole spices, garlic, ginger

fry vegetables and/or meat for a few minutes

add yogurt mix and ground spices, simmer for a few minutes, lower heat and cook for 15

stir add salt adjust seasonings, cover cook for 10 more

add water, bring to a boil, lower heat simmer for a few minutes

whole spices: dried chilies, bay leaf, no longer using cardamom pods

ground spices: MDH tandoori masala blend or equivalent, some ground cardamom, add cayenne for more heat and paprika for redness, should be ~4 tbsp all together

Fish marinade

Equal parts, or so:

Garlic

Ginger

Soy sauce

Red wine or sherry

For tofu add 1 sheet nori, 1 tbsp miso paste, veg broth or water as needed

Minimum 4 hours, up to several weeks if tofu

Hummus

1 can chick peas

1/2 cup tahini

1/4 cup olive oil

~3 cloves garlic

~4 tbsp lemon juice

salt and pepper

1tbsp seasoning - paprika, chili powder, whatever

step 1: drain the aquafaba from the chickpea can and keep it

step 2: steam the hell out of the chickpeas for like 20 minutes

step 3: put all ingredients in food processor

step 4: process, adding aquafaba until hummus is a little too "soupy"

step 5: pour into a container and refrigerate

Pesto

2 cups basil leaves (no stems) / 70g

2 tbsp pine nuts

2 large cloves garlic

½ cup olive oil

½ cup grated parm/romano

Replace cheese: nutritional yeast works, but not quite. miso? more salt?

Seitan Sausage

SAUSAGE BASE

1/2 cup cooked white beans, rinsed and drained
1 cup vegetable broth
1 tbsp olive oil or veg butter
2 tbsp soy sauce
1 1/4 cup (160g) vital wheat gluten
1/4 cup (22g) nutritional yeast
3 tbsp chickpea or other flour

SEASONING (vary for different flavours, this is hot Italian)

2 cloves fresh garlic, finely grated
1 1/2 tsp fennel seed, crushed
1 tsp red pepper flakes
1 tsp paprika
1 tsp oregano
1/2 tsp thyme

Mash beans into paste.

Mix all together into a dough ball.

If too wet, add more flour.

Divide dough in half and form into logs.

Wrap in tin foil and twist ends like tootsie roll.

(Optional: line foil with parchment paper)

Place in steamer basket

Steam for 40 minutes or until firm.

Remove, let stand for 5-10 minutes, unwrap.

Serve warm or let cool then freeze in airtight container.

derived from multiple sources including https://www.theppk.com/2012/01/vegan_sausage/ and <https://myquietkitchen.com/vegan-chorizo/>

Some vegan chili

the chili was:

mollie katzen rice lentil onion burgers with undercooked onions

1 jar passatta 1 can kidney beans 1 bell pepper

half can of some ipa. bit msg. chipotle chili pepper, volcano salt, usual spices, dregs valentina, time

late add barburrito carolina reaper sauce and nutritional yeast (pinch each), large scoop doenjang

Vaguely NY Pizza

Dough, per 2 pizzas:

3/4 cup / 180ml hot water

1/2 tsp / 3g active dry yeast

3/4 tbsp / 11.25ml olive oil

3/4 tsp / 5g salt

1 1/2 cup / 275g ap flour (+/- 1/4 cup / 25g)

Sauce, per 4 pizzas:

800ml can whole peeled tomatoes (san marzano or similar)

2tbsp olive oil

maybe 1/2tbsp sea salt

ground pepper and oregano to taste

Cheese, per 2 pizzas:

~275g whole milk low moisture mozzarella

(mozzarella-cheddar-etc blends work fine too as long as they are =>75% mozzarella)

Supplies:

parchment paper

pizza stone, pizza steel, or flat baking pan

olive oil

Initial dough prep and first proof:

whisk water, yeast, olive oil, salt together and let stand for 5 minutes

mix in flour and knead dough until tacky but not sticky (add flour if needed), then knead until smooth

coat in olive oil, then either place in a bowl and cover, or wrap in plastic. place in the refrigerator to proof for at least 12 hours.

Sauce:

Mix all ingredients together in a bowl.

Mash tomatoes with a potato masher, a large slotted spoon, or just use your hands, until only small chunks remain.

If sauce seems thin, transfer to a saucepan and cook over medium-low heat until thicker.

Pour any extra sauce into airtight containers and freeze for reuse.

Dough prep and bake:

remove dough from bowl, press out most of the air, and form into a ball. (optionally: divide into equal sized pieces and form smaller balls.)

Place your pizza stone/steel or upside down baking pan on the highest rack of the oven where there is about 5cm of space between the pan and the heating element. Preheat oven to 500F or as

high as it can go if under 500.

Place dough ball(s) in an oiled dish and allow to come to room temperature while the oven preheats, 45-90 minutes.

Cut a piece of parchment paper smaller than the cooking surface. Stretch the dough onto the parchment paper and add sauce and toppings.

Slide the parchment paper with the pizza on it onto the pan.

For a pizza stone or steel, bake for 7 minutes, then switch to broil for 1 minute more. Keep the oven on broil an additional minute before you load the next pizza. This helps reheat the stone before you switch back to bake mode.

For a baking sheet, bake the pizza on parchment paper on the sheet for 8 minutes, then broil (still at 450F) for 1-2 minutes.

Times may need to be adjusted between ovens.

Final step:

Eat pizza

Vegan mayo etc

1 package soft silken tofu (300g)

2 teaspoons dijon mustard (sub ~4 cloves of garlic for aioli, don't overdo)

1/2 tbsp vinegar (apple cider, white wine)

1/2 tbsp lemon juice

1 tsp salt to taste

1/4 cup vegetable oil

tofu->salt in food processor, blend for 15sec, then gradually add oil in a steady dribble

try other seasonings. chipotle powder?

chicken breasts

chicken

olive oil

salt and pepper

garlic powder

fully defrost chicken. apply a generous amount of the seasonings and enough olive oil to coat all sides of the chicken. Rub in everything. Wash your hands thoroughly, and set the chicken aside to rest. Put your pan or pot on the stovetop, add a drop of olive oil, and turn the burner on high. After a few minutes, that oil will start smoking.

With the burner still on high, add the seasoned chicken breasts to the pan, and cook them uncovered for one minute. (I just count Mississippis in my head until I get to 60.)

After that minute is up, turn the heat to low, flip the breasts over, and put the lid on. Set a timer for ten minutes.

Once the timer sounds, turn the heat off, but leave the pan covered. Don't open it to check on the chicken—that'll let heat and moisture out. Set the timer for another ten minutes.