

Forward Food

Seasonal Recipe Packet 2

**DELICIOUS PLANT-BASED RECIPES FEATURING
GROWN-IN-CANADA INGREDIENTS, INSPIRED BY
CUISINES FROM ACROSS THE WORLD**



**HUMANE SOCIETY
INTERNATIONAL**
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Cherry & Chocolate Pavlova

Ingredients	Quantity	Measure
Aquafaba (brine from canned chickpeas)	1/2	cup
Sugar	1	cup
Apple Cider Vinegar	1	tsp
Caster Sugar	1/4	cup
Cherries	1	cup
Pomegranate Molasses	1	tsp
Coconut Milk	2	400g cans
Dark chocolate, shaved	1/4	cup

Preparation

1. Whisk ½ cup aquafaba with electric whisk until very stiff.
2. Continue whisking for another 5 minutes while gradually adding the sugar and apple cider vinegar.
3. Spread out the whipped aquafaba onto a baking sheet and bake in the oven for 75-85 minutes until the top is firm.
4. While the aquafaba is baking, dissolve the ¼ cup caster sugar in ½ cup of water over low heat. Remove the stalks of the cherries and add. Let simmer for 10 minutes.
5. Stir in the pomegranate molasses with the cherries and let cool.
6. Once the aquafaba is out of the oven and cool. Start assembling
7. Open the coconut milk cans and scoop out the thick creamy part, set aside the liquid. Whisk the creamy coconut fat for 2 to 3 minutes into a smooth mix.
8. Gently spread the whipped coconut milk onto the aquafaba.
9. Strain the cherry syrup and add spoonfuls of cherries atop the whipped coconut milk.
10. Garnish with dark chocolate shavings and more cherry syrup as desired.



Cucumber Raïta

Ingredients	Quantity	Measure
Cucumber, grated	1	individual
Onion, minced	2	tbsp
Lemon juice	2	tbsp
Cashews, raw	1/2	cup
Cumin seeds	1/2	tsp
Ginger, grated	1	tsp
Salt & Pepper	To taste	

Preparation

1. Soak cashews for 30 minutes.
2. Blend the cashews with the cumin seeds, ginger and lemon juice. Add water to reach the desired consistency.
3. Transfer to a mixing bowl and add the minced onion.
4. Peel & grate the cucumber and mix in.
5. Add salt & pepper to taste.
6. Garnish with fresh mint.



Saskatoon Berry Pie

Ingredients	Quantity	Measure
Saskatoon Berries	4	cups
Sugar	1/2	cups
Corn starch	2 1/2	tbsp
Vegetable Oil	1	tbsp
Plant-based pie crust		

Preparation

1. Gently toss together the saskatoon berries with sugar and cornstarch until the berries are coated.
2. Place your bottom crust into the pie plate and fill the berries into the pie crust.
3. Cover with your crust and brush your pie crust with a neutral vegetable oil.
4. Squeeze and seal the pie seams with a fork and cut some vents on the top crust.
5. Bake for 15 minutes at 425 degrees, then lower the temperature to 350 degrees and bake for about 50-55 minutes more.
6. Remove from the oven and cool on a baking rack.



Pumpkin & Sage Alfredo Sauce

Ingredients	Quantity	Measure
Shallots, minced	1/4	cup
Olive Oil	2	tbsp
Garlic, minced	1/2	tbsp
Sage, ground	1	tsp
Arrowroot flour	1	tbsp
Pumpkin, pureed	1	cup
Almond milk, unsweetened	1 3/4	cup
Nutritional Yeast	1/4	cup
Salt & Pepper		

Preparation

1. In a large pan, sauté minced shallots in olive oil until translucent.
2. Add in minced garlic with sage and sauté for another 2 minutes on medium heat.
3. Add in arrowroot flour and pumpkin purée and keep on low heat for another 5 minutes.
4. Start pouring in almond milk ¼ cup at a time, stirring slowly.
5. Once all the milk is in, start mixing in the nutritional yeast.
6. Once the sauce has simmered for about 10 minutes, let cool.
7. Add salt & pepper to taste.
8. Blend thoroughly to achieve the right consistency and add almond milk to adjust if necessary.



Nanaimo Bars

Base	Quantity	Measure
Rolled Oats	1/2	cup
Pumpkin Seeds, raw	1/4	cup
Shredded Coconut, unsweetened	1/4	cup
Pitted Dates	1 1/2	cup
Vanilla Extract	1/2	tsp
Salt	1/4	tsp
Cocoa Powder	1/4	cup
Middle	Quantity	Measure
Icing Sugar	3/4	cup
Coconut Butter ⁰	3/4	cup
Coconut Milk	2	tbsp
Vanilla extract	1/2	tsp
Salt	pinch	
Topping	Quantity	Measure
Non-Dairy Chocolate	1	cup
Coconut Milk	2 1/2	tbsp

Preparation

BASE

1. In a blender, blend together the oats and the dates.
2. Add the cocoa powder, salt and vanilla and keep blending.
3. Add the pumpkin seeds and coconut and keep blending.
4. Line a baking pan with parchment paper and press the blended mixture evenly across the pan. It should be at least 1/2 inch thick. Refrigerate.

MIDDLE

5. Combine all ingredients in a food processor and blend.
6. Spread evenly over the base layer and refrigerate again.

TOPPING

7. Prepare a double boiler to melt the chocolate and coconut milk together.
8. Once melted, pour over the middle layer and refrigerate again until set.

Serving

9. Cut into squared and enjoy.



Raspberry Crumble

Ingredients	Quantity	Measure
Raspberries	3	cups
Apples, peeled and diced	2	cups
Maple Syrup	3	tbsp
Cornstarch	2	tbsp
Lemon Juice	1	tbsp
All-purpose Flour	1	cup
Coconut, shredded	1/2	cup
Almonds, chopped	1	cup
Brown Sugar	1/2	cup
Salt	1/2	tsp
Vegetable shortening	3	tbsp

Preparation

1. In a large bowl, mix together raspberries, apples, maple syrup and cornstarch.
2. In a separate bowl, mix together the remaining ingredients. Make sure the blend the shortening well and ensure it is evenly spread through the flour.
3. In a well oiled hotel pan, evenly spread out the raspberry and apple mixture.
4. Top with the almond and flour mixture.
5. Bake at 350°F for approximately 45 minutes.



Spinach and Garlic Spanakopita

Ingredients	Quantity	Measure
Spinach, cooked	3 1/2	cups
Olive Oil	2	tbsp
Onion, diced fine	2	cups
Parsley, chopped	2	cups
Dill, chopped	1 1/2	cups
Garlic, minced	1/2	tbsp
Tofu	1	block
Lemon juice	1/4	cup
Nutritional Yeast	3	tbsp
Salt	3	tsp
Pepper	1	tsp
Phyllo Pastry	2	packages.

Preparation

1. In a pan, cook onions over medium heat until translucent.
2. Add parsley, dill, garlic and 1 tsp salt and continue cooking for 5 minutes.
3. Add spinach and mix well. Remove from heat.
4. In a mixing bowl, mash the block of tofu into a very fine crumble. Add lemon juice, nutritional yeast and 1 tsp of salt. Mix well and let sit for 5-10 minutes.
5. Mix the tofu with the cooked spinach and add the remaining salt.
6. Pour into a colander and allow to drain for 15 minutes.
7. Ensure your phyllo pastry is well thawed and remove one sheet at a time.
8. Brush each sheet lightly with olive oil and fold them in half, brush again.
9. Drop 1 tablespoon of the spinach and tofu mixture onto a corner of the sheet and fold into triangles.
10. Once you've folded all the mixture, place the triangles onto an oiled baking sheet and bake at 350°F for approximately 25 minutes.



Scalloped Potatoes

Ingredients	Quantity	Measure
Russet Potatoes	8-9	individual
Onion, sliced thin	1	individual
Coconut Milk	3	cups
Cashews, raw	1	cup
Dijon Mustard	1	tbsp
Nutritional Yeast	1/2	cup
Onion Powder	1	tsp
Garlic Powder	1	tsp
Salt	1	tsp
Pepper	1	tsp

Preparation

1. Peel and slice the potatoes into very thin rounds. Use a mandolin if possible,
2. Peel and slice onion. Set aside the potatoes and onion slices.
3. Mix all other ingredients into a food processor and blend until smooth.
4. In a medium sized hotel pan, spread a first layer of potato slices on the bottom, add a layer of onion slices on top of the potatoes.
5. Pour half the sauce from the food processor then add another layer of potatoes on top and cover with sauce. Repeat until all potatoes and sauce are used.
6. Cover with foil and bake at 350°F for approximately 75 minutes.
7. Remove foil and bake for another 30 minutes.
8. Allow to cool and garnish with chives or parsley.



Cranberry & Apple Empanadas

Ingredients	Quantity	Measure
All-purpose Flour	3	cups
Vegetable shortening	1/2	cup
Salt	1	tsp
Water	1/2	cup
Cranberries	1	cup
Apples	2	individual
Sugar	1/2	cup
Cornstarch	1 1/2	tbsp

Preparation

1. Add flour and salt in a mixing bowl and fold in the vegetable shortening. Using a fork or a pastry cutter, mix until the dough is slightly granular in texture.
2. Add water gradually to the dough and mix well until you have a smooth ball.
3. Refrigerate for 30 minutes.
4. Peel and dice the apples, then transfer them to a saucepan with the cranberries, sugar and cornstarch.
5. Bring to a simmer over medium heat and cook for approx. 5 minutes stirring occasionally. Remove from heat and let cool.
6. On a floured surface, roll out the empanada dough to 1/8th inch thickness then cut into rounds about 3 to 4 inches wide.
7. Spoon 1 tbsp filling on the center of the round and fold the empanada dough over. Press the edges together using your fork.
8. Preheat the oven to 375 F.
9. Brush each empanada with vegetable oil and sprinkle them with sugar.
10. Bake the empanadas for approximately 20 minutes or until golden on top.

