

## **Recipes for Kris Eisenman's Cooking Demo on Plant-based Picnic Favorites**

### **Caprese Salad with Fresh Vegan Mozzarella**

1 cup Fresh Vegan Mozzarella cut in bite size pieces  
4 Heirloom Tomatoes or 2 cups of Cherry Tomatoes, cut into bite size pieces  
20 basil leaves, chiffonade cut  
1 tbsp Extra Virgin Olive Oil  
1 tsp Balsamic Vinegar  
Flaked Salt

Mix all ingredients. Add flaked salt to taste.

### **Fresh Vegan Mozzarella**

#### **Brine Ingredients**

6 cups water  
3 teaspoons sea salt

Mix together and chill overnight or in the freezer for an hour or two.

#### **Cheese Ingredients**

1.5 cups unsweetened soy milk (look for ingredients that are just soybeans and water.  
(WestSoy and Trader Joe's)  
 $\frac{2}{3}$  cup refined coconut oil  
 $\frac{1}{4}$  cup tapioca flour  
1.5 tbsp fresh lemon juice  
1 tbsp Kappa Carrageenan  
1.5 tsp salt

Blend all ingredients until very smooth. Pour into pan and heat on medium. Stir continuously. The cheese will curdle and after that it will come together into a smooth and stringy mixture. Continue to stir until it is smooth and glossy. Use an ice cream scoop to drop it into the brine. Cover and refrigerate. Keeps in brine for about 10 days.

### **Tofu 'Egg' Salad**

1 block medium firm tofu (I highly recommend Ota Tofu)  
6 tbsp (or more to your liking) vegan mayonnaise (Best brand works great or use healthy option below)  
2 tbsp nutritional yeast  
2 tsp dried yellow mustard  
 $\frac{3}{4}$  tsp black salt (kala namak)  
 $\frac{1}{4}$  tsp turmeric  
Salt and pepper to taste.

Press tofu, cut into  $\frac{1}{2}$  inch pieces. Mix with all other ingredients. Add minced veggies to taste (onion, celery, jalapeño, green onion, sweet pickle relish, green olives, dill pickle all work well). Chill until served.

## **Curried Chickpea Salad**

15 oz can of chickpeas (I like to rub them with a towel and dispose of the skins but it isn't necessary)

6 tbsp mayo (or more to your liking)

1 tbsp minced onion

1 tbsp minced celery

2 tbsp slivered almonds

2 tbsp currents or chopped raisins

1 tbsp mango chutney

1 tbsp (or to taste) curry powder

Salt to taste

Mix all ingredients and chill.

## **Tofu Mayo (Healthy alternative to store bought mayo)**

1 carton silken tofu

1 tbsp sugar

1 tbsp red wine vinegar

1 tbsp Dijon mustard

¼ tsp sea salt

Blend all ingredients

## **Panna Cotta**

### **Prepare**

1 cup cashews and 2 cups water blended in a high speed blender

14 oz coconut cream

Blend these ingredients together in high speed blender. If you don't have a high speed blender.

Soak cashews in the water for 4-8 hours before blending.

### **Ingredients**

2.5 cups of the above milk mixture

1 tsp nutritional yeast

1/5 tbsp sugar

1 tbsp agar flakes or 1.4 grams of super agar

A pinch of salt

Pinch of turmeric

Blend above ingredients. Bring to boil over medium heat. Boil for 5 mins. Turn off heat. Pour a little into a dish and put in refrigerator for 5-10 minutes. See if consistency is as desired. If not, add milk to mixture and try again. Spoon into dishes and refrigerate for 2-4 hours (keeps a few days too).

**Mixed Berry Topping**

2 cups fruit (fresh or frozen)

2 tbsp sugar

1 tsp lemon juice

¼ tsp agar

Mix all ingredients together in a sauce pan and bring to boil for 5 mins. Taste and adjust sugar if necessary. The agar will thicken the sauce when it cools, like Jello. Stir for best consistency before spooning over panna cotta, ice cream, yogurt, etc.