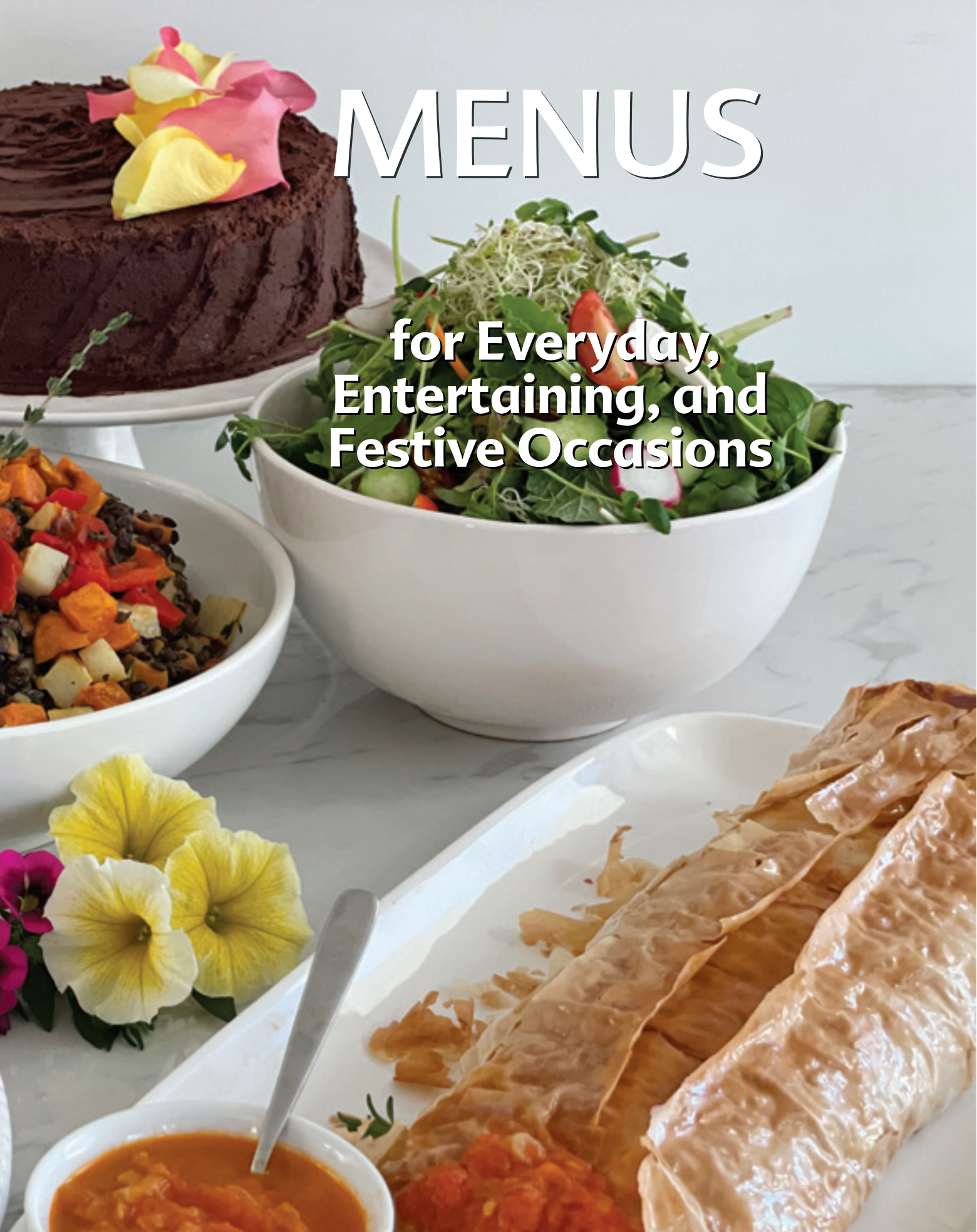


# MENU

for Everyday,  
Entertaining, and  
Festive Occasions



# 21 Irresistibly Vegan Menus

- A Taste of Central and Eastern Europe** **105**
- Mushroom-Almond Pâté
  - Borscht and Buckwheat Blinis with Herbed Cashew Cream  
*Served with Waldorf Salad & Split Pea Smash*
  - Linzer Torte with Raspberries
- A Culinary Tour of Europe** **111**
- Stuffed Sweet Baby Peppers
  - Vegetable Strudel with Tomato-Dijon Sauce  
*Served with Warm Roasted Vegetable Lentil Salad*
  - Chocolate Cake with Chocolate Frosting
- Voilà, a French Delight** **117**
- Veggie Croquettes
  - Asparagus, Spinach & Summer Squash Crêpes with Dijon Sauce  
*Served with Salad Niçoise, French Lentil Salad, and Lentil Walnut Pâté*
  - French Apple Tart
- Seasonal Farmers Market Offerings – Winter** **123**
- Lentil-Walnut Mousse with Crackers and Crudités
  - Winter Red Beet Tarte Tatin  
*Served with Brussels Sprouts with Roasted Hazelnuts and Lima Beans with Thyme & Cherry Tomatoes*
  - Linzer Torte with Raspberries
- Seasonal Farmers Market Offerings – Summer** **129**
- Lentil-Walnut Mousse with Crackers & Crudités
  - Summer Red Beet Tarte Tatin  
*Served with Fresh Fava Beans, Artichokes & Caramelized Leeks in Lemon Sauce and Beet Greens with Herbed Bread Crumbs*
  - Apricot Caramel Upside-Down Cheesecake

- The Most Famous Casserole of All – Celtic Flavor** **133**
- Broiled Asparagus with Slow-Roasted Tomatoes, Lemony Rice Bread Crumbs, and Tarragon Butter
  - Shepherd’s Pie with Lentil, Mushroom & Vegetable Ragout  
*Served with Romaine Hearts, Pickled Beets, Pine Nuts & Raisins in Sherry Vinaigrette*
  - “Not Your Grandma’s” Peach-Raspberry Trifle
- Bella Italia** **139**
- Steamed Artichoke with Three Dips: Vinaigrette, Tartar Sauce, and Aioli
  - Classic Lasagna with Vegetable Bolognese Sauce, Cashew Ricotta & Wilted Spinach
  - Pear Frangipane Tart
- “No-Meat” Balls – Hearty Taste for Gentle Souls** **145**
- Bruschetta Trio: Tomato-Basil-Feta, Mixed Mushrooms, and Mint-Gigante Bean
  - Lentil Balls on Cauliflower Rice with Romesco Sauce  
*Served with Rosemary Broccolini and Braised Radicchio*
  - Napoleons
- Food Fit for the Gods** **151**
- Citrus-Roasted Fennel with Tzatziki
  - Moussaka (Greek Eggplant & Potato Casserole)
  - Pistachio-Walnut Baklava
- Moroccan Food to Amaze the Senses** **157**
- Cilantro-Lemon Hummus with Pita Bread
  - Moroccan Vegetable Potage  
*Served with Pearl Couscous and Mint Chickpea Salad*
  - Mhencha ( North African pastry filled with almonds, spices, and apples)
- Below Gibraltar – North Africa’s Joyful Food** **163**
- Couscous Salad
  - Cauliflower Chermoula  
*Served with Broiled Butternut Squash and Red Lentil Cream*
  - Moroccan Orange-Cardamom Cake

<b>India! The Magic of Spices</b>	<b>169</b>
<ul style="list-style-type: none"> <li>• Tandoori Cauliflower-Yam Spread with Chickpea-Flour Roti</li> <li>• Indian-Style Lentil Loaf <i>Served with Mango Chutney, Aromatic Kale and Coconut Yogurt-Sesame Potatoes (or Turmeric Vegetable Rice)</i></li> <li>• Trader's Route Cookies</li> </ul>	
<b>Curry Needs No Introduction</b>	<b>175</b>
<ul style="list-style-type: none"> <li>• Stuffed Potato Skins with Tomato-Cucumber Raita</li> <li>• Vegetable Coconut Curry <i>Served with Rice and Mung Beans</i></li> <li>• Carrot Halwa</li> </ul>	
<b>North Indian Invitations</b>	<b>181</b>
<ul style="list-style-type: none"> <li>• Coconut Chutney, Dosa Pancakes &amp; Spicy Maple-Roasted Cashews</li> <li>• Chana Masala Stuffed Roasted Yams (or Winter Squash) <i>Served with Indian-Spiced Cauliflower Wedges</i></li> <li>• Mango-Coconut Squares</li> </ul>	
<b>A Cross-Cultural Ramen</b>	<b>187</b>
<ul style="list-style-type: none"> <li>• Cauliflower Wings with Celery Sticks &amp; Herb Dip</li> <li>• Ramen Noodles with Spinach-Cilantro-Ginger Sauce <i>Served with Vegetable Stir-Fry and Black Bean Tempeh</i></li> <li>• Lemon-Ginger Bars</li> </ul>	
<b>The Color and Taste of Thai Cuisine</b>	<b>193</b>
<ul style="list-style-type: none"> <li>• Rice Paper Rolls with Spicy &amp; Sweet Almond Sauce</li> <li>• Pad Thai with Chickpea Tempeh</li> <li>• Tropical Tapioca-Coconut Pudding with Fruit Salad</li> </ul>	
<b>Celebrations from the Pacific Island Kitchens</b>	<b>199</b>
<ul style="list-style-type: none"> <li>• Crabless Cakes with Thousand Island Dip</li> <li>• Celery Root Medallions with Tahitian Salad <i>Served with Spinach in Coconut Sauce, Coconut Rice, and Tempeh</i></li> <li>• Coconut Cream Tart with Tropical Fruits</li> </ul>	

<b>¡Viva México!</b>	<b>205</b>
<ul style="list-style-type: none"> <li>• Pico de Gallo Familia Ochoa Aldrete</li> <li>• Tacos Supreme with Butternut Squash and Jackfruit Filling <i>Served with Two-Color Cabbage, Avocado-Cilantro Sauce, Pinto Beans with Sofrito and Mexican Rice</i></li> <li>• Chocolate-Avocado Mousse</li> </ul>	
<b>More from South of the Border</b>	<b>211</b>
<ul style="list-style-type: none"> <li>• Quesadilla Wedges with Peach (or Pineapple or Mango) Salsa</li> <li>• Veggie and Bean Chili in an Acorn Squash Bowl <i>Served with Avocados and Crema</i></li> <li>• Flan</li> </ul>	
<b>Thanksgiving Get-Together</b>	<b>219</b>
<ul style="list-style-type: none"> <li>• Caesar Salad with a Twist</li> <li>• Lentil Loaf</li> <li>• Pan-Roasted Brussels Sprouts with Parmesan and/or Green Beans with Cherry Tomatoes and Parsley</li> <li>• Roasted Root Vegetables</li> <li>• Mashed Potatoes and/or Smashed Roasted Baby Potatoes</li> <li>• Apple-Cranberry-Yam Stuffing <i>Served with Mushroom-Thyme Gravy and Cranberry-Orange Sauce</i></li> <li>• Apple Tart with Phyllo Rose</li> </ul>	
<b>Holiday Feast</b>	<b>229</b>
<ul style="list-style-type: none"> <li>• Belgian Endive Boats with Apples, Blood Oranges, Carrots, and Pecans <i>Served with Apple Vinaigrette</i></li> <li>• Brussels Sprouts en Croûte with Sliced Almonds</li> <li>• Green Bean Casserole</li> <li>• Balsamic-Roasted Red Beet Chips with Herbed Apple Sauce</li> <li>• Yam Mash and Spinach “Nest” with Vegetable Gravy</li> <li>• Whipped Lentil Mousse</li> <li>• Anise Chestnuts</li> <li>• Spiced Apple-Cranberry Cake</li> </ul>	