

easy VEGAN RECIPES

FineMark's Executive Chef, Lisa Fidler

Ginger Carrot Soup with Coconut

Ingredients

- 2 cups carrots, diced all the same size
- 1-2 teaspoons ginger, fresh grated
- Salt & pepper to taste
- Coconut flakes for garnish

Instructions

- Place the carrots in a pot and cover with water. Boil the carrots until tender.
- Strain the carrots, but keep the boiling liquid.
- Put the carrots and ginger into a food processor and begin to puree. Add enough liquid to make a nice smooth puree. Scrape the sides to make sure you puree all the carrots until creamy. Add as much more liquid to thin out your puree to a desired soup consistency.
- Add salt & pepper to taste.
- Top with Coconut Flakes

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Asian Chopped Salad with Sesame Honey Cashews

Sesame Honey Cashews

- 1 ½ cup Raw, whole cashews
- 1 tablespoon toasted sesame seeds
- 1 tablespoon black sesame seeds
- ¼ cup Water
- ¼ cup sugar
- 3 tablespoons honey
- ½ teaspoon red pepper flakes
- Kosher salt

Instructions

- Preheat the oven to 350°F. Prepare a sheet pan with a sheet of greased parchment paper.
- In a small bowl, combine cashews and sesame seeds. Set aside.
- In a small saucepan, combine water, sugar, honey and red pepper flakes with a generous pinch of kosher salt. Bring it to a simmer and let cook for 2–3 minutes.
- Remove from the heat and add cashews and seeds to the pot. Stir to coat the nuts and seeds and then place on the prepared sheet pan. Bake cashews and seeds at 350°F for 15 minutes until golden, stirring every 5 minutes. Transfer the nuts to a fresh sheet of parchment paper and set aside to cool and firm up. Break the nuts apart when cool.

Vinaigrette

- 2 tablespoons minced fresh ginger
- 2 cloves garlic, minced
- 2 tablespoons honey
- 2 tablespoons sesame oil
- 2 tablespoons vegetable oil
- ¼ cup rice wine vinegar
- 1 tablespoon tamari (Gluten Free Soy Sauce)

Instructions

- Add all of the ingredients to the jar of a blender and then puree on high until you have a smooth dressing. Set aside.

Salad Assembly

- 2 cups Shredded Chicken
- 6 cups Thinly Shredded Savoy Cabbage
- 2 cups Thinly Shredded Red Cabbage
- 1 Yellow Or Red Bell Pepper, Seeded And Thinly Sliced
- 1 cup Fresh Bean Sprouts
- ½ cup Edamame Beans
- ⅓ cup Cooked Peas
- 10 Snap Peas, Sliced Into Thirds On The Bias
- 1 Large Carrot, Peeled And Thinly Sliced On The Bias
- 3 Green Onions, Thinly Sliced On The Bias
- 1 Fresno Chile, Thinly Sliced (optional)

Instructions

- In a large bowl, add chicken, cabbages and all of the vegetables, then add the dressing and gently toss the salad to coat. Serve in bowls or transfer to a serving platter and top with cashews.

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Scallion Pancakes

Ingredients

- 1 ¼ cups Flour
- ½ cup Hot Water
- ½ teaspoon Sesame Oil, for rolling
- ¼ Salt and more for sprinkling
- 1 stalk of Scallion
- 1 teaspoon Vegetable Oil, for cooking

Instructions

- Mix the flour with the salt.
- Add hot water to the flour and stir. The dough will form quickly.
- Using clean hands, gather the dough into a ball and knead it in the bowl or on a floured surface for one minute.
- Place the dough back in the bowl and cover with a plate or lid and set aside.
- Remove the root end from a washed and dried stalk of green onion. Chop both the green and white parts of the green onion finely. Set aside.
- Uncover the dough and separate it into 8 equal pieces. Roll them into balls, flatten, then roll into thin circles. Sprinkle flour over the work surface and dough as needed to prevent the dough from sticking.
- Dip a pastry brush lightly in the sesame oil and brush all 8 pieces. They only need a very light coat of oil; there is no need to be too thorough.
- Sprinkle on the green onion. Adjust the amount to your preference.
- Roll up each dough to a log shape and pinch the ends. Then take each piece and curl it up to resemble a snail shape. Pinch the end in to seal. Flatten with your palm.
- Use a rolling pin to roll each flattened ball into thin discs. Make them as thin as possible without breaking the pancake.
- Heat a pan over medium high heat.
- Lightly brush one side of the pancakes with oil.
- Optionally, sprinkle a scant pinch of coarse sea salt on the pan before cooking each pancake.
- Cooking one at a time, place a pancake with the oiled side down onto the hot pan. Cook for about one minute. The bottom should become spotted with golden brown spots. Flip it and cook for another minute. You may need to adjust the heat or time. Keep an eye on the pancakes at all times and try to notice how the color changes as it cooks

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Roasting Spaghetti Squash

Ingredients

- Spaghetti Squash (*approximately 1 – 1.25 lbs per person, which will give you ~2 cups of squash per person*)
- S&P
- Little Coconut Oil
- Toppings of choice

Instructions

- Preheat oven to 400.
- First, carefully slice off the stem end of the squash
- Stand the squash upright on the newly created flat end. Carefully use your knife to vertically slice the squash in half.
- Use a spoon to scoop out seeds; rub with coconut oil, season with S&P, then place the squash halves cut-side down on a cooking sheet coated with cooking spray.
- Bake at 400 for 25 minutes (5-10 minutes longer for a large squash). Let cool until you can handle it, comfortably. Using an oven mitt, hold one half of squash in your hand while using a fork to scrape the squash innards onto a plate. If the squash does not easily break apart into noodle-like strands when you scrape it with the fork, put the halves back into the oven for another 5 minutes before trying again.

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Black Bean Salad

Ingredients

- 2 15-ounce cans Black Beans, rinsed and drained
- 1 Cup Corn, Fresh or Frozen
- 2 Red Bell Peppers, diced
- 2 cloves Garlic, minced
- 2 tablespoons minced Red Onion
- 2 teaspoons Salt
- ¼ teaspoon Cumin
- Extra Virgin Olive Oil
- ¼ Cup fresh Lime Juice plus Zest
- ½ cup chopped Fresh Cilantro, plus more for garnish
- 2 Hass avocados, chopped

Instructions

- Combine all ingredients except for avocados in a large bowl and mix well.
- Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently, being careful not to mash avocados.
- Garnish with a more chopped cilantro if desired. Serve at room temperature.

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Ginger Bread "Nice" Cream

Ingredients

- 8-10 frozen Bananas
- ¼ Cup Molasses
- 1 teaspoon ground Ginger
- 1 teaspoon ground Cinnamon
- 1 teaspoon Vanilla Paste
- 1 teaspoon Lemon Juice

Instructions

- Blend everything in a high-speed blender or food processor until creamy and smooth.
- Spread into a shallow pan or dish.
- Freeze for at least 2 hours.

Vegan Coconut Milk Caramel Sauce

Ingredients

- 1 14-oz. can full-fat Coconut Milk
- ½ cup Coconut Sugar
- ½ teaspoon Vanilla Paste
- 1 tablespoon Coconut Oil
- ½ teaspoon Salt, optional

Instructions

- In a heavy bottomed saucepan, combine the coconut milk and coconut sugar. Scrape the insides of the vanilla bean and add the seeds and pod to the mixture, if using.
- Bring the mixture to a boil over medium heat, stirring frequently. Once boiling, turn the heat to low and let the mixture boil slowly. Stir frequently; scraping the bottom to make sure it doesn't burn. Continue boiling until caramel has reduced and thickened to thick, syrupy texture, about 30-35 minutes. Remember that the caramel will continue to thicken as it cools.
- Remove from heat and stir in oil, salt, and vanilla extract if using. If you used the vanilla bean, remove the pod and discard.
- Let cool to room temperature, stirring occasionally to keep the fat incorporated. Pour into a glass container.

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Seriously Easy Vegetable Broth

Instructions

- Fill a pot with any left-over veggies you accumulate over a couple of days. Onions, Celery, Carrots, Bell Peppers, Zucchini, Summer Squash are my favorite combo. Add some herbs or bay leaf if you like, but I am a purist. Definitely NO SALT.
- Now fill with water until it just covers the veggies.
- Bring to a boil over high heat then lower the heat to low and let simmer for at least 20 – 30 minutes.
- Remove from heat and let cool.
- Strain out the vegetables. Strain again through a fine mesh into containers.
- I usually freeze in Pints, but ice cubes work great for home use. Keep them in a Ziplock until needed.