

the vegan word

presents

Suitable for

V

(non) vegans



WELCOME...

Welcome to Suitable for Non Vegans, The Vegan Word's mini cookbook! Here you'll find recipes that your non vegan loved ones will love, too. Here, I've collected my 12 most popular recipes from theveganword.com, which are popular with vegans and non vegans alike.

They range from drinks such as a healthier sugar-free banana frappuccino to mains such as pumpkin and cashew cheese ravioli. And for afters, desserts like Portuguese egg custard tarts, done completely egg-free with vegan egg. Some were featured on traditional media, such as twice-baked butternut squash with cashew cheese, cranberries and walnuts, which featured on the New York Times. Some were popular on social media, like Vietnamese iced coffee with condensed coconut milk. Cuisines, likewise, vary, from an Italian ravioli trio to Spanish patatas bravas to Mexican carnitas-style tacos. One thing they have in common is they've all been tested on and heartily approved by non vegans.

I hope you enjoy the recipes in this book. My approach to cooking (and to eating) is thus: create and eat with joy. Enjoy the process of cooking and of eating, and never, ever feel guilty. My recipes aren't always simple, because I prioritise flavour over ease, and I believe we deserve food that tastes good and feels good, even if it takes longer to make. I test my recipes on vegan and non vegan friends and family to make sure they please everyone. So make these for your next dinner party or family gathering and make everyone happy.

If you want food that will taste good and feel good, you've come to the right place. Find the joy in cooking, in creating something new. And never feel obligated to cook within the lines - I won't be offended if you modify my recipes. In my kitchen, I like to use a little of everything to create a beautiful whole.

So grab your favourite spices and herbs and have fun.

Happy cooking!

A handwritten signature in black ink, appearing to be 'Cass', with a long, sweeping line extending upwards and to the right from the end of the signature.

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TWICE-BAKED BUTTERNUT SQUASH WITH CASHEW CHEESE, CRANBERRIES & WALNUTS



This recipe was featured in the New York Times' Well Vegetarian Thanksgiving. I originally developed the recipe as a Christmas dinner recipe, but it works well as a Thanksgiving meal or autumnal meal, when butternut squash are in season.

Serves: 2

1. Pre-heat the oven to 230 degrees Celsius.
2. Chop the butternut squash in half and remove the seeds and the stringy bits from around the seeds.
3. Fill a roasting tin with 1/4 inch of water, then the put the squash halves in it. Cover the tray with aluminium foil and bake at 230 C for 35-45 minutes, until the squash are easily pierced with a fork.
4. Remove the squash from the oven and allow to cool down a bit. Once the squash are cool, scoop out the flesh from inside and place in a mixing bowl. Mash the squash like you would a potato, and mix with half the chopped walnuts and half the dried cranberries, the cinnamon, the nutmeg, and the cashew cheese.
5. In a small bowl, mix the breadcrumbs and the rest of the walnuts and cranberries.
6. Spread the breadcrumb, walnut and cranberry mixture on top of the butternut squash halves and bake for another 20-25 minutes or so.

FOR THE CASHEW CHEESE

1. Soak cashews in water overnight and then drain or, if you prefer, don't soak them and place the unsoaked cashews in a spice grinder and grind to a fine dust.
2. Place cashews and the rest of the ingredients in a blender or food processor and blend until it has formed a fine paste, stopping to push the mixture down the sides occasionally.
3. This cashew cheese is great in ravioli or lasagne in place of ricotta, as well as in the twice-baked butternut squash!

BUTTERNUT SQUASH

2 butternut squash,
halved and seeds
removed
40 grams (1/3) chopped
walnuts, halved
40 grams (1/3 cup)
dried cranberries,
halved
1 teaspoon cinnamon
1/4 teaspoon nutmeg
Cashew cheese (below)
20 grams (1/4 cup)
breadcrumbs

CASHEW CHEESE

55 grams (1/2 cup)
cashews
400 grams (1 lb) firm
tofu
2 teaspoons lemon juice
2 teaspoons olive oil
1/4 teaspoon garlic
powder or 1 clove
garlic, minced
1/4 teaspoon salt
15 grams/4 tablespoons
nutritional yeast
1 teaspoon tahini
1 teaspoon white miso

SPINACH AND VEGAN RICOTTA RAVIOLI



When I have dinner guests over, my go-to recipe to impress is almost always ravioli. They may take awhile to make, but they're worth it. And they freeze beautifully. Place them on a tray or plate covered in parchment paper and freeze before cooking - you can then cook them from frozen in boiling water as you would any pasta.

Makes: 3 dozen ravioli

1. To make the ravioli dough, form a mound of flour on a clean counterspace.
2. Form a well in the flour and fill with the oil and some of the water.
3. Mix the water into the flour, and repeat step 2 (forming a well, filling with water, and mixing the flour and water together) until all the water is incorporated into the dough.
4. Knead the dough for a minute or two and form into a ball. Cover in cling film (Saran wrap) and leave to rest 30 minutes. In the meantime, you can prepare the spinach and ricotta filling.
5. To prepare the spinach, heat a tablespoon or so of vegetable oil over medium heat in a frying pan or wok. Once the wok is hot, add the minced garlic and sauté until just browned. Add the spinach and stir, stir frying until it wilts, then remove from heat. Squeeze out the water and mix the spinach into the ricotta recipe (which follows).
6. To roll out the ravioli dough, divide the dough into 3 sections.
7. Sprinkle some flour on a clean counterspace. Put the first third of the dough on the counter, sprinkle some more flour on top, and roll out the dough with a rolling pin, as thin as you can roll it. If you have a pasta machine, follow the instructions on your machine to roll out the dough.
8. Place 12 spoonfuls of the spinach-ricotta filling

SPINACH RICOTTA RAVIOLI

2.5 cups flour or preferably
'00' grade pasta flour
1 cup water
1 tbsp olive oil
Cashew ricotta (below)
1-2 tbsp olive oil
1 clove garlic
125 g (4.5 oz) spinach

VEGAN RICOTTA

1 package (approx 1 lb) firm
tofu, drained and pressed
1/2 cup cashews
2 teaspoons lemon juice
2 teaspoons olive oil
1 garlic clove, chopped
1/4 teaspoon salt
1/4 cup nutritional yeast flakes
1 tsp tahini, optional
1 tsp white miso, optional
10 fresh basil leaves, chopped
Fresh black pepper to taste
Italian dried herb mix to taste

on the dough, stopping half along the length of the piece of dough, and keeping it as evenly spaced as possible. You'll probably want two rows of 6. Now, fold the piece of dough in half, so the half without fillings on is resting on top of the piece with the fillings.

9. Press down and around each dollop of filling, pressing the air out and sealing the two pieces of dough together, creating pieces of ravioli.

10. Now, with a knife or ravioli cutter, cut out squares of ravioli along each piece of filling.

11. Repeat steps 7-9 each each other piece of dough. Cook the ravioli in boiling water as soon as possible after cutting them. If you're not going to cook them immediately, you can freeze them.

12. To cook ravioli, place in a pot of boiling water. The ravioli is ready when it floats to the surface (which should happen in 2-3 minutes). Serve with a simple tomato sauce (whatever is your favourite!).

FOR THE VEGAN RICOTTA

1. In a spice grinder, grind cashews until fine.

2. In a food processor, blend cashews, tofu, lemon juice, olive oil, garlic, salt, nutritional yeast, tahini, miso, basil, black pepper, and Italian herb mix until it forms a thick paste.

3. Adjust seasonings to taste.



HEALTHIER SUGAR-FREE BANANA FRAPPUCCINO



After making banana milkshakes (by blending just bananas, milk and cocoa), I began to wonder if one could make a healthier version of a frappuccino, naturally sweetened by banana. This recipe, which was featured on Yahoo!, shows you can!

Serves: 1

1. Blend all ingredients in a blender.
2. Pour into a tall glass and serve, garnished with fruit and a straw, if you want.

FRAPPUCCINO

2 sliced frozen bananas
1 cup nondairy milk
1 tbsp cocoa powder
2 tsp instant coffee, or 1
shot of espresso
agave (optional)
other frozen fruit
(optional)

PORTGUESE EGG CUSTARD TARTS (PASTEIS DE NATA)



After a trip to Lisbon, I really wanted to try the famous egg custard tarts, pasteis de nata or pasteis de Belem, which are to be seen in just about every bakery window. I came home and recreated them. A lot of Portuguese readers have told me these recreated childhood memories. Even if you don't have childhood memories of these tarts, they're delicious!

Makes: 1 dozen tarts

- 1.** Preheat the oven to 375 F / 190 C. Mix the soya milk, sugar, corn flour (cornstarch) in a small saucepan. Add the lemon peel and cinnamon and cook over medium heat until it just starts to thicken.
- 2.** Add the blended Vegg and stir over medium heat until the mixture is quite thick and custard-like, 3-5 minutes. Remove the custard from heat and strain, so the solid bits (like lemon peel and cinnamon) are strained out.
- 3.** Lightly grease a muffin tin. Remove the puff pastry sheet from its wrapping and roll along the long end. Cut into 12 pieces. Put a piece of pastry in a muffin tin hole, and press it until it starts to cover the hole in a rounded shape.
- 5.** Pour the custard into the pastry shells, filling them only 3/4 of the way full.
- 6.** Bake at 375 F/190 C for 20 minutes. Broil for 1 minute if you want blackened spots like traditional tarts. Remove from the oven and allow to cool down for 5-10 minutes, then remove from the muffin tin and move to cooling rack to cool down completely. Serve warm and coated in icing sugar/powdered sugar, if desired.

PORTGUESE EGG CUSTARD TARTS

350g package puff pastry sheet (I used Jus Rol)
1 cup (250 ml) soya milk, or other vegan milk
3 tablespoons cornflour or cornstarch
1 cup (200 g) sugar
2 slices fresh lemon peel
1 stick cinnamon
4-6 eggs' worth of Vegg vegan egg yolk, prepared by whisking or blending according to package instructions*

*or use Follow Your Heart VeganEgg

WALNUT RAVIOLI WITH VODKA CREAM SAUCE



Many recipes use ground walnuts as a meat substitute in tacos, which gave me the idea to make ravioli with a walnut filling. Walnuts make a savoury and hearty stuffing. If you can't find vegan single cream where you are (it's commonly sold in the UK and Europe but not the US), use an unsweetened plain vegan creamer, or make cashew cream.

Makes: 3 dozen ravioli

1. To make the ravioli dough, form a mound of flour on a clean counterspace.
2. Form a well in the flour and fill with the oil and some of the water.
3. Mix the water into the flour, and repeat step 2 (forming a well, filling with water, and mixing the flour and water together) until all the water is incorporated into the dough.
4. Knead the dough for a minute or two and form into a ball. Cover in cling film (Saran wrap) and leave to rest 30 minutes. In the meantime, you can prepare the filling.
5. To roll out the ravioli dough, divide the dough into 3 sections.
6. Sprinkle some flour on a clean counterspace. Put the first third of the dough on the counter, sprinkle some more flour on top, and roll out the dough with a rolling pin, as thin as you can roll it. If you have a pasta machine, follow the instructions on your machine to roll out the dough.
7. Place 12 spoonfuls of the walnut filling on the dough, stopping half along the length of the piece of dough, and keeping it as evenly spaced as possible. You'll probably want two rows of 6. Now, fold the piece of dough in half, so the half without fillings on is resting on top of the piece with the fillings.
8. Press down and around each dollop of filling, pressing the air out and sealing the two pieces of

RAVIOLI

2.5 cups flour or preferably
'00' grade pasta flour
1 cup water
1 tbsp olive oil

WALNUT FILLING

125 g (3/4 cup) walnut
1 clove garlic
1 tsp chopped fresh thyme
1 tsp chopped fresh sage
Dash dried Italian herb mix
Dash salt
1 tbsp nutritional yeast
1 tbsp olive oil
1 tbsp breadcrumbs

VODKA CREAM SAUCE

4 tablespoons olive oil, divided
1 onion, diced
1 teaspoon dried Italian herbs,
optional
28 oz (800g) tinned chopped
tomato
1/2 cup (120 ml) vegan single
cream
1/4 cup (60 ml) vodka
2-3 tablespoons chopped fresh
basil, optional

dough together, creating pieces of ravioli.

- 9.** Now, with a knife or ravioli cutter, cut out squares of ravioli along each piece of filling.
- 10.** Repeat steps 7-9 each each other piece of dough. Cook the ravioli in boiling water as soon as possible after cutting them. If you're not going to cook them immediately, you can freeze them.
- 11.** To cook ravioli, place in a pot of boiling water. The ravioli is ready when it floats to the surface (which should happen in 2-3 minutes). Serve with vodka cream sauce, recipe follows.

FOR THE WALNUT FILLING

- 1.** Chop all ingredients in food processor until the walnuts are very finely chopped.

FOR THE VODKA CREAM SAUCE

- 1.** Heat olive oil over medium high heat. When the oil is hot, add the diced onion and cook until the onion begins to brown slightly. Add dried Italian herbs if desired.
- 2.** Add the chopped tomatoes and cook for 4 to 5 minutes over medium heat; it should be simmering gently.
- 3.** Add the cream to the pan of tomato sauce and cook for an additional 2 to 3 minutes.
- 4.** Add the vodka to the saucepan, and cook for another 3 to 4 minutes. Add the basil if desired.
- 5.** Remove the sauce from the heat.

FALAFEL & HUMMUS WRAP



This recipe requires you planning a bit in advance, as you need to soak the chickpeas overnight, so you need to plan it the day before. But the result is worth it - crispy, flavourful falafel and hummus so good you'll never want to buy a tub of hummus from the store again.

Serves: 4 (starter)

1. The night before you plan on making falafel, put the dried chickpeas in a large bowl and cover with water, then leave the soak overnight.
2. The next day, drain and rinse chickpeas, then add them to a food processor or blender with parsley, garlic, onion, coriander, paprika, cayenne, sesame seeds, cumin, and salt. Blend them together until you get a thick paste.
3. If your blender isn't very high quality, like mine, you may have trouble getting the ingredients to blend. In this case, you can add some water to help the blending process. Once blended, mix in flour until the mixture forms a paste thick enough to hang onto a spoon and not fall off.
3. If you have a deep fryer, you can cook the falafel in there. If not, heat 3 or 4 tablespoons of oil in a large frying pan or wok on medium high heat.
4. When the oil is very hot (you can test this by sprinkling a tiny amount of water onto the oil and seeing if it bubbles; be extremely careful if you do this, because the oil may spit and burn you), form small balls of the paste (you can make them as large or small as you want your falafel) and drop them onto the oil. Fit as many pieces of falafel as you can but leave some space or they will clump together.
5. Allow them to cook for a few minutes, then rotate the balls until every side is cooked. Once you've cooked a batch, put them onto a plate lined with a paper towel, then fry up another batch.
6. To assemble a wrap, start with your favourite tortilla or wrap bread. Line with a couple of

FALAFEL

250g/9oz/1 1/3 cups
dried chickpeas
2-3 tablespoons fresh
parsley, chopped
2 garlic cloves, roughly
chopped
1/2 onion, chopped
2 -3 tablespoons fresh
coriander, chopped
1 teaspoon paprika (or
more if desired)
Pinch cayenne
1 tablespoons sesame
seeds
1-2 teaspoons ground
cumin
Pinch sea salt
Water, if needed
Plain flour or chickpea
flour, if needed
Vegetable oil for frying

HUMMUS

2.5 tbsp lemon juice
4 tbsp olive oil or
vegetable oil
1 tsp salt
Dash cayenne
continued next page...

tablespoons of hummus, then add 3 – 4 pieces of falafel. If you want, add chopped cucumber and tomato, then drizzled with lemony yoghurt-tahini sauce. Garnish with mint leaves if desired. Fold up the wrap and enjoy! :) These are also great for lunch at work as they're easily transportable. Simply assemble your wrap and pack tightly in aluminium foil.

FOR THE HUMMUS

1. Mix all ingredients in a food processor until smooth.

FOR THE SAUCE

1. Mix all ingredients in a bowl.

1 tsp paprika
½ tsp to 1 tsp cumin
¼ tsp white pepper
1 generous tbsp sesame
tahini

LEMONY YOGHURT-TAHINI SAUCE

1/2 cup soya or other
non-dairy yoghurt
1.5 tbsp tahini
1 tsp fresh lemon juice

THE MOST FAMOUS PLUM TORTE EVER, VEGANISED



First printed in the New York Times in 1983, this plum torte appeared every plum season thereafter until editors pulled the plug in 1995 and told readers to print it off and laminate it (these were the days before it appeared all over the internet, saved to everyone's favorites). Then, I decided I had to veganise it. Butter was swapped for vegan margarine and I ditched the eggs for yoghurt and baking powder.

Makes: 1 8-inch cake

1. Heat oven to 350 F / 180 C / gas mark 4, and lightly grease an 8-inch round cake tin.
2. Cream the margarine and 1 cup of sugar together until combined and fluffy. Add the flour and baking powder and mix to combine.
3. Add the yogurt, and mix all ingredients together, then spoon batter into the cake tin. Smooth the top down and add the pitted, halved plums, skin side up.
4. Sprinkle lemon juice on the plums to make the surface wet so it will stick, then sprinkle 2 tablespoons of sugar and the cinnamon on top.
5. Bake 45 to 50 minutes until a toothpick inserted in the center comes out clean (of batter, not plum juice).
6. Cool on a rack.

PLUM TORTE

1 cup (200 g) plus 2
tablespoons granulated
sugar, divided
1/2 cup (115 g) vegan
margarine
1 cup (125 g) all-purpose or
plain flour
1 teaspoon baking powder
1/4 cup (60 g) non-dairy
yogurt
8-10 small plums, halved and
pitted
2 teaspoons lemon juice
1 teaspoon ground cinnamon

VIETNAMESE COCONUT ICED COFFEE



Vietnamese iced coffee always taunted me from menus, with its condensed milk. It looked a bit like Thai iced tea - but with coffee - which I love. One day I discovered how to make sweetened condensed milk with coconut milk, and this Vietnamese iced coffee was born.

Serves: 1

1. To make a Vietnamese iced coffee, add coffee (the stronger the better) and ice to a glass, filling about 1/4 to 1/3 of the way full, depending how strong you like your coffee.
2. Fill the rest of the glass with sweetened condensed coconut milk.
3. Stir, taste and add more milk if desired.

FOR THE SWEETENED CONDENSED COCONUT MILK

1. Bring the coconut milk, brown sugar and agave to a boil.
2. Reduce the liquid by 1/4 to 1/2 (depending how thick/rich you like it) and remove from the heat.

VIETNAMESE ICED COFFEE

Strong cold coffee
Sweetened condensed
coconut milk (below)
Ice

SWEETENED CONDENSED COCONUT MILK

1 can of full-fat or half-fat
coconut milk
2 tbsp brown sugar
2 tbsp agave nectar

EASY ARANCINI (FRIED RISOTTO BALLS)



A great way to use up leftover risotto, these fried risotto balls are traditional in Sicily. In Sicily they make them huge - the size of softballs, and often stuff them with cheese. I tend to make mine bite-sized, and serve them as a starter. Sometimes I stuff them with vegan cheese.

Serves: 4

1. Carefully heat oil in a frying pan or wok over high heat. Test if it's ready by sprinkling one drop of water in it; if it sizzles, the oil is hot enough.
2. Form small balls with the risotto and dip them in a bowl of panko breadcrumbs to coat.
3. Drop the breadcrumb-coated risotto balls in the hot oil and fry on each side for 5-6 minutes until they are golden and crispy.
4. Serve immediately, with your favourite tomato sauce to dip, if desired.

FOR THE RISOTTO

1. Heat the vegetable stock to a simmer and keep it simmering.
2. Heat 2 tbsp of olive oil in a large saucepan over medium-high heat. Add the chopped onions and fry gently until translucent. Add the garlic, and fry until just beginning to brown.
3. Add the rice and fry until the rice turns translucent, then add the wine. Keep stirring as the wine cooks off.
4. Once most of the wine has been absorbed by the rice, begin adding stock by the ladleful, stirring constantly. Once most of a ladleful of stock has been absorbed by the rice, add another ladleful. Once you have used most of the stock, taste the rice to see if it's cooked. You may need slightly more or less

ARANCINI (FRIED RISOTTO BALLS)

Leftover risotto (below)
Panko breadcrumbs
1/4 cup+ vegetable oil
Tomato sauce, optional

RISOTTO

3 tbsp olive oil, divided
1 onion, chopped
2 cloves garlic, finely minced
300 ml (approx 1 cup) white wine
400 g arborio rice/risotto rice
1 liter (32 oz) vegetable stock
1 tbsp vegan margarine, optional
90 g grated vegan cheese, optional
Extras: i.e. roasted asparagus, lemon zest, roasted courgette/zucchini, courgette flowers, mushrooms, artichoke hearts, etc.

PATATAS BRAVAS



Perhaps the most famous Spanish tapa, patatas bravas can be found on the menu at nearly any tapas venue in Spain. The potatoes are normally fried or roasted and served with a somewhat spicy sauce, and occasionally with alioli or mayonnaise. They are usually vegan if you ask them to hold the mayo/aioli.

Serves: 4 (starter)

- 1.** Preheat the oven to 205 C (400 F)
- 2.** Put the chopped potatoes in a large greased baking tin and coat with 3 tbsp oil and 2 tsp of the paprika. and bake at 205 C (400 F) for 30 to 40 minutes, stirring halfway through, until slightly browned and you can easily pierce the potatoes with a fork.
- 3.** While the potatoes are baking, prepare the sauce. Heat 1 tbsp of olive oil in a small saucepan on medium heat. Add the onions and fry until translucent, then add the garlic and fry for 2-3 minutes, until they begin to brown. Add the remaining 2 tsp of paprika and fry, stirring, for another 2 minutes.
- 4.** Add the tomato paste to the saucepan and cook for another 3-4 minutes, stirring occasionally. Stir in the hot sauce and remove from heat. Add the vegan mayonnaise and stir into the sauce.
- 5.** Once the potatoes are done, remove from oven and toss with the sauce to coat, then top with chopped parsley
- 6.** Serve on small plates, tapas style, along with other tapas dishes, or as a side dish to dinner.

PATATAS BRAVAS

- 1 kg potatoes, chopped into 1cm cubes
- 4 tbsp olive oil, divided
- 4 tsp paprika or smoked paprika, divided in half
- 1 onion, chopped finely
- 1-2 cloves of garlic, minced
- 4 tbsp tomato puree (tomato paste)
- Salt and pepper
- 2 tsp hot sauce
- 3 tbsp vegan mayonnaise
- 3 tbsp parsley, chopped

HEARTS OF PALM OR JACKFRUIT “CARNITAS” TACOS



Jackfruit exploded in popularity a few years ago as a vegan meat substitute, but in a taste test I found hearts of palm absorbed flavour slightly better to make these carnitas tacos. If you do decide to use hearts of palm, make sure you check the brand is harvested sustainably.

Serves: 2

1. Place the spices, onion, garlic, jalapeno, oranges and hearts of palm or jackfruit (depending which you opt to use) in a slow cooker and cover with water or vegetable broth (add just enough to cover the ingredients). Heat on low for 8 hours (or high for around 4 hours).
2. After 8 hours, turn off the heat, remove the oranges and drain the liquid off.
3. Heat vegetable oil in a frying pan over medium-high heat. When the oil is hot, add the hearts of palm mixture (or jackfruit mix if you used jackfruit) and fry for a couple of minutes until browned and slightly crispy.
4. Serve the tacos by heating the tortillas, then topping with the hearts of palm/jackfruit, shredded lettuce, cashew crema and your favourite salsa.

FOR THE CASHEW CREMA

1. Combine everything in blender.

CARNITAS TACOS

6 gluten-free corn tortillas,
heated up (preferably
charred over a flame)
220 g / 8 oz hearts of palm or
jackfruit
1 tsp dried oregano
1 tsp dried cumin
1 tsp paprika
Dash of salt and pepper
1 onion, chopped
3 cloves garlic, minced
1 jalapeno, seeds removed and
minced
2 oranges, cut in half
2 tbsp vegetable oil
Cashew crema (below)
Your favourite salsa
Shredded lettuce

CASHEW CREMA

1 cup cashews, soaked in water
overnight or ground in spice
grinder
3/4 cup water
2 tbsp lemon juice
1/2 tsp agave, to taste
1/2 tsp salt, to taste

PUMPKIN CASHEW CHEESE RAVIOLI WITH SAGE BUTTER SAUCE



When I first heard about ravioli stuffed with pumpkin or squash, I thought it sounded a bit odd. But then I made pumpkin and cashew cheese ravioli and it became my favourite ravioli! I love making this (and my other ravioli) for dinner parties. The best part is you can make ahead and freeze (see p. 7).

Makes: 3 dozen ravioli

1. To make the ravioli dough, form a mound of flour on a clean counterspace.
2. Form a well in the flour and fill with the oil and some of the water.
3. Mix the water into the flour, and repeat step 2 (forming a well, filling with water, and mixing the flour and water together) until all the water is incorporated into the dough.
4. Knead the dough for a minute or two and form into a ball. Cover in cling film (Saran wrap) and leave to rest 30 minutes. In the meantime, you can prepare the filling.
5. To roll out the ravioli dough, divide the dough into 3 sections.
6. Sprinkle some flour on a clean counterspace. Put the first third of the dough on the counter, sprinkle some more flour on top, and roll out the dough with a rolling pin, as thin as you can roll it. If you have a pasta machine, follow the instructions on your machine to roll out the dough.
7. Place 12 spoonfuls of the pumpkin cheese filling on the dough, stopping half along the length of the piece of dough, and keeping it as evenly spaced as possible. You'll probably want two rows of 6. Now, fold the piece of dough in half, so the half without fillings on is resting on top of the piece with the fillings.

RAVIOLI

2.5 cups flour or preferably
'00' grade pasta flour
1 cup water
1 tbsp olive oil
1-2 tbsp margarine
1-2 tbsp chopped fresh sage
leaves
Pumpkin-cashew
cheese filling (below)

PUMPKIN-CASHEW CHEESE FILLING

Cashew cheese (below)
1/2 cup canned pumpkin
1 tbsp nutritional yeast
1 tbsp breadcrumbs
1 tsp chopped fresh sage
Pinch garlic powder
Pinch salt
Pinch nutmeg, or freshly
grated nutmeg

CASHEW CHEESE

1 package (approx 1 lb) firm
tofu, drained and pressed
1/2 cup cashews
2 teaspoons lemon juice
2 teaspoons olive oil
continued next page...

- 8.** Press down and around each dollop of filling, pressing the air out and sealing the two pieces of dough together, creating pieces of ravioli.
- 9.** Now, with a knife or ravioli cutter, cut out squares of ravioli along each piece of filling.
- 10.** Repeat steps 7-9 each each other piece of dough. Cook the ravioli in boiling water as soon as possible after cutting them. If you're not going to cook them immediately, you can freeze them.
- 11.** To cook ravioli, place in a pot of boiling water. The ravioli is ready when it floats to the surface (which should happen in 2-3 minutes). Serve with sage butter sauce. To make, heat 1-2 tbsp margarine in a small saucepan until it melts, then add 1-2 tbsp chopped fresh sage and fry until crispy.

1 garlic clove, chopped
1/4 teaspoon salt
1/4 cup nutritional yeast flakes
1 tsp tahini, optional
1 tsp white miso, optional

FOR THE PUMPKIN-CASHEW CHEESE FILLING

- 1.** Mix all the ingredients together in a large bowl until everything is incorporated together.

FOR CASHEW CHEESE

- 1.** In a spice grinder, grind cashews until fine.
- 2.** In a food processor, blend cashews, tofu, lemon juice, olive oil, garlic, salt, nutritional yeast, tahini, and miso until it forms a thick paste.