
Vegano Italiano Festival Tasting & Live Webcast

With Dr. Ruby & Gretchen!

Spicy Italian Taco Filling

By Ruby Lathon, PhD

Ingredients:

- 1 cup raw walnuts (soaked for 2 hours or overnight, drained)
- 3/4 cup sun-dried tomatoes, re-hydrated
- 1 small shallot or 1/2 medium red onion
- Juice of half a lime
- 3/4 cup fresh cilantro
- 2 teaspoons chili powder
- 1.5 teaspoon cumin
- 1.5 teaspoon Spanish or smoked paprika
- 1/2-3/4 teaspoon cayenne pepper (adjust for heat preference)
- 1 clove garlic
- Sea salt to taste (1/4 - 1/2 teaspoon)
- 2-3 tablespoons of water to get mixture moving.



Directions:

1. Put all ingredients, except water, into a food processor and pulse until ingredients are incorporated.
2. Stop in between to scrape down sides.
3. Add a tablespoon of water as needed. Mixture should be thick and relatively dry but moist. Add additional cayenne for added heat.

Tomatillo Salsa (medium to hot)

By Ruby Lathon, PhD

Ingredients:

- 1 small/medium tomatillo

- 2 medium/large Roma tomatoes
- 1/2 to 1 jalapeno, seeded
- 1/2 cup fresh cilantro
- 1 tablespoon lime juice
- 1 teaspoon Cumin
- 1/2 teaspoon Chili powder
- Pinch of Cayenne pepper
- 1/2 teaspoon sea salt
- 1 clove garlic

Preparation:

Add all ingredients to food processor and pulse until ingredients are incorporated but still chunky.

Flat Bread/Piadina:

Gretchen Sheridan

Ingredients:

- 4 cups of flour farro or any flour you prefer
- 1/3 of a cup of olive oil • 6 and ½ oz of water
- Just under a half tbsp of salt
- Half a tsp of baking soda

Preparation:

1. Begin by putting the flour into a large mixer bowl. Add the salt and the baking soda.
 2. Turn on the mixer low with a dough hook. Now add the water which should be at room temperature. You can also add the oil at this point. Add it a little at a time, and work it all together. When all the ingredients have come together, you can knead the dough on a worktop. About 5 min.
 3. Once it's properly kneaded, let it rest in a bowl covered with plastic wrap in a cool place for at least a half an hour.
 4. Once your dough has rested take it and divide it into four equal pieces. At this point, on a lightly floured surface, work the piece until it's round, and then roll it out. You'll be looking to form a disc of about 10 inches in diameter with a thickness of a little less than a quarter inch.
 5. Once you've rolled out the 4 discs, put a cast iron pan on the stove to heat up well. Once it's good and hot, put your first disc in. The flatbread should cook for one to two minutes each side. Poke the bread with a fork to create little holes which will allow the inside of the bread to cook as well.
 6. When the first side is cooked, take a long spatula or bread knife and flip the bread. If bubbles begin to form, press them down with the backside of a fork.
- Flatbread will last about 10 days



Insalata Russa/ Russian Salad Raw (servers about 8 people)

Ingredients:

- one head of cauliflower
- one turnip
- 3 med carrots
- 2 pieces of celery
- 2 cup of peas

Preparation

1. In a food processor chop cauliflower fine like the size of cous cous.
2. Then use the slicer on the food processor to chop or grate the rest of the ingredients but of the peas. The peas can be put in whole last.
3. Mix with a wooden spoon and 5 table spoons of dressing. Refrigerate over night before serving will keep for one week.

Insalata Dressing:

Ingredients:

- one cup sunflower oil
- a - 1/3 cup almond milk
- juice from one limon
- 1/2tbls of turmeric
- salt to taste
- 2 teaspoons of almond flour

Preparation

1. Depending on what tool you have you should put all the ingredients together but for the oil.
2. Mix and slowly add oil, increasing the speed as it starts to thicken. It will not get as thick as mayo but like a pudding.
3. Place in a jar, will keep for 2 weeks in refrigerator.



Easy Broccoli Soup

Ingredients:

- 1 large head of broccoli, chopped
- Water to fill sauce pan a little over half way
- 1 tablespoon sea salt

Preparation

1. Bring water to boil
2. Add broccoli to boiling water for 3 minutes
3. Put strained broccoli in blender with 2 cups of broccoli water
4. Blend until smooth. Serve hot tipped with walnuts and/or vegan cheese