



RONEN SERI and  
PAMELA ELIZABETH

# THE BLOSSOM COOKBOOK

Classic Favorites from the Restaurant  
That Pioneered a New Vegan Cuisine





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Classic Favorites from the Restaurant  
that Pioneered a New Vegan Cuisine

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RONEN SERI • PAMELA ELIZABETH  
CHEF RAMIRO RAMIREZ • ALEX ETLING

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Version\_1





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BLOSSOM ORGANIC VEGETARIAN CUISINE

A

BLOSSOM

ORGANIC  
VEGAN  
CUISINE

FC  
com

# INTRODUCTION

m

y partner, Pamela Elizabeth, and I have been vegans since the mid '90s, when veganism was neither a common word nor a common lifestyle. What was more common was the notion that vegan food was bland, that it was a “radical” choice.



At that time, there were very few vegan eateries in New York for us to dine in, let alone anything on the higher end. We could only order side dishes of vegetables and grains or be content to live on pasta while eating out. We saw an opportunity. As self-proclaimed foodies, we decided to open a restaurant that would allow us to offer people fine food, filled with

flavor and richness, and also offer a cuisine free of cruelty to animals.

To open any restaurant is no easy task, and in a city like New York, where 80 percent of restaurants fail within the first five years, we were up for a challenging task. However, I truly believe that any business that is born from passion and purpose, rather than just the bottom

line, can generally stand the test of time. Blossom has been a testament to that belief.





It was only four months from the time Pamela and I had that first spark of an idea to the day we opened the doors at our first Blossom location. Situated in a turn-of-the-century historic duplex town house in the heart of Chelsea,

the original Blossom began serving customers in 2005, and from those humble beginnings, I'm proud to say we have grown to be one of the premier vegan restaurants in the world, and we have succeeded in our original mission: to create a vegan cuisine for food lovers.

Before that first opening, our greatest challenge was finding the



right chef. Vegan chefs were almost impossible to come by because there wasn't a developed vegan cuisine at the time. We were lucky to find a freelance chef who helped us create the foundation for our style of signature cooking. But since 2006, Chef Francisco (Ramiro Ramirez) has played the starring role in continuing to evolve our innovative

menu. Chef Francisco joined as a young and eager prep cook after training under the supervision of top chefs at some of New York City's most prestigious restaurants. He was quickly able to beautifully translate our original mission to the plate, creating incredible vegan dishes that have kept Blossom a culinary destination for vegans and

vegetarians and anyone who loves inventive and delicious food.



At Blossom, we take our inspiration from world cuisine and remake traditional dishes, making sure the original spirit of the dish is intact. Some of our most beloved menu items are elegant re-creations of comfort food using delicious—and healthy—replacements for meat. We love experimenting with seitan, tofu, and tempeh, marrying

their hearty textures with classic techniques to create satisfying, rich meals. We also create unique dishes using fresh, seasonal vegetables that are healthier, whole, and balanced, without ever compromising on taste. These innovative dishes place vegetables front and center in a dish.

These days, the original Blossom and our second



location on the Upper West Side are packed every night. We have also added a new location in the West Village and a sister group of takeout locations called Blossom du Jour.

I am proud to say that the Blossom of today is not viewed as a vegan restaurant, per se. We can easily say that more than 60 percent of our diners are nonvegan and

simply love our food. Celebrities such as Ted Danson, Ethan Hawke, Alicia Silverstone, Woody Harrelson, Russell Simmons, and many others frequent our locations and our catering business is growing too. Business is thankfully continuing to *blossom*, and is booming.

Much has changed since we first opened our doors—

interest in a vegan lifestyle has exploded and the best vegan chefs are reaching new heights. We are proud to have led the charge for more than ten years, showing skeptics that vegan food is every bit as rich, satisfying, and interesting as traditional food. We are lucky to see this revelation every day, in the eyes of a new “meat-loving” customer who can’t believe

our food can taste so delicious.

## **VEGAN FOR LIFE**

My passion for veganism didn't start at an early age, and in some ways I experienced the transformation almost by chance. In 1997, I was on a

silent meditation retreat in upstate New York. During the retreat, on a beautiful sunny September day, I was walking quietly by myself and noticed a sweet and rather large cow with a bell on her neck grazing in the field. She was so peaceful, so I came closer. She was watchful as I approached to make sure I was safe, and as I stood about six feet away, I felt her

powerful quiet energy. We locked in a gaze and she had huge brown powerful eyes, and I immediately felt her depth and wisdom as she allowed me to look deep into her being. I know that it might sound strange, but I instantly knew right then and there that I would never eat meat again. My partner, Pamela, on the other hand, came to be a vegetarian at an

early age after receiving a pamphlet in the mail from an animal sanctuary fund for animals that decreed the horrific practices of factory farming. Realizing the plight of animals for the first time, she went vegetarian on the spot, and vegan a few years later.

When people ask why I went vegan I always respond, *“If you can live a life, enjoy*

*great food, and be healthy without hurting another, why not do it?"* Sometimes people are surprised to meet a six-foot-one athletic vegan man who loves food. To me, this is not a contradiction. I love eating plant-based, and I never feel hungry or deprived. Just the opposite! What's more, I have much more energy than when I ate a traditional diet. We only



need to look to nature to prove that plant-based eating fuels our bodies—some of the most powerful animals are vegan: horses, zebras, giraffes, hippopotamuses, and more.



Today, people are learning about the health benefits of vegan food and experiencing them firsthand: the energy boost, clearer skin, digestive improvements, and healthy weight loss. Perhaps most important, more people appreciate the benefits to the environment and enjoy the satisfaction of eating without cruelty. To Pamela and me,

there is nothing more  
gratifying.

## **A NEW WORLD CUISINE**

I grew up in Jerusalem, where  
so many people immigrated  
and literally brought their  
respective flavors from such  
countries as Morocco,

Turkey, Yemen, Iran, Poland, Hungary, Spain, and Africa. It was an intoxicating place to learn about food, and unknowingly, I grew up with a very diverse palate. You'll find influences from these rich cuisines on our menu at Blossom. It's what has made us the gold standard of vegan fine dining. And these complex flavors are key to creating vegan dishes that

vegans and nonvegans alike crave.

If all the chefs of the world would put all their talent and skill into working only with vegetables and other vegan ingredients, can you imagine the food they would create? Not to mention the benefit to our health and environment. We would raise the overall consciousness of humanity by having an

existence that is more  
compassionate in our world.  
Imagine a child growing up in  
a world where a cow, a pig,  
or a chicken is a playmate  
and not food. I truly see a  
deep connection between that  
and how we treat one another  
with a lot of the violence and  
unkindness that exists today.

# **A RECIPE FOR YOU . . . AND THE WORLD**

I can't tell you how many people come to me and say that if they could eat Blossom's food every day, or could cook vegan dishes that would satisfy their significant others or children, they would do it. Well, now they can . . . and so can you! Over the



years, both patrons and friends have been encouraging us to write a cookbook, and now we are delighted to finally share our trade secrets with you. These recipes are the product of years of experimentation and creativity. We hope these dishes will become staples in your home, too, and that you'll make them your own. We hope you'll enjoy our

food and that you'll share it with others.

It has been our greatest joy to see that everything we do can have a real impact on others and on the world around us. One choice that Pamela and I made and acted on has now created a space and place for people to enjoy great food without the need to harm another. My hope is to

keep that positive impact going and growing.

Thank you for supporting our mission and our part in evolving vegan cuisine. I hope you spend a lot of time in the kitchen with these recipes. And subscribe to our YouTube channel for our “How-To” series, where our cookbook comes to life!

With Utmost Sincerity,

A stylized, handwritten signature in black ink, featuring a series of connected, rounded, and somewhat irregular loops and peaks, resembling a cursive or calligraphic style.A single, slightly curved horizontal line in black ink, positioned at the top right of the page.

Ronen Seri



# SAUCES & DRESSING

Pistachio  
Sauce

# Pistachio Pesto

# Almond- Ginger Dressing

# Caesar Dressing

**Red Wine**  
**Vinaigrette**

**Tahini**  
**Dressing**

**Cashew**  
**Cheese**

**Parmesan**  
**“Cheese”**



**Tofu Ricotta**

**Bleu Cheese**  
**Sauce**

**Coconut**  
**Cream**

**Cashew**  
**Cream**

**Sour Cream**

**Vegan**  
**Mayonnaise**  
**Chipotle Aioli**  
**Hollandaise**  
**Sauce**  
**Authentic**  
**Guacamole**

**Chipotle**  
**Tomatillo**  
**Salsa**

**Mole**

**Marinara**  
**Sauce**

**Tangy BBQ**  
**Sauce**



# PISTACHIO SAUCE

**MAKES ABOUT 2 CUPS**

We use this  
wonderful  
light-green  
sauce to

finish our  
popular  
[mushroom](#)  
[cigars](#). The  
gentle  
sweetness  
of the sauce  
balances  
the salty  
quality of

the cigars.  
It's an ideal  
sauce for  
stronger,  
savory  
flavors, like  
dishes  
featuring  
mushrooms  
or other

# **meat alternatives.**

**1 cup raw unsalted  
pistachios**

**1 tablespoon nutritional  
yeast**

**2 tablespoons extra-  
virgin olive oil**

**1 teaspoon salt**



**½ teaspoon black pepper**

Put the pistachios, nutritional yeast, olive oil, salt, pepper, and 2 cups water in a high-speed blender. Blend until creamy. Adjust the consistency to your liking with more water, adding it 1 tablespoon at a time.

# PISTACHIO PESTO

**MAKES ABOUT 2 CUPS**

Pistachios  
were a  
staple in my  
home

growing up,  
so much so  
that my  
grandfather  
used to  
have them  
shipped all  
the way  
from  
Turkey!

Why not  
create a  
cream  
sauce with  
them?  
Blended  
pistachios  
have a  
consistency  
that can

make a  
wonderful  
cream  
substitute.  
When we  
swapped  
out pine  
nuts for the  
pistachios, it  
created

such a  
creamy  
consistency  
that there  
was no  
need for  
cheese in  
our pesto  
sauce. Try it  
with ravioli

or your  
favorite  
pasta.

**3 bunches fresh basil**  
**1 tablespoon chopped**  
**fresh garlic**  
**1/2 cup raw unsalted**  
**pistachios**

**3 tablespoons extra-virgin olive oil**

**2 teaspoons salt**

Bring a pot of water to a boil. Fill a medium bowl with ice and water and set it nearby. Blanch the basil leaves in the boiling water for 5 to 10 seconds to wilt them. Carefully remove the basil from the boiling water and



submerge it in the ice water to stop the cooking process. Drain the basil, shaking off as much water as you can. Put the basil, garlic, pistachios, olive oil, salt, and  $\frac{1}{2}$  cup water in a high-speed blender and blend until smooth.

# ALMOND- GINGER DRESSING

**MAKES ABOUT 3 CUPS**

A kale joy!  
Kale is a

favorite of  
many  
because of  
its known  
health  
benefits and  
the  
antioxidants  
it contains.  
But it's also

a little dry  
and can be  
tough. We  
created the  
delightful  
Almond-  
Ginger  
Dressing to  
make our  
kale salads

mouthwatering  
and  
delicious—  
the citrus  
from the  
lemon juice  
and the  
healthy fats  
of the  
almonds

help break  
down the  
tough fibers  
of the  
greens.  
Enjoy the  
smooth  
taste and  
light flavor  
with kale or

other  
greens for  
beautiful  
summer  
and spring  
days.

**1 cup almond butter,  
plus more if needed**

**½ cup maple syrup**

**½ cup fresh lemon juice**

**Zest of 1 lime**

**1 tablespoon chopped  
fresh ginger**

**Pinch of salt**

**Pinch of black pepper**

Put the almond butter, maple syrup, lemon juice, lime zest, ginger, salt, pepper, and 1 cup



water in a high-speed blender. Blend until smooth. Add more almond butter or water to achieve the desired consistency.

# CAESAR DRESSING

**MAKES ABOUT 1½  
CUPS**

We were  
certainly  
hesitant to

give away  
the secret to  
our famous  
Caesar  
salad! We  
hear  
countless  
guests rave  
about our  
Caesar—no

anchovies,  
Worcestershire  
sauce, or  
eggs  
necessary.

**1 cup vegan  
mayonnaise, store-  
bought or [homemade](#)**

**2 garlic cloves**

**1½ teaspoons Dijon  
mustard**

**1 tablespoon capers**

**1½ teaspoons nutritional  
yeast**

**Pinch of black pepper**

Combine all the ingredients  
and  $\frac{1}{3}$  cup water in a high-

speed blender. Blend until smooth.

# RED WINE VINAIGRETT

**MAKES ABOUT 2<sup>3</sup>/<sub>4</sub>  
CUPS**

This sweet  
and tangy  
dressing

pairs well  
with lighter  
greens, like  
arugula.

Make sure  
to use Dijon  
mustard,  
not yellow  
mustard.



**1 cup red wine vinegar**

**2 tablespoons Dijon  
mustard**

**1/4 cup finely minced  
shallots**

**1/4 cup sugar**

**1 cup extra-virgin olive  
oil**

In a medium bowl, whisk  
together the vinegar, mustard,

shallots, and sugar. While  
whisking, stream in the oil  
and whisk until well  
combined and emulsified.

# TAHINI DRESSING

**MAKES ABOUT 1⅓  
CUPS**

Tahini is a  
fantastic  
ingredient in

dressings,  
and more  
healthful  
than most  
people  
know! It  
contains a  
plethora of  
essential  
minerals

like  
magnesium,  
copper,  
phosphorus,  
manganese,  
iron, and  
zinc. We  
use this  
tangy  
dressing on

our famous  
Quinoa  
Salad.

**1/4 cup tahini**

**2 cloves fresh garlic**

**3 tablespoons fresh  
lemon juice**

**¼ cup extra-virgin olive  
oil**

**1 tablespoon salt**

**1 teaspoon pepper**

Combine all the ingredients  
plus 1 cup water in a high-  
speed blender and blend until  
smooth.

# CASHEW CHEESE

**MAKES ABOUT 3½  
CUPS**

This is a  
simple,  
tangy, nut-



based  
cheese.

More  
complicated  
cheeses  
use cultures  
and  
probiotics,  
but this one  
is delicious,

and  
considerably  
simpler to  
make. Enjoy  
it spread on  
your favorite  
crackers!

**4 cups raw unsalted  
cashews**

**3 tablespoons tahini**

**1/4 cup fresh lemon juice**

**1/4 cup apple cider  
vinegar**

**1 1/2 tablespoons salt**

**1/2 cup extra-virgin olive  
oil**

Soak the cashews in cold water to cover in the refrigerator overnight. Drain the cashews and put them in a high-speed blender. Add the tahini, lemon juice, vinegar, salt, and oil. Blend until smooth.

**NOTE:** You need to soak the cashews overnight, so be sure to plan ahead.

# PARMESAN “CHEESE”

**MAKES ABOUT 2 CUPS**

Try this  
easy-to-  
make vegan  
Parmesan

cheese on  
our pasta  
dishes or  
our Caesar  
salad.

**1 cup raw unsalted  
almonds**

**1 cup nutritional yeast**

**1/2 teaspoon salt**

Put the almonds in a food processor and process until finely ground. Add the nutritional yeast and salt and pulse until well combined.

# TOFU RICOTTA

**MAKES ABOUT 2½  
CUPS**

The light  
flavor of tofu  
is a



fantastic  
substitute  
for lighter-  
flavored  
cheeses,  
like ricotta.  
The texture  
is spot-on!  
Try this  
ricotta in a

# vegan lasagna.

**1 block firm tofu, drained**

**2½ tablespoons fresh  
lemon juice**

**2 tablespoons extra-  
virgin olive oil**

**2 tablespoons rice  
vinegar**

**2 teaspoons salt**

**½ teaspoon black pepper**

Using your hands, crumble the tofu into a food processor. Add the lemon juice, olive oil, vinegar, salt, and pepper and pulse until well combined, but not smooth.



# BLEU CHEESE SAUCE

**MAKES ABOUT 1½  
CUPS**

Use this  
bleu cheese  
sauce to top  
our [Buffalo](#)  
[Risotto](#)  
[Croquettes](#);  
it's also a  
great salad  
dressing or  
a dip for

fresh  
crudités.

**1 cup vegan  
mayonnaise, store-  
bought or [homemade](#)**

**1 tablespoon finely  
chopped garlic**

**1/4 cup finely chopped  
fresh parsley**

**¼ teaspoon salt**

**Pinch of black pepper**

Combine all the ingredients in a high-speed blender and blend until smooth.



# COCONUT CREAM

**MAKES ABOUT 6 CUPS**

Coconut is  
an amazing  
substitute  
for heavy

cream and  
other high-  
fat  
ingredients.  
In this  
recipe,  
coconut  
solids are  
whipped as  
you would

heavy  
cream, with  
fantastically  
fluffy  
results. Top  
any pie with  
it, or simply  
spoon a bit  
over some

fresh  
berries.

**2 (14-ounce) cans full-fat  
coconut milk**

**2 cups confectioners'  
sugar**

**1 tablespoon vanilla  
extract**

Chill the coconut milk can in your refrigerator overnight. The next day, carefully open the cans (do not shake) and pour off the clear liquid. Only the very thick white cream should remain. Put the contents of the cans, the confectioners' sugar, and the vanilla in a high-speed blender. Blend on low speed for 1 minute. Once the coconut and sugar are fully

incorporated, increase the blender speed to high and blend for 3 to 4 minutes, until whipped.

**NOTE:** You need to chill the coconut milk overnight, so be sure to plan ahead.

# CASHEW CREAM

**MAKES 6 TO 7 CUPS**

With their  
high  
healthy-fat  
content,

cashews  
are the best  
cream  
substitute,  
because  
when  
blended,  
they create  
an  
incredible



richness for  
sauces.

Who would  
ever think  
that an  
alfredo  
alternative  
could be so  
simple?

One of our

patrons'  
most  
frequently  
asked  
questions is  
“How do  
you do it?”  
when they  
eat our  
coveted

# fettuccine alfredo.

**2 cups raw unsalted  
cashews, soaked for 3  
hours or overnight**

**2 tablespoons nutritional  
yeast**

**3 tablespoons extra-  
virgin olive oil**

**1 tablespoon salt**

**1½ teaspoons black  
pepper**

Drain the cashews and put them with the nutritional yeast, olive oil, salt, pepper, and 4 cups water in a high-speed blender. Blend until creamy. The sauce will be relatively thin, but will

thicken quickly when heated in a recipe.

**NOTE:** You need to soak the cashews 3 hours (or overnight), so be sure to plan ahead.

# SOUR CREAM

**MAKES ABOUT 2 CUPS**

This is our  
favorite  
homemade  
vegan sour

cream. The  
cashews  
add the  
healthy fat  
content, the  
tofu helps  
create the  
perfectly  
creamy  
texture, and

the lemon  
juice adds  
that certain  
sour cream  
“tang.” Try it  
on our  
[Enchiladas.](#)



**2 cups raw unsalted  
cashews**

**1/3 cup fresh lemon juice**

**2 teaspoons salt**

**3 tablespoons olive oil**

**1/2 cup firm tofu, drained**

Soak the cashews in cold water to cover in the refrigerator overnight. Drain the cashews and put them in a

high-speed blender. Add the lemon juice, salt, olive oil, tofu, and  $\frac{1}{2}$  cup water. Blend until smooth.

# VEGAN MAYONNAIS

**MAKES ABOUT 2 CUPS**

Who  
doesn't like  
mayonnaise?  
I find vegan

versions  
even better  
than the  
original! So  
rich,  
creamy, and  
tasty.

Cashews do  
the job of  
replacing

eggs very  
well. Lemon  
juice,  
vinegar, and  
Dijon  
mustard  
give this  
mayo its  
distinctive  
tang. Use

this recipe  
for any of  
our recipes  
that call for  
a mayo  
substitute,  
or as a  
finishing  
sauce or

# **simple veggie dip!**

**1 cup raw unsalted  
cashews**

**1½ teaspoons fresh  
lemon juice**

**1 teaspoon brown rice  
syrup**

**1 teaspoon chopped  
garlic**

**2 teaspoons salt**

**2 teaspoons white wine  
vinegar**

**1 teaspoon Dijon  
mustard**

**1 cup extra-virgin olive  
oil**



Soak the cashews in cold water to cover in the refrigerator overnight. Drain the cashews and put them in a high-speed blender. Add the lemon juice, brown rice syrup, garlic, salt, vinegar, mustard, olive oil, and  $\frac{1}{4}$  cup water. Blend until creamy. Add more water as needed to reach the desired consistency.

**NOTE:** You need to soak the cashews overnight, so be sure to plan ahead.

# CHIPOTLE AIOLI

**MAKES ABOUT 2 CUPS**

Mayonnaise  
is delicious,  
but  
sometimes

you just  
need an  
extra kick of  
spice.

That's  
where our  
famous  
Chipotle  
Aioli comes  
in. You can

find this  
simple but  
tasty spread  
on many of  
our  
sandwiches.  
The chipotle  
peppers can  
be pretty  
fiery, so feel

free to  
adjust the  
amount  
slightly to  
your spice  
preference.

**2 cups vegan  
mayonnaise**

## **2 tablespoons canned chipotle peppers in adobo sauce**

Put the vegan mayonnaise and chipotle peppers in adobo sauce in a high-speed blender. Blend until smooth.





# HOLLANDAISE SAUCE

**MAKES ABOUT 2½  
CUPS**

We use this  
rich  
hollandaise

sauce on  
our [Tofu  
Florentine](#).

Everyone  
who tastes  
it inevitably  
asks how  
we can  
possibly  
make such

a fantastic  
hollandaise  
without  
eggs. Now  
you know  
our secret!

**1½ cups vegan  
mayonnaise, store-**

**bought or [homemade](#)**

**1/2 cup vegan butter,  
melted and kept warm**

**1 tablespoon fresh lemon  
juice**

**1 tablespoon Buffalo-  
style hot sauce**

**1/2 cup [Cashew Cream](#)**

**1 1/2 teaspoons ground  
turmeric**

**1/2 teaspoon black pepper**

In a medium bowl, whisk together the vegan mayonnaise, vegan butter, lemon juice, hot sauce, cashew cream, turmeric, and pepper until fully combined and creamy. Gently warm in a small pan on the stovetop before serving.

# AUTHENTIC GUACAMOLE

**MAKES ABOUT 2 CUPS**

There are  
two keys to  
making  
guacamole

irresistibly  
delicious:  
You must  
use good,  
perfectly  
ripened  
avocados,  
and you  
must make  
your

guacamole  
just before  
enjoying it.  
Fresh is  
best! This  
version is  
great  
served  
chunky and  
fantastic



with fresh  
warm tortilla  
chips. Use a  
potato  
masher to  
get the  
perfect  
consistency!

**4 ripe medium avocados,  
halved and pitted**

**1/4 cup chopped fresh  
cilantro**

**2 tablespoons fresh lime  
juice**

**3 tablespoons chopped  
red onion**

**2 tablespoons chopped  
fresh jalapeño  
(optional)**

**1 teaspoon salt**

**1/2 teaspoon black pepper**

Scoop out the avocado flesh into a medium bowl and mash with a potato masher or fork. Add the cilantro, lime juice, onion, jalapeño (if using), salt, and pepper and mash until the desired texture is reached. (We prefer ours a bit chunky.) Serve immediately.



# CHIPOTLE TOMATILLO SALSA

**MAKES ABOUT 4 CUPS**

Tomatillos,  
also called

Mexican  
husk  
tomatoes,  
don't get the  
respect they  
deserve!  
They're very  
culturally  
important in  
Mexican

cuisine,  
dating back  
to the  
Mayan and  
Aztec  
civilizations.  
They make  
a great  
alternative  
to more

common  
tomatoes  
when you  
are making  
salsa. The  
chipotle  
peppers in  
this recipe  
lend spice  
to this salsa



—feel free  
to adjust the  
amount to  
suit your  
spice  
tolerance.

**12 to 14 small to medium  
tomatillos**

**1½ red onion, chopped**

**3 tablespoons canned  
chipotle peppers in  
adobo sauce**

**1 tablespoon salt**

**1 cup chopped fresh  
cilantro**

Remove and discard the  
husks from the tomatillos.  
Wash the tomatillos well to

remove any stickiness and dry them. Halve the tomatillos and put them in a high-speed blender. Add the onion, chipotle peppers in adobo sauce, salt, and 1 cup water. Blend until smooth, about 30 seconds. Add the cilantro and pulse until well combined.

# MOLE

**MAKES 4 TO 5 CUPS**

Mole . . .  
peppered  
with flavor!  
In Mexico  
they take

their mole  
seriously—  
very  
seriously.

Having  
grown up in  
Mexico,  
Chef  
Francisco  
knows how

to create  
the  
authentic  
taste of  
mole sauce,  
which uses  
three types  
of chile  
peppers:  
ancho,

mulato, and  
pasilla  
peppers.  
You can  
find them  
dried in  
most  
grocery  
stores. The  
rich

combination  
of these  
peppers  
makes this  
mole  
something  
truly  
special.



**4 dried ancho chiles**

**4 dried mulato peppers**

**2 dried pasilla peppers**

**½ medium Spanish onion**

**4 garlic cloves**

**1 cup raisins**

**1½ teaspoons ground  
cumin**

**1½ teaspoons dried  
oregano**

**1½ tablespoons salt**

Break off the ends of the ancho, mulato, and pasilla peppers and shake loose as many seeds as possible.

Discard the seeds. Bring a large pot of water to a boil over high heat. Add the dried peppers to boiling water and boil for about 7 minutes, or until soft and rehydrated.

While the peppers are boiling, heat a medium skillet over

medium-low heat. Add the onion, cut-side down, and garlic to the skillet and allow to gently blacken, about 3 to 5 minutes. Remove from the heat.

Drain the peppers and put them in a high-speed blender. Add the onion, garlic, raisins, cumin, oregano, salt, and 3 cups water. Blend until smooth. Pour the sauce into a

medium saucepan and bring to a boil over high heat, then reduce the heat to medium and simmer for about 7 minutes.

# MARINARA SAUCE

**MAKES 5 TO 6 CUPS**

While in  
Tuscany  
once, I  
visited a

small  
family-  
owned  
Italian  
restaurant  
and tasted  
the best  
marinara  
sauce ever,  
on a bed of

pasta with  
fresh basil. I  
approached  
Chef  
Francisco  
upon my  
return and  
asked him if  
he knew the  
secret to the

coveted  
authentic  
red sauce.  
He did! His  
answer was  
simple,  
surprisingly  
simple, in  
fact. The  
keys to a



wonderful  
marinara  
sauces are a  
very long  
cooking  
time, which  
reduces the  
acidity of  
the  
tomatoes,

and a fresh  
pasta for  
serving.  
See for  
yourself—  
it's all in the  
simmer!

**7 cups canned whole or  
crushed tomatoes**

**1½ tablespoons extra-  
virgin olive oil**

**1½ tablespoons minced  
garlic**

**1 cup chopped fresh  
basil**

**1 tablespoon sugar**

**⅛ cup salt**

# **1 tablespoon black pepper**

Put the tomatoes in a high-speed blender and blend until smooth.

In a large stockpot, heat the olive oil and garlic over medium-high heat. Sauté the garlic until it just begins to brown. Add the basil and

sauté for 1 to 2 minutes. Add the blended tomatoes. Stir.

Add the sugar, salt, pepper, and 6 cups water. Bring to a boil, then reduce heat to low and cook for 3 hours.

# TANGY BBQ SAUCE

**MAKES 8 TO 9 CUPS**

This tangy  
BBQ sauce  
is the  
perfect

complement  
to vegan  
proteins like  
tempeh and  
seitan—it's  
delicious on  
our [BBQ](#)  
[Seitan](#)  
[Skewers.](#)  
Every taste

reminds us  
of summer  
cookouts—  
we'll admit  
to making  
our BBQ  
sauce in the  
middle of  
New York  
winters just



to remind us  
of warmer  
weather!

**1/2 medium onion,  
chopped**

**2 tablespoons chili  
powder**

**4 cups ketchup**

**1 cup molasses**

**1 cup apple cider vinegar**

**½ cup vegan**

**Worcestershire sauce**

**¼ cup Dijon mustard**

**½ jalapeño**

**8 garlic cloves**

In a medium stockpot,  
combine the onion, chili  
powder, ketchup, molasses,

vinegar, Worcestershire sauce, mustard, jalapeño, garlic, and 1½ cups water and bring to a boil over high heat. Reduce the heat to medium and simmer for 5 to 10 minutes. Let cool, then transfer to a high-speed blender and blend until smooth.





# APPETIZER

**Buffalo**

**Risotto**

**Croquettes**

**Seitan**

**Meatballs**

**Porcini Phyllo**  
**Cigars**

**Curried Lentil**  
**Rings**

**BBQ Seitan**  
**Skewers**

**Zucchini**  
**Napoleon**

# **Crispy** **Tempeh Balls**

## **Trumpet** **Mushroom** **Calamari**

## **Black-Eyed** **Pea Cakes**



**Parsnip**  
**Ravioli**

**Trumpet**  
**Mushroom**  
**Scallops**

**Adobo**  
**Mushroom**  
**Tacos**

Deviled  
“Eggs”

Authentic  
Hummus

# BUFFALO RISOTTO CROQUETTE

**Makes 12 to 16 balls**

One of our  
most

popular  
menu items  
at Blossom,  
these crispy  
favorites  
became an  
instant hit.  
Best of all,  
they're easy  
to make, for

fantastic  
hors  
d'oeuvres  
when  
entertaining  
or just as a  
delightful  
appetizer.  
The Buffalo-  
style hot

sauce gives  
them a  
beautiful  
orange hue,  
as well as a  
distinct  
flavor.

**2 tablespoons extra-virgin olive oil**

**½ medium onion, finely diced**

**1½ cups Arborio rice**

**½ cup white wine**

**⅓ cup Buffalo-style hot sauce**

**1½ teaspoons salt**

**1 teaspoon black pepper**

**2 cups panko bread  
crumbs**

**Cooking oil**

**Bleu Cheese Sauce**

**1.** In a medium pot, heat the olive oil over high heat. Add the onion and sauté for about 1 minute, until just translucent. Add the rice and white wine. Sauté for another minute. Add 2 cups water and



bring to a boil, then reduce the heat to medium-low.

Cover and simmer until water has been absorbed, 5 to 7 minutes.

**2.** Remove the rice mixture from the pot and let cool.

**3.** Place the cooled rice mixture in a large bowl and add the hot sauce, salt, and pepper. Mix well with your

hands. Add  $\frac{1}{2}$  cup of the panko and continue to knead well with your hands. Form the mixture into golf-ball-size balls. Place the remaining panko in a small bowl. Roll the rice balls in the panko until well coated, pressing lightly if necessary to adhere.

**4.** In a deep skillet, heat 2 to  $2\frac{1}{2}$  inches (or enough to cover the croquettes) of

cooking oil to 350°F.

Working in batches of five or six, fry the croquettes for 4 to 5 minutes, until crispy and browned. Remove from the oil with a slotted spoon, and allow to drain briefly on a few folded paper towels on a large plate. Top with Bleu Cheese Sauce.

**COOKING TIP:** Ensure that the cooking oil is hot enough (350°F),

or the risotto balls might fall apart.



# SEITAN MEATBALLS

**Makes about 20  
meatballs**

Pamela and  
I enjoy re-  
creating

authentic  
cuisines  
from all over  
the world.  
Preparing  
and serving  
a variety of  
ethnic  
flavors  
allows us to

share  
cultural  
interpretations  
of food. If I  
could pick a  
favorite  
cuisine, I  
would say  
Italian is  
what I enjoy



most. I  
admire the  
way Italian  
chefs can  
create such  
incredible  
flavors and  
smells  
through  
combinations

of herbs  
and sauces.  
We created  
these  
Seitan  
Meatballs to  
offer our  
patrons the  
enjoyment  
of eating

“Mom’s”  
traditional  
meatballs,  
with none of  
the animal  
products.

**1/2 medium onion,  
chopped**

**2 cups rolled oats (not instant)**

**4 cups very finely minced seitan**

**1½ cup extra-virgin olive oil, plus more as needed**

**1 tablespoon garlic powder**

**1½ cup Parmesan  
“Cheese”**

**¼ cup chopped fresh  
parsley**

**1 tablespoon salt**

**1½ teaspoons black  
pepper**

**1.** Preheat the oven to 350°F.  
Oil two baking sheets with a  
drizzle of olive oil.

**2.** In a large bowl, combine the onion, oats, seitan, olive oil, and garlic powder. Mix well with your hands until well combined. Spread the mixture over one prepared baking sheet. Bake for 15 to 20 minutes, or until the mixture begins to crisp and brown on top. Remove from the oven and let cool for 5 minutes; keep the oven on.

**3.** Transfer the mixture back to the bowl, and add the Parmesan, parsley, salt, and pepper and mix, using your hands if the mixture has cooled sufficiently. Add 1 to 2 tablespoons more olive oil, if necessary, to help the mixture stick together. At this point, the balls should hold their shape easily without falling apart. Roll the mixture into golf ball–size balls with

your hands, and place the balls on the second prepared baking sheet. Drizzle the meatballs with olive oil and bake for 5 to 10 minutes, or until they begin to slightly crisp on the edges.





# PORCINI PHYLLO CIGARS

**Makes about 24 pieces**

Porcini  
mushrooms

are the star  
ingredient  
here, and  
their savory,  
umami-filled  
flavor  
shines next  
to the  
delicate  
crispiness

of the rolled  
phyllo  
dough.

What really  
brings this  
dish

together is  
the

Pistachio  
Sauce. Try

not licking  
the plate—  
we dare  
you!

**2 pounds fresh porcini  
mushrooms (20 to 24  
mushrooms)**

**1 tablespoon crushed  
garlic**

**4 tablespoons extra-virgin olive oil**

**1 cup raw unsalted almonds**

**1 teaspoon salt**

**½ teaspoon black pepper**

**1 tablespoon truffle oil**

**1 (16-ounce) package phyllo dough**

**2 tablespoons vegan butter, melted**

# Pistachio Sauce

**1.** Preheat the oven to 350°F.

Oil a baking sheet with a drizzle of olive oil.

**2.** In a large bowl, combine the mushrooms, garlic, and olive oil and toss until the mushrooms are well coated. Spread the mushrooms onto the prepared baking sheet and

bake for 15 to 20 minutes, or until they begin to shrivel and soften. Remove the mushrooms from the oven and transfer them to a food processor. Add the almonds, salt, pepper, and truffle oil and process until pureed.

**3.** Spread out a sheet of phyllo dough. With a pastry brush, brush melted vegan butter evenly over the sheet



and then place another sheet on top. Repeat until you have a 3-sheet stack with vegan butter lightly brushed between layers. Spread a finger-size amount of the porcini mixture along one long end of the phyllo stack. Starting from the side containing the mushroom mixture, begin rolling up the phyllo into a long cylinder. Seal the edge with melted

butter. Cut the cylinder crosswise into 6-inch sections. Repeat with the remaining phyllo, vegan butter, and mushroom filling.

**4.** In a large skillet, heat the olive oil over medium-high heat. Working in batches to avoid overcrowding the pan, place the phyllo cigars in the oil and cook, turning them as needed, until they are golden

brown on all sides, 1 to 2 minutes per side. Serve with Pistachio Sauce.





# CURRIED LENTIL RINGS

**Serves 4**

When we  
opened our

first  
location,  
Blossom in  
Chelsea, we  
consulted  
with an  
expert chef  
who helped  
create our  
first recipes.

He was a  
lover of the  
spices of Sri  
Lanka and  
India, and  
this dish  
was one of  
his  
wonderful  
inventions.

It was  
originally  
served with  
caramelized  
onions on  
top, but  
Chef  
Francisco  
and I later  
modified it



by topping it  
with our  
Tofu  
Ricotta. The  
crispy,  
slightly  
sweet phyllo  
dough  
contrasts  
perfectly

with the  
flavorful  
curry and  
cilantro,  
which truly  
makes the  
flavors pop.  
Serve it as  
an hors  
d'oeuvre, an

appetizer,  
or a side to  
a main  
course. A  
wonderful  
winter dish  
to enjoy.

**2 cups dry French lentils**

**3 tablespoons extra-virgin olive oil**

**1 carrot, chopped**

**2 red bell peppers, diced**

**1 onion, chopped**

**½ cup chopped scallions**

**1 cup chopped fresh cilantro, chopped**

**1 teaspoon curry powder**

**1 teaspoon garlic powder**

**1 tablespoon salt, plus a pinch**

**Pinch of black pepper**

**1 (16-ounce) package  
phyllo dough**

**2 tablespoon vegan  
butter, melted**

## **Tofu Ricotta**

**1.** Put the dry lentils in a large pot and add enough

water to cover them. Bring to a boil over high heat. Reduce the heat to medium and simmer until the lentils are soft, about 30 minutes, then set aside.

**2.** In a medium skillet, heat 2 tablespoons of the olive oil over high heat. Add the carrot, bell peppers, and onion and sauté for 1 to 2 minutes, then reduce the heat

to medium and sauté for 5 to 7 minutes more, or until the vegetables begin to soften. Set aside to cool.

**3.** In a large bowl, combine the lentils, carrot, peppers, onion, scallions, and cilantro. Stir well to combine. Add the curry powder, garlic powder, salt, and black pepper and mix until the spices are fully incorporated.

**4.** Spread out a sheet of phyllo dough. With a pastry brush, brush melted vegan butter evenly over the sheet and then place another sheet on top. Repeat until you have a 4-sheet stack with vegan butter lightly brushed between layers. Spread the lentil mixture in a line about 1½ inches wide at one of the long ends of the phyllo stack. Starting from the side



containing the lentil mixture, begin rolling up the phyllo into a long cylinder. Seal the edge with melted butter. Slice the cylinder crosswise into 6-inch sections.

**5.** In the skillet you used for the vegetables, heat the remaining 1 tablespoon olive oil over high heat. Place the phyllo rolls in the pan and fry until the rolls begin to crisp

and brown. Brown on all sides, using caution when flipping and rolling, as phyllo dough is very delicate. Slice each roll in half on an angle and serve with Tofu Ricotta.



# BBQ SEITAN SKEWERS

**Makes 6 to 8 skewers**

A summer  
classic, this  
dish was

first  
introduced  
at our  
second  
location,  
Café  
Blossom.  
These are  
great to  
make at a

backyard  
barbecue—  
an outdoor  
grill gives  
them an  
extra-smoky  
flavor.

**1 pound seitan, cut into  
1-inch cubes**

**2 cups Tangy BBQ  
Sauce**

**1 tablespoon olive oil**

**1.** Soak 6 to 8 wooden skewers in water for 30 minutes to prevent burning.

**2.** Thread the seitan cubes on the skewers. Put the BBQ sauce in a shallow bowl and dredge the skewers through the sauce, taking care to coat them thoroughly. Allow the skewers to marinate, refrigerated, up to 5 hours or overnight, if desired, for deeper flavor.

**3.** In a large skillet, heat the olive oil over medium heat.



Add the skewers and sauté for 1 to 2 minutes. Add a splash of water and cover. Cook for 5 minutes, covered, or until heated through.

**NOTE:** After marinating, you can cook the skewers on a hot grill for 2 to 3 minutes, turning periodically, instead of on the stovetop. Serve two skewers per person.



# ZUCCHINI NAPOLEON

**Serves 3 as a small  
appetizer**

This simple  
and  
wonderful

seasonal  
dish came  
together  
while I was  
visiting a  
friend in  
East  
Hampton,  
New York.  
Driving back

from the  
beach, I  
picked up  
fresh  
vegetables  
at an  
organic  
farm stand  
in  
Sagaponack.

As I  
unpacked  
the most  
beautiful  
zucchini  
and  
tomatoes I  
had ever  
seen, my  
chef friend

joked that  
we should  
make a  
tower out of  
the  
vegetables.  
We grilled  
the  
tomatoes  
and

zucchini,  
and using  
pesto as our  
“mortar,”  
created our  
Zucchini  
Napoleon—  
a petite  
tower with  
giant taste!



If you can  
find  
heirloom  
tomatoes,  
the flavor  
will be even  
better.

**1 medium to large  
zucchini**

**1 large tomato**

**Salt and black pepper**

**3 tablespoons olive oil**

**½ cup Pistachio Pesto**

**1.** Cut the zucchini in half crosswise, then cut each half lengthwise into ¼-inch-thick slices. Slice the tomato into

$\frac{1}{4}$ -inch-thick slices, then halve the tomato slices. Sprinkle both sides of the zucchini and tomato slices with a pinch each of salt and pepper. Drizzle with 2 tablespoons of the olive oil.

**2.** In a large skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the zucchini slices and sauté, flipping them as

needed until they begin to brown on each side and become slightly soft. Remove the zucchini and set aside. Add the tomato slices to the pan and sauté for 1 to 2 minutes.

**3.** Spread a small amount of pesto on each plate, followed by a slice of zucchini, additional pesto, and a slice

of tomato. Repeat the layers to the desired height.



# CRISPY TEMPEH BALLS

**Makes 15 or 16 balls**

These little  
crispy

tempeh  
balls are the  
perfect  
substitute to  
the Seitan  
Meatballs if  
you are  
looking for a  
different  
flavor or



would  
simply  
prefer a  
gluten-free  
option. We  
created  
these at our  
Chelsea  
location and  
serve them

as hors  
d'oeuvres,  
but feel free  
to enjoy  
them with  
your favorite  
gluten-free  
pasta for a  
wonderful,  
hearty meal.

Top with a  
fine olive oil  
or our  
Marinara  
Sauce.

**4 celery stalks, chopped**  
**1 large carrot, diced**

**1 (8-ounce) package  
tempeh**

**1½ medium onion,  
chopped**

**1½ teaspoons chopped  
garlic**

**3 tablespoons extra-  
virgin olive oil**

**1 tablespoon salt**

**1½ teaspoons black  
pepper**

**2 cups panko bread  
crumbs**

**2 cups cooking oil (we  
recommend grapeseed,  
safflower, or sunflower)**

**1.** Preheat the oven to 350°F.  
Add the celery and carrot to a  
large mixing bowl. Using  
your hands, crumble the  
tempeh into the bowl. Add  
the onion, garlic, olive oil,

salt, and pepper. Spread the mixture onto a baking sheet, and bake for 10 to 15 minutes.

**2.** Remove the mixture from the oven, and add to a food processor. Process until ground finely. Place the mixture into a large bowl, and roll into golf ball–sized balls with your hands. Add the panko bread crumbs to a large

bowl. Dredge the tempeh balls in panko, and set aside. Add the cooking oil to a large skillet on medium-high heat. Pan-fry the tempeh balls for 2 to 3 minutes, or until golden brown.

**NOTE:** After frying, you can bake the tempeh balls for 7 to 10 minutes in the oven at 350°F to make them extra crispy.





# TRUMPET MUSHROOM CALAMARI

**Serves 3 or 4**

Watching  
the NBA

Playoffs  
with friends  
at a random  
bar in New  
York City, I  
observed  
the majority  
of the crowd  
ordering  
calamari. It

was that  
night that I  
thought,  
“Why not  
make a  
vegan  
calamari?!”  
Amazingly,  
trumpet  
mushrooms

perfectly  
mimic the  
texture of  
calamari.  
Serve with  
Marinara  
Sauce and  
a fresh  
lemon  
wedge on

the side for  
the full  
effect. Enjoy  
the game!

**4 large king trumpet  
mushrooms**

**3 tablespoons tamari or  
soy sauce**

**1 cup cornmeal**

**1 cup all-purpose flour**

**2 tablespoons chili  
powder**

**2 tablespoons paprika**

**2 tablespoons onion  
powder**

**2 tablespoons garlic  
powder**

**1 cup chopped fresh  
basil**

**1 tablespoon salt**

**1½ teaspoons black pepper**

**4 cups grapeseed, safflower, or sunflower oil**

## **Marinara Sauce**

**1.** Slice off the tops and bottoms of the mushrooms. Cut them into ½-inch-thick

slices. (Optional step: Use an apple corer or similar kitchen tool to remove the center of each mushroom slice.) Add the finished slices to a large mixing bowl, and add 10 cups water and the tamari.

Marinate for 3 to 5 hours, or overnight in the refrigerator.

**2.** Add the cornmeal, flour, chili powder, paprika, onion powder, garlic powder, basil,



salt, and pepper to a large mixing bowl. Drain the mushrooms, and dredge in the breading mixture, using your hands to fully coat each mushroom slice.

**3.** Add the cooking oil to a deep skillet, and heat on medium-high heat until the oil begins to bubble. Add the mushroom slices and fry for about 7 minutes, or until they

are golden brown. Remove from the oil and serve with Marinara Sauce.



# BLACK- EYED PEA CAKES

**Makes about 4 large or 8  
small cakes**

This is  
Blossom's  
signature  
appetizer,  
and one of  
the dishes  
we first  
served at  
our original  
Chelsea

location. A  
fantastic Sri  
Lankan—  
influenced  
dish, it has  
since  
become a  
staple; we  
couldn't  
take it off

the menu  
even if we  
wanted to!  
It's easy to  
make these  
cakes  
whatever  
size you'd  
like—  
smaller

cakes make  
great hors  
d'oeuvres,  
or make  
larger cakes  
for a meal.

**6 medium Yukon Gold  
potatoes**



**1/3 cup dried black-eyed  
peas**

**2 tablespoons olive oil**

**1 red bell pepper, finely  
chopped**

**1 medium red onion,  
finely chopped**

**2 tablespoons chopped  
fresh cilantro**

**2 tablespoons chopped  
scallions**

**1 teaspoon garlic powder**  
**1 teaspoon curry powder**  
**1 teaspoon salt**  
**1/2 teaspoon black pepper**  
**2 cups panko bread**  
**crumbs**  
**Cooking oil (we**  
**recommend grapeseed,**  
**safflower, or sunflower)**

**[Chipotle Aioli](#)**

**1.** Bring a large pot of water to a boil. Add the whole potatoes, skins on, and boil for about 35 minutes, or until soft. While the potatoes are boiling, bring a slightly smaller pot of water to a boil, add the black-eyed peas, and boil for 25 to 30 minutes, or until soft. Remove the potatoes from the water, and mash in a large mixing bowl,

leaving the skins on. Allow to cool.

**2.** Heat the olive oil in a large skillet on medium-high heat; add the peppers and the onions. Sauté for about 5 minutes, or until soft.

Remove from heat and allow to cool. Add the black-eyed peas, peppers, onions, cilantro, scallions, garlic, curry, salt, and pepper to the

mashed potatoes, and mix well, using your hands or a handheld mixer. Form the mixture into golf ball–sized balls using your hands.

Dredge the balls in panko bread crumbs, turning until well-coated. Fill a deep skillet 2 inches deep with cooking oil, or enough to cover pea cakes, and heat to 350°F. Fry the pea cakes for about 3 minutes, or until golden

brown and crispy. Remove from the oil, and serve with our Chipotle Aioli.



# PARSNIP RAVIOLI

**Makes 12 ravioli**

Invented by  
a guest chef  
for a



Valentine's  
Day menu,  
this savory  
and sweet  
dish is a  
celebration  
of the  
senses. We  
love the  
contrast

between the  
sweetness  
of the  
parsnips  
and the  
saltiness of  
the crispy  
mushrooms  
on top, as  
well as the

deep flavors  
of the sage  
and truffle.

We had a  
very hard  
time taking  
this dish off  
the menu,  
so it  
reappears

frequently  
as a  
special.

**3 medium parsnips,  
chopped in 2-inch  
pieces**

**1 cup semolina wheat  
flour**

**1 cup all-purpose flour,  
plus more for rolling**

**1½ teaspoons salt**

**Pinch of black pepper**

**3 tablespoons truffle oil**

**2 tablespoons olive oil**

**1 cup chopped shiitake  
mushrooms**

**2 tablespoons vegan  
butter**

# **1 tablespoon chopped fresh sage**

**1.** Bring a large pot of water to a boil. Add the chopped parsnips and boil until soft, 30 to 40 minutes.

**2.** While the parsnips boil, add the semolina and all-purpose flours to a large mixing bowl. Add  $\frac{3}{4}$  cup

water very slowly, kneading with your hands while incorporating the water, until the dough is fully combined and easy to work with.

**3.** Once the parsnips are soft, remove them from the water and place in a food processor. Add the salt, pepper, and 2 tablespoons truffle oil. Process the parsnips until smooth.

**4.** Separate the dough into two equal parts. On a well-floured surface, roll both dough sections with a rolling pin until about  $\frac{1}{8}$  inch thick. Once the dough is rolled out, slice it into even strips about 3 inches wide. Spoon  $1\frac{1}{2}$  tablespoons of the parsnip mix in dollops on one side of half of the strips of dough, spacing each dollop out about 3 fingers from the nearest



one. Lay the other sheet of dough on top, and use your fingers to push out the air, sealing around each dollop with your fingers. Using a cookie cutter, cut out the raviolis. You should have about 12 ravioli.

**5.** Bring a large pot of water to a boil. Add the ravioli and boil until soft, about 7 minutes. Remove from water;

set aside. Add 2 tablespoons of olive oil to a skillet on medium-high heat. Add the shiitakes, and sauté until browned. Set aside. Add the vegan butter to a skillet on medium-high heat. Add the cooked ravioli, 1 tablespoon truffle oil, and the sage. Sauté the ravioli for 1 to 2 minutes.

**6.** Plate 3 ravioli per serving, and top with the shiitakes.





# TRUMPET MUSHROOM SCALLOPS

**Serves 2**

Mushrooms  
are one of

our favorite  
ingredients,  
as their  
diversity in  
size, taste,  
and texture  
allows us to  
experiment  
and get very  
creative

with our  
interpretations  
of traditional  
dishes. In  
this dish, we  
use king  
trumpet  
mushroom  
to mimic the  
flavors and

luxurious  
texture of  
scallops. It  
works  
perfectly!  
What  
makes this  
appetizer so  
special is  
that you can



play with  
different  
seasonal  
sauce  
ideas. For  
example,  
the porcini  
sauce with  
rich polenta  
makes a

wonderful  
fall or winter  
dish, while a  
cream  
sauce and a  
dash of  
vegan  
Parmesan  
cheese  
make a

fantastic  
summer  
dish.

Originally  
introduced  
as one of  
our first “in  
bloom”  
creations,  
Trumpet

Mushroom  
Scallops  
quickly  
became one  
of our most  
popular and  
loved  
dishes.

## **FOR THE MUSHROOM MARINADE AND STOCK**

**1 large king trumpet  
mushroom (as thick as  
possible)**

**1 tablespoon chopped  
garlic**

**1 tablespoon chopped  
shallots**

**1½ teaspoons salt, plus  
more as needed**

**Pinch of black pepper,  
plus more as needed**

## **FOR THE POLENTA**

**1/2 cup Cashew Cream**

**1 1/2 teaspoons finely  
chopped shallots**

**1 1/2 teaspoons finely  
chopped garlic**

**1 teaspoon salt**

**1 tablespoon vegan  
butter**

**½ cup polenta**

## **FOR THE PORCINI SAUCE**

**1 cup dried porcini  
mushrooms**

**2 tablespoons olive oil**

**1 tablespoon finely  
chopped shallots**

**3 tablespoons white wine**

**1 tablespoon vegan  
butter**

**Pinch of salt**

**Pinch of black pepper**

## **FOR THE SPINACH**

**1 tablespoon olive oil**

**1 tablespoon finely  
chopped garlic**

**1 handful spinach**

**Pinch of salt**



## **2 tablespoons olive oil**

**1. Make the mushroom marinade and stock:** Slice the trumpet mushrooms into 1-inch slices. In a high-speed blender, combine  $2\frac{1}{3}$  cups water, the garlic, shallots, salt, and pepper and blend until smooth. Pour the marinade into a large bowl or container and add the trumpet

mushrooms. Marinate the mushrooms in the refrigerator for 5 hours or overnight.

**2. Make the polenta:** In a medium pot, combine the Cashew Cream, shallots, garlic, salt, vegan butter, and 1 cup water and bring to a boil over high heat. Add the polenta gradually, stirring continuously for 1 to 2 minutes, until the water is

absorbed, then remove from the heat. Set aside.

### **3. Make the porcini sauce:**

Bring 2 cups water to a boil in a small pot and then remove from heat. Add the dried porcini mushrooms. Let soak for at least 1 hour.

Remove the rehydrated mushrooms from the water, set the soaking water aside,

and discard the mushrooms or use them in another recipe.

**4.** In a medium skillet, heat the olive oil over high heat. Add the shallots and sauté for 1 to 2 minutes. Add the white wine (be careful—it may flame up) and sauté for 1 minute. Add the porcini soaking liquid, the vegan butter, the salt, and the pepper. Simmer until the

sauce has reduced, then set aside.

**5. Make the spinach:** In a separate medium skillet, heat the olive oil over medium-high heat. Add the garlic and sauté for 1 to 2 minutes, then add the spinach and salt. Sauté for 1 to 2 minutes, or until spinach is fully cooked. Set aside.

**6.** Remove the trumpet mushrooms from the marinade and sprinkle with a pinch each of salt and pepper. In a skillet, heat the olive oil over medium heat. Add the trumpet mushrooms and cook for 1 to 2 minutes on each side, until beginning to brown.

**7.** To serve, divide the polenta between two plates,

followed by the spinach, then the trumpet mushroom scallops. Finish with the porcini sauce. Enjoy!





# ADOBO MUSHROOM TACOS

**Serves 2 or 3; makes 6  
small tacos**

Who  
doesn't love  
tacos?

While  
mushrooms  
are the  
main  
ingredient in  
this recipe,  
the

authentic  
Mexican  
sauce,  
using  
traditional  
guajillo  
chiles, is  
what really  
makes the  
flavors in

this dish  
pop. You  
can find  
these mildly  
spicy  
peppers in  
dried form  
in most  
supermarkets,  
or your local

Mexican  
market. We  
love to  
serve them  
in a small  
trio with a  
lime wedge  
on the side,  
and a bottle  
of hot sauce

at the  
ready!

**10 dried guajillo chiles**

**1 tablespoon canned  
chipotle peppers in  
adobo sauce**

**2 cups canned whole  
tomatoes**

**1½ teaspoons oregano**

**2 tablespoons apple  
cider vinegar**

**½ medium onion**

**2 tablespoons chopped  
garlic**

**2 tablespoons salt, plus  
a pinch**

**3 tablespoons olive oil**

**5 cups sliced white  
button mushrooms**

**Pinch of black pepper**

**Six 5-inch corn tortillas**

**Shredded cabbage or  
lettuce, for serving**

**Chipotle Tomatillo Salsa**  
**or your favorite salsa**

**Sour Cream**

**Other toppings of your  
choice**

**1.** Remove the stems from  
the guajillo chiles and pour



out dried seeds. Place the chiles in a large pot. Add the chipotle peppers in adobo, tomatoes, oregano, vinegar, onion, 1 tablespoon of the garlic, 2 tablespoons salt, and 4 cups water. Bring to a boil over high heat and cook until the dried chiles become soft, 20 to 25 minutes. Once the peppers are soft, transfer the contents of the pot to a high-

speed blender and blend until smooth. Set aside.

**2.** In a large skillet, heat 2 tablespoons of the olive oil over high heat. Add the remaining 1 tablespoon garlic and sauté for 1 minute, then add the mushrooms and a pinch each of salt and black pepper. Sauté for 1 to 2 minutes, then reduce the heat to medium and sauté until the

mushrooms are soft and slightly browned (about 5 minutes). Remove from heat and set aside.

**3.** In a large pot, heat the remaining 1 tablespoon olive oil over high heat. Add the guajillo sauce and bring to a boil, then reduce the heat to medium and simmer for about 4 minutes. Add the

sauce to the skillet with the mushrooms and stir well.

**4.** Spoon the finished Adobo Mushrooms onto a tortilla and garnish with lettuce, salsa, vegan sour cream, and your favorite toppings.



# DEVEILED “EGGS”

**Serves 4; makes about  
12 “eggs”**

When I was  
a child in  
Israel,

deviled  
eggs were  
served as  
appetizers  
at  
weddings. I  
distinctly  
remember  
my father  
shooting me

a look, as if  
to say,  
“Don’t eat  
so many  
this time!”

When I was  
working with  
Chef  
Francisco  
on



Blossom's  
seasonal "in  
bloom"  
menu, he  
suggested  
deviled  
eggs. I  
agreed  
enthusiastically,  
but never

dreamed  
that a vegan  
version  
would be so  
good. The  
combination  
of  
chickpeas,  
mustard,  
and

turmeric  
perfectly  
replicates  
the taste  
and texture  
of the yolks,  
while the  
marinated  
tofu is a  
perfect

stand-in for  
egg whites.  
So  
innovative  
and  
delicious!  
To serve  
this dish as  
a more  
elegant

appetizer,  
include the  
optional  
parsnip  
sauce.

Don't forget  
to top with a  
dash of  
paprika.

## **FOR THE “EGG WHITES”**

**1 (14-ounce) block firm  
tofu, drained**

**2 tablespoons apple  
cider vinegar**

## **FOR THE “EGG YOLKS”**

**2 (14-ounce) cans  
chickpeas, drained and  
rinsed**

**4 tablespoons vegan  
mayonnaise, store-**

**bought or [homemade](#)**

**1 tablespoon yellow  
mustard**

**1½ teaspoons paprika**

**1½ teaspoons ground  
turmeric**

**1 teaspoon fresh lemon  
juice**

**1½ teaspoons salt**

**¼ teaspoon black pepper**

**3 tablespoons chopped  
fresh chives**

**Paprika, for serving**

**FOR THE PARSNIP SAUCE  
(OPTIONAL)**

**1 tablespoon extra-virgin  
olive oil**

**4 parsnips, cubed**

**1 medium onion,  
chopped**



**1 (14-ounce) can coconut milk**

**1 tablespoon ground turmeric**

**1 tablespoon nutritional yeast**

**Salt and black pepper**

**1. Make the “egg whites”:**

Bring a medium pot of water to a boil. Cut the tofu

lengthwise into three even slices. Add the vinegar to the boiling water, then add the tofu and boil for 3 minutes. Remove from the water and let cool for a minute or two. Cut the tofu slices into egg-shaped ovals—you should be able to cut four “eggs” out of each slice of tofu. Place the tofu in the refrigerator to cool.

## **2. Make the “egg yolks”:**

Bring a medium pot of water to a boil. Add the chickpeas and boil until very soft, 8 to 10 minutes (this helps create the yolklike texture of the filling). Drain the chickpeas and transfer to a high-speed blender. Blend until smooth. If the chickpeas are not smooth, feel free to add small amounts of water until you achieve a yolklike

consistency. Add the vegan mayonnaise, mustard, paprika, turmeric, lemon juice, salt, and pepper. Blend again to combine. Transfer the “yolk” mixture to a bowl and gently stir in the chives. Chill the chickpea “yolk” in the refrigerator, if desired.

**3.** To assemble, dollop some “egg yolk” on top of each

“egg white.” Sprinkle with paprika and enjoy!

## **FOR THE PARSNIP SAUCE (OPTIONAL)**

**4.** In a medium pot, heat the olive oil over medium-high heat. Add the parsnips and onion and sauté for 1 to 2 minutes. Add the coconut milk, turmeric, nutritional yeast, 1 cup water, and salt and pepper to taste. Cook

until the parsnips are soft, about 7 minutes. Transfer the mixture to a high-speed blender and blend until smooth.

**5.** Divide the sauce among four plates and top with the “eggs.”



# AUTHENTIC HUMMUS

**Makes 4 to 5 cups**

As  
someone  
who grew



up in  
Jerusalem, I  
can assure  
you that I  
know and  
appreciate  
great  
hummus.  
The  
difference

between  
great  
hummus,  
good  
hummus,  
and bad  
hummus is  
huge! This  
easy-to-  
make

hummus  
was  
originally  
inspired by  
a Turkish  
friend of  
mine; it  
tastes  
authentic,  
without

taking hours  
to make.

The  
blending  
time is not a  
mistake; it  
needs time  
to get  
exceptionally  
smooth and

creamy,  
which is  
part of what  
elevates  
this  
hummus.  
Try it! It will  
surprise  
you. Top  
with a

drizzle of  
high-quality  
olive oil and  
serve with  
fresh pita.

**3 cups cooked chickpeas**  
**1 cup extra-virgin olive**  
**oil**

**¼ cup tahini**

**1 teaspoon ground  
cumin**

**1½ tablespoons fresh  
lemon juice**

**2 garlic cloves**

**1 teaspoon salt**

**½ teaspoon black pepper**

Put all the ingredients in a  
high-speed blender and add ½

cup water. Blend for 10 to 15 minutes, or until very, very smooth.







# SIDE DISHES

Brussels  
Sprouts

Cilantro Rice

**Sautéed Kale**  
**and Butternut**  
**Squash**

**Pan-Fried**  
**Tofu**

**Kurdish**  
**Quinoa**

# Sunchoke Mash

## Sweet Potato Coconut Curry

# BRUSSELS SPROUTS

**Serves 1 (easily  
multiplied)**

Perfectly  
cooked  
Brussels

sprouts  
aren't  
always easy  
to achieve.  
Many times,  
the outside  
will be nice  
and crispy  
while the  
inside is still

tough. The combination of sautéing and then oven roasting will ensure your Brussels sprouts are perfect



through and  
through.

**1 tablespoon extra-virgin  
olive oil**

**1½ teaspoons minced  
fresh garlic**

**1 cup Brussels sprouts,  
halved**

**Salt and black pepper**

**1.** Preheat the oven to 350°F.

**2.** In a medium skillet, heat the olive oil over medium-high heat. Add the garlic and sauté for a minute or two, until just starting to brown. Add the Brussels sprouts and sauté for 1 minute. Season with salt and pepper. Add a small amount (1 to 2 tablespoons) of water to the pan to soften the sprouts.

Spread the Brussels sprouts over a baking sheet (or keep in the skillet if it is oven-safe) and roast until soft and beginning to brown, about 7 minutes.



# CILANTRO RICE

**Makes about 3 cups**

This is a  
simple but  
beautiful

side dish.

The

blended

cilantro

perfectly

coats each

grain of rice,

creating a

gorgeous

green dish

that is  
absolutely  
packed with  
flavor. We  
like to serve  
this as a  
side for our  
Poblano en  
Nogada  
because the

cilantro  
balances  
the  
sweetness  
of the fruit in  
the stuffed  
pepper.

**2 tablespoons olive oil**



**1 cup jasmine or basmati  
rice**

**1½ teaspoons salt**

**2 cups chopped fresh  
cilantro**

**Zest and juice of 1 lime**

**1.** In a medium pot, heat the olive oil over high heat. Add the rice and sauté, stirring, for 1 to 2 minutes. Add 2 cups

water and the salt, bring to a boil, then reduce the heat to medium and cover. Once the water has been absorbed, about 7 minutes, remove from the heat and let rest, still covered, for 5 to 10 minutes.

**2.** Fill a medium bowl with ice and water. Bring a small pot of water to a boil. Blanch the cilantro in the boiling water for 30 seconds, then

transfer to the ice water. Let cool for 1 to 2 minutes, then drain and transfer the cilantro to a high-speed blender. Blend until smooth, adding small amounts of water as needed to encourage blending.

**3.** Stir the blended cilantro, lime zest, and lime juice into the rice until well combined, and serve.



# SAUTÉED KALE AND BUTTERNUT SQUASH

Serves 4

Kale and  
squash  
make a  
fantastic  
veggie  
combo.  
Butternut  
squash is  
naturally  
sweet,

which  
balances  
the light  
bitterness of  
the kale.

Add just a  
touch of  
garlic, salt,  
and pepper,  
and you've

got a  
perfectly  
simple side  
dish.

**1/2 medium butternut  
squash, peeled,  
seeded, and cut into 1-  
inch cubes**



**4 tablespoons extra-virgin olive oil**

**1½ tablespoons minced garlic**

**½ teaspoon salt, plus a pinch**

**2 pinches of black pepper**

**2 bunches kale, torn into small pieces**

**1.** Preheat the oven to 350°F.

**2.** In a bowl, combine the squash, 2 tablespoons of the olive oil, 1 tablespoon of the garlic,  $\frac{1}{2}$  teaspoon of the salt, and a pinch of pepper and toss gently to coat the squash cubes. Spread over a baking sheet, cover with aluminum foil, and roast for 15 minutes, or until soft.

**3.** In a large skillet, heat the remaining 2 tablespoons olive oil. Add the remaining  $\frac{1}{2}$  tablespoon garlic to the pan and sauté for 30 seconds. Add the kale and sauté for 1 minute. Add the butternut squash and a pinch each of salt and pepper. Sauté until soft, about 2 minutes.



# PAN-FRIED TOFU

**Makes 8 slices**

While we  
love  
creating

inventive  
recipes with  
tofu like our  
Pistachio-  
Crusted  
Tofu, or  
using it to  
create dips  
and sauces,  
sometimes

some  
simply  
prepared  
tofu is just  
what you  
need. We  
love to add  
this  
perfectly  
prepared

tofu to  
salads for  
an extra  
protein kick.

**1 (14-ounce) package  
extra-firm tofu, drained  
and gently pressed  
between paper towels**



**2 tablespoons extra-virgin olive oil**

**1½ teaspoons minced garlic**

**1½ teaspoons tamari**

**1.** Slice the tofu along the longest edge into four even slices. Cut each slice diagonally to create eight triangular slices.

**2.** In a large skillet, heat the olive oil over medium-high heat. Add the garlic and sauté until it just begins to brown, 1 to 2 minutes. Add the tofu and sauté for 1 minute, then flip and sauté for another minute. Add the tamari and 1 cup water. Sauté for 2 minutes more. Remove from the heat and serve.



# KURDISH QUINOA

**Serves 4**

This dish is  
inspired by  
traditional

Kurdish  
cuisine,  
which we  
were  
introduced  
to by our  
neighbor  
and friend  
Azman.  
Quinoa is a

particularly  
rich source  
of vegan  
protein, but  
it's not very  
flavorful on  
its own.

This  
preparation  
gives it a

delicious,  
hearty taste.  
Our Kurdish  
quinoa can  
be served  
as a side  
dish, or add  
tofu for a  
complete  
meal.

**3 tablespoons olive oil**

**½ onion, finely chopped**

**2 red bell peppers, finely  
chopped**

**1 cup julienned white  
mushrooms**

**2 cups julienned shiitake  
mushrooms**

**2 cups quinoa**

**2 cups [Marinara Sauce](#)**

**4 sprigs fresh thyme**



# **1 tablespoon salt**

In a large pot, heat the olive oil over high heat. Add the onion and sauté until transparent, 1 to 2 minutes. Add the bell pepper and sauté for another minute. Add the white mushrooms and shiitake mushrooms and sauté for 1 minute. Add the quinoa and 3 cups water to the pot

and reduce the heat to low.  
Add the Marinara Sauce,  
thyme, and salt and stir well.  
Simmer, covered, for about  
40 minutes, or until the water  
has been absorbed. Remove  
sprigs of thyme before  
serving.



# SUNCHOKE MASH

**Serves 3 as a side dish**

At Blossom,  
we like to  
provide

healthy  
alternatives  
to traditional  
vegan  
sides,  
especially  
for those  
who try to  
balance  
their intake

of  
carbohydrates.  
Reinventing  
mashed  
potatoes  
was a lot of  
fun with the  
use of  
sunchokes,  
a tasty root

vegetable  
also known  
as  
Jerusalem  
artichoke.  
Their  
distinct  
nutty,  
earthy,  
sweet flavor

makes this  
dish just as  
tasty as our  
classic  
creamy  
mashed  
potatoes.



**1 pound sunchokes  
(about 12), peeled**

**2 tablespoons vegan  
butter**

**1 tablespoon finely  
chopped garlic**

**Salt and black pepper**

**1.** Bring a medium pot of water to a boil and add the sunchokes. Boil until the

sunchokes are soft, about 20 minutes. Drain the sunchokes and carefully dry them.

**2.** Put the sunchokes, vegan butter, and garlic in a medium bowl and whisk together until smooth. Season with salt and pepper.



# SWEET POTATO COCONUT CURRY

Serves 3 or 4

Coconut  
milk is a  
texture and  
flavor staple  
for many  
vegan and  
vegetarian  
dishes; it  
truly has  
tremendous

versatility.

We were exploring ideas to expand our side dish selection, and voilà—this dish was

invented!

Fun fact:

Former

President

Bill Clinton

ordered this

dish for

delivery

several

times when

he was in  
the  
neighborhood.

**2 medium sweet  
potatoes, peeled and  
chopped into 2-inch  
cubes**

**1 teaspoon chopped  
garlic**



**4 tablespoons extra-virgin olive oil**

**½ medium onion, finely chopped**

**1 small jalapeño, chopped**

**½ teaspoon ground cumin**

**½ teaspoon ground turmeric**

**2 cups coconut milk**

# 1 tablespoon sugar

**1.** Preheat the oven to 350°F. Lightly oil a baking sheet with a drizzle of olive oil.

**2.** In a medium bowl, combine the sweet potatoes, garlic, and 2 tablespoons of the olive oil and toss gently until well coated. Spread the cubes over the prepared

baking sheet and bake for 20 to 30 minutes, or until soft. Remove from the oven and set aside.

**3.** In a medium pot, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the onion and jalapeño and sauté for about 1 minute. Add the sweet potato cubes, cumin, turmeric, coconut

milk, and sugar and stir well.  
Cook for about 5 minutes.







# SOUPS

Lentil-  
Vegetable  
Soup

Oyster  
Mushroom  
Soup



**Yellow Corn  
and Coconut  
Soup**

**French Onion  
Soup**

**Sweet Potato  
and Coconut  
Cream Soup**



# LENTIL- VEGETABLE SOUP

**Serves 6 to 8**

A restaurant  
staple, this

recipe is our  
take on a  
classic  
soup.

Lentils are a  
tasty and  
hearty  
member of  
the legume  
family, and

a great  
source of  
protein.  
They're also  
easier to  
prepare  
than dried  
beans, as  
they cook  
quickly and

easily with  
no soaking  
required.

**2 tablespoons extra-  
virgin olive oil**

**1 tablespoon minced  
garlic**

**1 medium onion, diced**

**2 large ripe tomatoes,  
chopped**

**2 medium-large carrots,  
diced**

**5 celery stalks, chopped**

**1½ cups French lentils**

**2 tablespoons salt**

**1 tablespoon black  
pepper**

**3 bay leaves**

**3 sprigs fresh thyme**

# **1 cup chopped fresh cilantro**

**1.** In a large pot, heat the olive oil over medium-high heat. Add the garlic and sauté for 1 to 2 minutes, then add the onion and sauté for 2 to 3 minutes. Add the tomatoes and sauté for 3 to 4 minutes to cook off their liquid. Add the carrots and celery and



sauté for 1 to 2 minutes. Add the lentils, salt, pepper, bay leaves, thyme, cilantro, and 9 cups water. Bring the mixture to a boil, then reduce the heat to medium and simmer until the lentils and carrots are soft, 15 to 20 minutes.

**2.** Serve, or continue to simmer over low heat to deepen the flavors. Make sure

to remove the bay leaves  
before serving.



# OYSTER MUSHROOM SOUP

**Serves 5 or 6**

This unique  
and spicy

soup is a  
favorite  
Blossom  
menu item  
during the  
winter  
months. It  
features  
oyster  
mushrooms,

which add a  
delicately  
savory  
flavor, as  
well as  
blended  
zucchini,  
which acts  
as a  
delicious

plant-based  
thickener.

**15 medium-large oyster  
mushrooms**

**2 medium zucchini: 1  
coarsely chopped, 1  
chopped**

**1 cup chopped fresh  
cilantro**

**1/4 jalapeño**

**2 tablespoons extra-virgin olive oil**

**6 celery stalks, chopped**

**1 medium onion,  
chopped**

**1 medium-large carrot,  
diced**

**2 tablespoons salt**



**1.** Trim off the lower inch of stem from the oyster mushrooms.

**2.** Combine the coarsely chopped zucchini, cilantro, jalapeño, and 8 cups water in a large bowl. Blend in 2 batches, if needed, in a high-speed blender until smooth and set aside.

**3.** In a large stockpot, heat the olive oil over high heat. Add the celery, onion, chopped zucchini, and carrot and sauté for 1 to 2 minutes, then reduce the heat to medium. Add the blended zucchini mixture, the salt, and the mushrooms. Increase the heat to high and bring to a boil, then reduce the heat to medium-low and simmer for 20 to 30 minutes.

**4.** Serve, or continue to simmer to deepen the flavors.



# YELLOW CORN AND COCONUT SOUP

**Serves 4 or 5**

In this mild,  
creamy  
soup, the  
sweetness  
of the corn  
and coconut  
is well  
balanced by  
the garlic  
and spices.

Make sure  
to use  
actual  
canned  
coconut  
milk and  
solids,  
rather than  
a coconut-  
based milk

substitute.

The coconut  
and corn  
give this  
soup a  
fantastic  
natural  
sweetness,  
but if you'd  
like, feel



free to add  
a  
tablespoon  
of sugar.

**2 tablespoons olive oil**

**1/2 medium onion,  
chopped**

**1 tablespoon garlic**

**3 cups fresh corn**

**Pinch of salt**

**Pinch of black pepper**

**2 bay leaves**

**1 sprig fresh thyme**

**1½ (14-ounce) cans  
coconut milk**

**1 tablespoon sugar  
(optional)**

In a large stockpot, heat the olive oil over high heat. Add the onion and garlic and sauté for 1 to 2 minutes. Add the corn, salt, pepper, bay leaves, thyme, and 5 cups water. Bring to a boil, then reduce the heat to medium. Add the coconut milk and simmer for 15 to 20 minutes. Carefully transfer the soup to a high-speed blender, working in batches if necessary, and

blend until smooth. Taste,  
and add the sugar (if using)  
and blend again.



# FRENCH ONION SOUP

**Serves 5 or 6**

You simply  
can't add

too many  
onions to  
this soup!  
The  
incredibly  
long  
sautéing  
time makes  
the onions  
sweet and

mild—just  
be sure to  
stir  
frequently to  
prevent  
burning.

**4 tablespoons extra-  
virgin olive oil**



**6 medium white or  
Spanish onions,  
chopped**

**1 tablespoon chopped  
garlic**

**4 bay leaves**

**4 sprigs fresh thyme**

**2 tablespoons salt**

**1 tablespoon black  
pepper**

## **FOR THE “CHEESY” BREAD (OPTIONAL)**

**1 baguette, cut into 1-  
inch-thick slices**

**2 tablespoons olive oil**

**Pinch of salt**

**Pinch of black pepper**

**½ cup shredded vegan  
cheese**

**1.** In a large pot, heat 2 tablespoons of the olive oil over high heat. Add the onions and sauté, stirring frequently, for about 3 minutes, then reduce the heat to its lowest setting and cook, stirring frequently, for 30 to 45 minutes, until the onions are deep brown and caramelized.

**2.** When the onions are almost finished, in a large stockpot, heat the remaining 2 tablespoons olive oil over medium heat. Add the garlic and sauté until the garlic just begins to brown. Add the onions, bay leaves, thyme, salt, pepper, and 9 cups water. Increase the heat and bring the soup to a boil. Cook for about 5 minutes, then reduce the heat to medium-

low and simmer for 10 to 15 minutes. Remove the bay leaves and thyme sprigs before serving.

**3. If desired, make the “cheesy” bread:** Preheat the oven to 350°F.

**4.** Gently brush the baguette slices with the olive oil and sprinkle with the salt and pepper. Put the baguette

slices on a baking sheet and bake for 5 minutes. Keep the oven on.

**5.** Ladle the soup into oven-safe bowls. Place one toasted baguette slice on top of each bowl, then top with vegan cheese. Put the bowls on a rimmed baking sheet and bake for 1 to 2 minutes, or until the cheese has melted.



SWEET  
POTATO  
AND  
COCONUT  
CREAM  
SOUP



**Serves 4 or 5**

**Sweet  
potatoes  
are packed  
with  
nutrition,  
which is  
why they're**

one of Chef  
Francisco's  
favorite  
vegetables.  
They  
contain  
more beta-  
carotene  
per serving  
than

carrots, all  
while tasting  
rich and  
indulgent,  
like you  
skipped  
your entrée  
and went  
straight for  
dessert.

Eating good  
fats, like  
those in  
coconut,  
aids beta-  
carotene  
absorption.  
This soup is  
both tasty  
and a

# healthy powerhouse!

**2 tablespoons olive oil**

**½ medium onion, diced**

**1 tablespoon finely  
chopped garlic**

**3 medium sweet  
potatoes, peeled and  
cubed**

**2 tablespoons salt**

**1 tablespoon black  
pepper**

**3 cups coconut milk**

**½ teaspoon ground  
cinnamon**

**1 tablespoon sugar  
(optional)**

**1.** In a large stockpot, heat the olive oil over high heat.

Add the onion and garlic and sauté for 1 to 2 minutes. Add the sweet potatoes and sauté for 2 minutes. Add 8 cups water, the salt, and the pepper. Bring to a boil and cook until the sweet potato is soft, about 20 minutes. Add the coconut milk and cook for 5 minutes. Remove from the heat.

**2.** Carefully transfer the soup to a high-speed blender, working in batches if necessary, add the cinnamon and sugar (if using), and blend until smooth.







# SALADS & SANDWICH

**Quinoa Salad**

**Beet**

**Carpaccio**

**Caesar Salad**

**Raw Kale**  
**Salad**

**Waldorf Salad**

**Roasted**  
**Vegetable**  
**Sandwich**

**Tofu BLT**

**Grilled**  
**Cheese**

**Southern**  
**Seitan**  
**Sandwich**

# QUINOA SALAD

**Serves 2**

Quinoa is  
one of our  
favorite

ingredients,  
and for  
good  
reason. It's  
a complete  
protein,  
easy to  
cook, and  
tastes great  
hot or cold.

This healthy  
salad  
features  
watercress  
—an often  
overlooked  
green,  
which is  
unfortunate,  
since it's so



incredibly  
healthful! In  
fact,  
watercress  
has more  
iron than  
spinach,  
more  
calcium  
than milk,

and more  
vitamin C  
than orange  
juice.

**1½ cups dry quinoa**

**1 tablespoon salt, plus a  
pinch**

**1 medium red bell pepper, diced**

**1 cup cooked and drained black beans (canned is fine)**

**1 handful watercress**

**1/2 cup corn**

**1/2 cup [Tahini Dressing](#)**

**1 pinch of black pepper**

**2 radishes, sliced**

**2 tablespoons toasted  
pumpkin seeds**

**1/4 cup Authentic  
Guacamole**

**1.** In a medium pot, combine the quinoa, 1 tablespoon of the salt, and 3 cups water. Bring to a boil, then reduce the heat to low, cover, and simmer until the water has been absorbed, 7 to 8

minutes. Transfer to a bowl and place in the fridge to cool.

**2.** In a medium bowl, combine the bell pepper, black beans, watercress, corn, and tahini dressing and mix well with your hands. Add the quinoa to the bowl and mix well. Divide the salad between two plates, season with the remaining salt and

the black pepper, and top with the radish, pumpkin seeds, and guacamole.



# BEET CARPACCIO

**Serves 2**

This  
gorgeous  
salad is as



beautiful to  
look at as it  
is delicious  
to eat! The  
alternating  
red and  
golden  
beets make  
this dish a  
colorful

masterpiece,  
and the  
tartness of  
the red wine  
vinegar  
dressing  
balances  
the natural  
sweetness  
of the beets.

You can  
serve with  
any greens  
of your  
choice, but  
we use  
kale.

**1 medium-large red beet**

**1 medium-large golden  
beet**

**2 tablespoons extra-  
virgin olive oil**

**2 pinches of salt**

**2 pinches of black  
pepper**

**1 large handful kale,  
chopped**

**1 handful romaine,  
chopped**

**5 tablespoons Red Wine Vinaigrette**

**3 tablespoons sliced almonds**

**1.** Preheat the oven to 350°F.

**2.** Wash the beets, drizzle with the olive oil, and sprinkle with a pinch each of the salt and pepper. Wrap them individually in

aluminum foil and bake for 1½ hours, or until soft. Let cool in the refrigerator for about 20 minutes. Peel and slice the beets very thinly and evenly. On each plate, layer the beets in a circle, alternating the golden and red beet layers. Place the kale and romaine in a large bowl and sprinkle with the remaining pinch each of salt and pepper.

Add the vinaigrette and mix well.

**3.** Place a pile of the dressed greens in the middle of the beets and garnish with the almonds.





# CAESAR SALAD

**Serves 4**

I loved  
Caesar  
salads

before I  
became a  
vegan in the  
'90s, so I  
put Chef  
Francisco to  
the task of  
creating the  
perfect  
vegan

alternative.

He didn't

disappoint

—everyone

I know who

comes to

Blossom

comes back

for more of

our Caesar.

In fact, we  
are now  
famous for  
it. We know  
of a guest  
who walks  
ten blocks  
to our  
Chelsea  
location

daily, even  
in the cold  
New York  
City winters,  
just for our  
Caesar  
salad. A few  
years ago,  
our  
photographer,

Alex,  
suggested  
putting crisp  
shiitake  
“bacon” on  
top, which  
adds a ton  
of that  
elusive  
umami

flavor. All  
hail our  
Caesar!

**1½ cups cubed bread  
(we prefer Italian bread  
or baguette)**

**3 tablespoons extra-  
virgin olive oil**

**Pinch of salt**

**Pinch of pepper**

**2 tablespoons capers,  
drained**

**3 heads romaine lettuce,  
chopped**

**1½ cups Caesar  
Dressing**

**2 tablespoons Parmesan  
“Cheese”**



**1.** Preheat the oven to 350°F.

In a bowl, toss cubed bread with 2 tablespoons of olive oil and a pinch each of salt and pepper. Spread on a baking sheet and bake for 5 to 10 minutes, or until golden brown. Remove from the oven and allow to cool. Set aside. In a small sauté pan, heat the remaining 1 tablespoon oil over medium-high heat. Add the capers and

sauté until they begin to crisp,

3 to 4 minutes. Remove from the heat and set aside.

**2.** Put the romaine in a large bowl. Add the Caesar dressing and mix well.

**3.** Divide the salad among four plates, then garnish with toasted capers, croutons, and vegan Parmesan, if desired.



# RAW KALE SALAD

**Serves 2**

Everyone  
wants the  
health

benefits of  
eating raw  
kale, but it's  
quite a  
fibrous and  
tough  
green! The  
great thing  
about our  
kale salad is

that the  
beneficial  
fats in the  
avocado  
and the  
acidity of  
the citrus in  
the Almond-  
Ginger  
Dressing

break down  
the kale and  
make it  
softer and  
easier to  
eat. Now  
you can  
have your  
kale and eat  
it, too!



**3 handfuls kale, chopped**

**3 tablespoons chopped  
scallion**

**1/4 cup diced red bell  
pepper**

**6 tablespoons Almond-  
Ginger Dressing**

**1 ripe avocado, halved  
and pitted**

**2 pinches of salt**

**Pinch of black pepper**

Put the kale in a large bowl.  
Add the scallion, bell pepper,  
Almond-Ginger Dressing,  
and avocado and mash the  
salad with your hands to mix  
and distribute the avocado.  
Massage the kale until it  
begins to soften. Add the salt  
and black pepper and serve.



# WALDORF SALAD

**Serves 2 or 3**

This salad  
was first  
served

more than  
one  
hundred  
years ago at  
the famous  
Waldorf-  
Astoria  
hotel here in  
New York  
City. Today,

it feels like a  
relic of  
another  
time, but we  
think it's  
worth  
bringing  
back! The  
tartness of  
the Granny

Smith  
apples and  
the lime  
juice in the  
dressing  
make for a  
perfectly  
refreshing  
summer  
salad.

## **FOR THE DRESSING**

**$\frac{3}{4}$  cup vegan  
mayonnaise, store-  
bought or [homemade](#)**

**Juice of 1 lime**

**Pinch of salt**

**Pinch of black pepper**

## **FOR THE SALAD**

**1 head romaine, chopped**



**$\frac{3}{4}$  cup chopped celery  
(about 3 stalks)**

**2 cups diced Granny  
Smith apples (1 or 2  
apples)**

**$\frac{1}{2}$  cup walnuts**

**$\frac{1}{4}$  cup raisins**

**1. Make the dressing:** In a medium bowl, whisk together the vegan mayonnaise, lime

juice, salt, and pepper until well combined.

**2. Make the salad:** In a large bowl, combine the romaine, celery, apples, walnuts, and raisins and mix well. Add the dressing and mix again to combine. Serve in small bowls.



# ROASTED VEGETABLE SANDWICH

**Serves 3**

When you  
cook with

vegetables  
as the star  
ingredients,  
it's always  
important to  
start with  
the freshest  
quality  
organic  
produce you

can find.

Think of this sandwich as your “farmers’ market sandwich”—it’s best right after a trip to your

local  
market. You  
might want  
to make  
some extra  
eggplant  
spread;  
you're going  
to want to  
eat it on

crackers  
after you're  
done with  
the  
sandwich!

**2 red bell peppers**  
**1 medium eggplant,**  
**halved lengthwise**



**3 tablespoons extra-virgin olive oil**

**2 teaspoons salt, plus more as needed**

**1/2 teaspoon black pepper, plus more as needed**

**6 tablespoons vegan mayonnaise, store-bought or [homemade](#)**

**1 green zucchini**

**1 yellow squash**

**1 teaspoon chopped  
garlic**

**2 handfuls spinach**

**6 slices bread**

**1.** Preheat the oven to 350°F.

**2.** Put the bell peppers on a baking sheet and roast until the skins begin to peel off. (Alternatively, blacken the

peppers directly over a gas burner on the stovetop.) Place the blackened peppers in a heat-safe bowl, cover with plastic wrap, and set aside for 10 minutes to loosen the skins. Keep the oven on.

**3.** Drizzle the eggplant halves with 1 tablespoon of the olive oil and season with a pinch each of salt and black pepper. Put the eggplant on a baking

sheet and roast for 15 to 20 minutes, or until very soft. Remove the eggplant from the oven when soft (keep the oven on) and scoop the flesh into a food processor or blender with a spoon. Add the vegan mayonnaise, 2 teaspoons salt, and ½ teaspoon black pepper. Process until smooth, then set aside.

**4.** Oil a baking sheet with a drizzle of olive oil. Thinly slice the zucchini and squash lengthwise (a mandoline slicer does a good job of this). Lay the strips of zucchini and squash flat on the prepared baking sheet. Drizzle with 1 tablespoon of the olive oil and season with a pinch each of salt and pepper. Roast for 5 to 10 minutes, then remove and set aside.

**5.** Remove the peppers from the bowl. Using a rag, rub the peppers—the blackened skin should come off quite easily. Slice open the peppers and remove the seeds, ribs, and stem of one pepper. Julienne the roasted pepper slices.

**6.** In a large skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the garlic and sauté for 1

to 2 minutes. Add the spinach and sauté for 1 to 2 minutes.

**7.** To assemble each sandwich, coat one side of each slice of bread with the eggplant spread, top with a zucchini slice, a squash slice, strips of roasted bell pepper, and spinach, and finish with another slice of bread. Enjoy!







# TOFU BLT

**Serves 3**

A Blossom  
original, this  
flavorful  
sandwich  
has been on

our menu  
since the  
beginning.  
It's a classic  
take on the  
BLT, with  
the addition  
of crispy  
fried tofu,  
which takes

it to a new  
level of  
heartiness.  
The aioli  
adds  
fantastic  
spice. We  
use tempeh  
bacon in our  
sandwich,

but you can  
also enjoy it  
with a  
vegan  
bacon of  
your choice.

**1 (14-ounce) block firm  
or extra-firm tofu,**

**drained**

**1 tablespoon tamari**

**1 cup soy milk**

**½ cup all-purpose flour**

**1 cup panko bread  
crumbs**

**2 cups grapeseed,  
safflower, or sunflower  
oil**

**6 slices multigrain bread,  
toasted**

**3 tablespoons Chipotle Aioli**

**3 large lettuce leaves**

**1 large tomato, sliced**

**9 slices vegan bacon,  
cooked**

**1.** Turn the tofu block onto its skinny side and slice it lengthwise into three even slices. Put the tofu slices in a

deep container and add 4 cups water and the tamari. Cover and marinate in the refrigerator for at least 8 hours.

**2.** In a medium bowl, whisk together the soy milk and flour. Put the panko in another medium bowl. Drain the tofu slices, then dredge them in the soy milk mixture. Dredge them again in the



panko, taking care to fully coat each slice. Set the breaded tofu slices on a rack and let sit for 10 minutes for the breading to dry.

**3.** In a deep skillet, heat the oil over medium-high heat to 350°F. Carefully submerge the tofu slices in the oil (do not overcrowd the pan) and pan-fry until they begin to

brown. Remove from the oil and drain on a paper towel.

**4.** To assemble each sandwich, spread the Chipotle Aioli on the bread and add a lettuce leaf, tomato slice, 3 slices of the vegan bacon, and a slice of breaded tofu. Top with another slice of bread and carefully slice it in half on an angle.

**NOTE:** The tofu must be marinated for at least 8 hours, so plan ahead.



# GRILLED CHEESE

**Serves 1**

We took  
traditional  
grilled

cheese to  
the next  
level with  
tempeh  
bacon,  
sliced  
tomato, and  
onion.  
People love  
this so

much that  
we actually  
started to  
cut the  
sandwich  
into  
quarters  
and serve it  
as party  
appetizers!

Perfect  
when  
served with  
a tomato  
soup for a  
classic  
American  
lunch  
combo.



**1 tablespoon vegan  
mayonnaise, store-  
bought or [homemade](#)**

**2 slices multigrain bread**

**2 slices fresh tomato**

**1 thin slice red onion**

**$\frac{1}{3}$  cup shredded vegan  
cheese**

**3 slices vegan bacon,  
cooked**

# **1½ teaspoons vegan butter**

- 1.** Spread the vegan mayonnaise on one side of each slice of bread. Top with the tomato, onion, vegan cheese, and vegan bacon.
- 2.** In a small sauté pan, melt the vegan butter over medium heat. Place the sandwich in

the pan and cover, flipping periodically to brown evenly on both sides and melt the cheese.



# SOUTHERN SEITAN SANDWICH

**Serves 4**

A classic  
Blossom

sandwich—  
we couldn't  
take this off  
our menu if  
we tried!

Crispy  
Cajun-  
spiced  
seitan with  
avocado

and our  
signature  
Chipotle  
Aioli . . .  
what's not  
to love? We  
serve ours  
on  
rosemary  
focaccia,

but you can  
use the  
bread of  
your choice.  
You can  
also add  
caramelized  
onions or  
enjoy this  
wonderful



spiced  
seitan  
without the  
bread—trust  
us, it's that  
good.

**½ cup adobo seasoning**

**½ cup Cajun seasoning**

**2 cups bread crumbs**

**1 cup all-purpose flour**

**1 cup soy milk**

**1 tablespoon black  
pepper**

**1 pound seitan, sliced  $\frac{1}{2}$   
inch thick**

**2 tablespoons olive oil**

**2 medium onions, sliced**

**2 cups grapeseed,  
safflower, or sunflower**

**oil**

**8 slices focaccia bread  
(or bread of your  
choice), toasted**

**1/2 cup [Chipotle Aioli](#)**

**2 fresh avocados,  
halved, pitted, and  
sliced**

**1 head lettuce or other  
greens**

**1.** In a large bowl, combine the adobo seasoning, Cajun seasoning, and bread crumbs. In a second large bowl, combine the flour, soy milk, and pepper. Dredge the seitan slices in the soy milk mixture, then dredge them in the seasoned bread crumbs, taking care to fully coat the slices. Set aside.

**2.** In a large skillet, heat the olive oil over low heat. Add the onions and sauté for 30 minutes to caramelize them. Remove from the heat and set aside.

**3.** In a deep-sided pan, heat the oil to 350°F. Add the breaded seitan slices (be careful not to crowd the pan) and pan-fry until golden brown and crispy. Remove

the slices from the oil and place them on paper towels to drain excess oil.

**4.** To assemble each sandwich, spread the Chipotle Aioli on a slice of bread and add a slice of the breaded seitan, avocado slices, caramelized onions, and lettuce. Top with a second slice of bread and enjoy!









# BRUNCH

**Fluffy Quinoa  
Pancakes**

**French Toast**

**Tofu  
Scramble**

**Breakfast**  
**Burrito**  
**Tofu**  
**Florentine**

# FLUFFY QUINOA PANCAKES

**Serves 4; makes 12  
pancakes**

When we  
created our  
brunch  
menu, we  
knew that  
pancakes  
were a  
must.  
Rather than  
going with

the  
traditional  
white or  
whole  
wheat flour,  
we thought  
it would be  
great to  
maintain the  
irresistible

taste of a  
pancake but  
replace the  
flour with a  
rich protein  
to start the  
day. The  
protein  
powerhouse  
— quinoa —

works  
perfectly in  
this recipe.  
Most people  
think it's a  
grain, but  
it's actually  
a seed!  
These  
pancakes



are a  
mouthwatering  
meal that  
will satisfy  
*and*  
energize!  
Serve them  
with a great  
maple  
syrup, cut

strawberries,  
and our  
Coconut  
Cream on  
the side.  
Bon appétit!

**2 cups quinoa flour**

**1/2 cup packed light  
brown sugar**

**4 teaspoons baking  
powder**

**1 tablespoon ground  
cinnamon**

**2 1/2 cups soy milk**

**2 tablespoons extra-  
virgin olive oil**

**1 tablespoon vanilla  
extract**

**2 tablespoons vegan  
butter**

**1 cup mixed berries**

**½ cup Grade A maple  
syrup**

**½ cup Coconut Cream**

**1.** In a large bowl, whisk together the quinoa flour, brown sugar, baking powder, and cinnamon until well

combined. In a separate medium bowl, whisk together the soy milk, oil, and vanilla until well combined. Whisk the wet ingredients into the dry ingredients until well combined. Let sit for 5 minutes.

**2.** On a griddle or in a skillet, melt the butter over medium heat. Add the pancake batter in  $\frac{1}{4}$ -cup scoops and cook

until small bubbles begin to form on the pancake's surface, then flip and cook on the second side for approximately 1 to 2 minutes.

**3.** Serve three pancakes per person, and top with fresh berries, maple syrup, and Coconut Cream!



# FRENCH TOAST

**Serves 4**

Our French  
toast is  
addictive!



You will  
quickly see  
that there's  
no need for  
eggs. So  
simple to  
make, yet  
with all the  
sweet  
goodness

and flavor of  
a great  
authentic  
French  
toast. Try it  
with our  
[Tofu](#)  
[Scramble](#)  
for a great  
combination

of sweet  
and savory.  
I suggest  
using  
baguette  
slices and  
preparing it  
well done  
for the  
absolute

best result.  
It's a perfect  
brunch  
delight or a  
guilt-free  
snack, and  
it's extra  
delicious  
when  
topped with

cinnamon,  
berries, and  
even

Coconut  
Cream on  
the side. A  
true toast to  
savor!

**1½ cups all-purpose  
flour**

**2 cups soy milk**

**1 tablespoon ground  
cinnamon**

**1 cup maple syrup**

**1½ teaspoons vanilla  
extract**

**24 slices baguette (about  
1 inch thick)**

**2 tablespoons vegan  
butter**

**½ cup blueberries**

**½ cup sliced  
strawberries**

**½ cup sliced banana**

**Coconut Cream**

**1.** Preheat the oven to 350°F.  
Oil a baking sheet with a  
drizzle of olive oil.

**2.** In a large bowl, whisk together the flour, soy milk, cinnamon, ½ cup of the maple syrup, and the vanilla until well combined. Slice the baguette slices in half, into triangles. Dredge the baguette slices in the flour and soy milk batter, making sure each slice is well coated.

**3.** In a large skillet, melt 1 tablespoon of the vegan



butter over medium-high heat. Place the coated bread triangles in the skillet and cook for 2 minutes on each side, or until they begin to crisp. Remove from the pan, and place on the prepared baking sheet. Bake for 5 to 10 minutes for extra crispiness!

**4.** Remove from the oven and serve with fresh fruit,

Coconut Cream, and the  
remaining maple syrup!



# TOFU SCRAMBLE

**Serves 4**

One of my  
favorites to  
make on a

weekend  
morning.  
Every time I  
host  
nonvegan  
guests and  
tell them I'm  
making this  
dish, I can  
see the

skepticism  
in their  
eyes . . . yet  
without fail,  
not only do  
they clean  
their plates,  
but they ask  
me for the  
recipe! Very

important  
tip, though  
—be sure to  
drain the  
water out of  
the tofu  
before you  
crumble it  
for a light  
and fluffy

scramble.  
Follow the  
recipe, but  
also feel  
free to  
improvise  
with wild  
mushrooms,  
bell  
peppers,



scallions,  
and fresh  
avocado on  
the side.

Scramble  
your way,  
be as  
creative as  
you like,  
and enjoy!

**1 (14-ounce) block firm  
or extra-firm tofu,  
drained**

**1½ teaspoons ground  
turmeric**

**1½ teaspoons salt**

**¼ teaspoon black pepper**

**1 tablespoon vegan  
butter**

**⅓ cup chopped onion**

**½ cup chopped  
mushrooms**

**1 cup chopped tomatoes**

**1 cup spinach**

**1.** Using your hands, crumble the tofu into a large bowl. Add the turmeric, salt, and pepper, and mix well. Set aside.

**2.** In a large skillet, melt the vegan butter over high heat. Add the onion and sauté for 1 minute. Add the mushrooms and sauté for another minute. Add the tomatoes and the tofu mixture and sauté for 2 minutes. Add the spinach and sauté until wilted. Serve.



# BREAKFAST BURRITO

**Serves 4**

Simple to  
make, but  
absolutely

exploding  
with flavor,  
this  
breakfast  
burrito is  
filled with  
our famous  
tofu  
scramble  
and vegan

sausage.

Feel free to  
add your  
favorite hot  
sauce to the  
mix if you're  
craving  
some spice,  
or a ripe  
avocado for



a traditional  
Mexican  
flavor  
combination.

**2 (14-ounce) blocks firm  
or extra-firm tofu,  
drained**

**1 tablespoon ground  
turmeric**

**3 tablespoons chopped  
scallions**

**1/4 cup chopped red bell  
pepper**

**1/2 cup cooked black  
beans (canned is fine)**

**1/2 cup cooked brown rice**

**1 tablespoon vegan  
butter**

**1 1/2 cups chopped vegan  
sausage**

**1½ teaspoons salt**

**¼ teaspoon black pepper**

**4 large tortillas**

**2 ripe avocados, halved,  
pitted, and sliced**

**Chipotle Tomatillo Salsa**

**Sour Cream**

**1.** Using your hands, crumble the tofu into a large bowl. Add the turmeric, scallions,

bell pepper, black beans, and brown rice. Mix well. Set aside.

**2.** In a large skillet, melt the vegan butter over medium-high heat. Add the vegan sausage and sauté until it begins to brown, 1 to 2 minutes. Add the tofu and vegetable mixture and sauté for 2 to 3 minutes. Add the salt and black pepper and stir.

**3.** Set one tortilla on each of four plates. Divide the filling evenly among the tortillas. Add  $\frac{1}{2}$  sliced avocado to each tortilla and roll up tightly into a burrito. Garnish with the salsa and Sour Cream, if desired.



# TOFU FLORENTINE

**Serves 4**

I tasted  
eggs  
Florentine

for the first  
time late in  
life, and  
was so  
amazed at  
the flavors.  
When we  
decided to  
offer a  
brunch



menu, Chef  
Francisco  
was able to  
create a  
phenomenal  
tofu  
Florentine.  
It has the  
same  
protein

punch as  
the original,  
with sulfuric  
notes from  
the sautéed  
spinach that  
truly  
reminds you  
of the flavor  
of eggs. A

great all-  
year-round  
dish, it's  
perfect for  
breakfast or  
for a  
weekend  
brunch.

**2 (14-ounce) blocks firm  
or extra-firm tofu**

**3 tablespoons tamari**

**Leaves from 2 sprigs  
fresh rosemary**

**Leaves from 6 sprigs  
fresh thyme**

**4 tablespoons extra-  
virgin olive oil**

**1 bunch spinach**

**Salt and black pepper**

**4 English muffins, split  
and toasted**

**8 tablespoons**

**Hollandaise Sauce**

**1.** Using a 3- to 4-inch round cookie cutter, slice through the top of the tofu block. Slice the resulting cylinder crosswise into four equal pieces to create four circles of tofu. Repeat with the other

tofu block. Put the tofu slices in a deep container and add the tamari, rosemary, thyme, and 6 cups water. Marinate for 3 to 5 hours or up to overnight for an even deeper flavor.

**2.** In a skillet, heat 2 tablespoons of the olive oil over medium heat. Add the tofu slices and sauté for 1 to 2

minutes. Remove the tofu and set aside.

**3.** In the same pan, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the spinach and salt and pepper and sauté for 1 to 2 minutes, just until the spinach is fully wilted. Remove from the heat.

**4.** To serve, plate two toasted English muffin halves, cut-sides up, on each of four plates. Top evenly with the spinach, followed by the tofu, and finally drizzling 1 tablespoon Hollandaise Sauce over each English muffin half.

**NOTE:** Marinating the tofu for at least a few hours is key to this dish, so plan ahead.







# ENTRÉES

**Cauliflower**  
**Risotto**

**Mushroom**  
**Miso Mustard**  
**Risotto**

**Zucchini**  
**Risotto**

**Butternut**  
**Squash**  
**Gnocchi**

**Fettuccine**  
**with Alfredo**  
**Cashew**  
**Cream**

**Pasta**  
**Bolognese**

**Curried**  
**Stuffed Sweet**  
**Potato**

**Autumn**  
**Tower**

**Pistachio-**  
**Crusted Tofu**

**Pine Nut–**  
**Crusted**  
**Eggplant**

**Lemon Seitan**  
**with Creamy**  
**Polenta**

**Seitan Piccata**

**Seitan Cordon**  
**Bleu**

**Poblano en**  
**Nogada**

**Enchiladas**

**Cauliflower**  
**Paella**





# CAULIFLOWER RISOTTO

**Serves 2**

I am  
especially  
proud of this

dish  
because it  
is so  
inventive: a  
vegetable-  
based spin  
on a  
traditional  
risotto. We  
replaced the

rice with  
cauliflower,  
which is an  
incredibly  
versatile  
vegetable.

To add a  
meaty kick,  
we added  
shiitakes to

this dish to  
balance the  
milder taste  
of the  
cauliflower.  
It's  
incredible  
how many  
other  
restaurants

and chefs  
are now  
using  
cauliflower  
as a meat  
or grain  
replacement!

**5 tablespoons vegan  
butter**

**1 tablespoon minced  
garlic, plus 1 garlic  
clove**

**1½ teaspoons salt, plus  
more as needed**

**½ teaspoon black  
pepper, plus more as  
needed**

**1¼ cups polenta**

**1 medium head  
cauliflower**

**2 whole, peeled shallots  
plus 2 tablespoons  
chopped shallots**

**5 tablespoons olive oil**

**½ cup white wine**

**3 tablespoons chopped  
fresh parsley**

**2 cups sliced shiitake  
mushrooms**

**1.** In a large pot, combine 1 tablespoon of the vegan butter, the minced garlic, 1 teaspoon of the salt,  $\frac{1}{2}$  teaspoon of the pepper, and 3 cups water. Bring to a boil. Add the polenta and stir until the water has been absorbed, 1 to 2 minutes. Remove from the pan and spread to a  $\frac{1}{2}$ -inch thickness on a lightly oiled baking sheet.



**2.** Remove the tough stem of the cauliflower and discard. Coarsely chop the head of the cauliflower and place in a food processor. Pulse seven or eight times, or until it is finely minced, similar to the size and consistency of grains of rice. Divide the cauliflower into two equal portions.

**3.** Fill a large pot with water and add half the cauliflower,

the whole shallots, and the garlic clove. Bring to a boil, and boil for 20 to 25 minutes, or until the cauliflower is soft. Drain the water and transfer the boiled cauliflower, shallots, and garlic to a high-speed blender. Blend until smooth.

**4.** Remove the polenta from the refrigerator and use a large thin-rimmed glass or a

cookie cutter to cut it into rounds. Set aside.

**5.** In a large skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add the chopped shallot and sauté for 1 to 2 minutes, then add the rest of the minced cauliflower and stir well. Add the white wine and sauté for 1 to 2 minutes, then add the pureed cauliflower and stir.

Add 1 cup water,  $\frac{1}{2}$  teaspoon salt, and 2 tablespoons of the vegan butter and stir. Add the parsley and stir to combine. The resulting mixture should be a risotto-like consistency.

**6.** In a medium skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add the mushrooms and a pinch each of salt and pepper. Sauté

until the mushrooms begin to brown. Set aside.

**7.** In a separate medium sauté pan, heat the remaining 1 tablespoon of olive oil over medium heat. Add the polenta cakes and sauté for 1 to 2 minutes on each side, or until golden brown on both sides.

**8.** To assemble, divide the polenta cakes between two

plates, then top with the  
cauliflower risotto and finally  
the sautéed mushrooms.



# MUSHROOM MISO MUSTARD RISOTTO

**Serves 2**



This dish is  
truly one of  
my  
favorites,  
and while it  
is relatively  
easy to  
make, it is  
by no  
means a

simple dish.  
The  
combination  
of the miso,  
white wine,  
and our  
signature  
Cashew  
Cream  
makes for a

velvety,  
“buttery”-  
rich flavor.  
This risotto  
is my lunch  
and/or  
dinner party  
go-to. I  
make it very  
frequently

for friends  
and am  
always  
asked for  
the recipe.  
So here you  
go! It's just  
as great on  
a cold  
winter night

as it is with  
a glass of  
white wine  
on a spring  
or summer  
evening.  
Guard any  
leftovers  
you have—  
they are just

as delicious  
reheated for  
lunch the  
next day!  
This dish  
has all the  
right taste  
sensations  
—savory,  
salty, sweet,

but mostly  
sumptuous!

**$\frac{1}{2}$  cup olive oil**

**$\frac{1}{2}$  medium onion, finely  
chopped**

**$1\frac{1}{2}$  cups Arborio rice**

**$1\frac{1}{3}$  cups white wine**

**1 cup shiitake  
mushrooms, stemmed  
and sliced**

**1 cup cremini  
mushrooms, cut into 1/2-  
inch pieces**

**1 cup king trumpet  
mushrooms, sliced into  
1/4-inch medallions**

**1 1/2 teaspoons salt, plus  
more as needed**



**1/4 teaspoon black  
pepper, plus more as  
needed**

**1 tablespoon chopped  
shallot**

**1 1/2 cups Cashew Cream**

**1 cup vegetable stock**

**2 tablespoons white  
miso**

**1 tablespoon Dijon  
mustard**

## **1½ teaspoons tamari**

**1.** In a large pot, heat 2 tablespoons of the olive oil over medium-high heat. Add the onion and sauté for 2 to 3 minutes, or until translucent. Add the rice, stir for 1 minute, then add 1 cup of the white wine and 3 cups water. Bring to a boil, then reduce the heat to medium and

cover. Simmer, covered, for 10 to 12 minutes, or until most of the water has been absorbed and the rice is al dente.

**2.** In a large skillet, heat 2 tablespoons of the olive oil over medium heat. Add the shiitakes, creminis, trumpet mushrooms, and a pinch each of salt and pepper. Sauté until

the mushrooms begin to brown.

**3.** In a large skillet, heat 2 tablespoons of the olive oil over medium heat. Add the shallots and sauté for 1 to 2 minutes. Add the risotto, mushroom blend, remaining  $\frac{1}{3}$  cup white wine, the Cashew Cream, stock, salt, and pepper. Sauté until most of the liquid has evaporated.

**4.** While the liquid evaporates from the risotto, in a small bowl, whisk together the miso, mustard, and tamari until smooth. Add to the risotto and cook for about 8 minutes, or until the rice is soft. Serve.



# ZUCCHINI RISOTTO

**Serves 4**

This dish  
was born for  
the “in

bloom”  
menu that  
we  
introduced  
in 2015, in  
which we  
create  
dishes  
made from  
vegetables



of the  
season. We  
enjoy  
working to  
create  
dishes that  
showcase  
the natural  
flavors of  
vegetables

without  
compromising  
on taste.

This was  
one of the  
first ideas  
Chef  
Francisco  
and I had: a  
risotto using

shredded  
zucchini  
and  
Broccolini  
instead of  
rice. The  
white wine  
sauce adds  
amazing  
flavor, and

the dish  
proves that  
vegetables  
can truly  
stand on  
their own as  
the stars of  
a meal! This  
is fantastic  
to enjoy in

the spring  
and  
summer.

**4 medium zucchini**

**12 tricolor baby carrots**

**4 baby fennel bulbs,  
halved**

**2 cups fresh or frozen  
green peas**

**Zest of 1 lime**

**4 tablespoons olive oil**

**1½ teaspoons finely  
chopped garlic**

**2 tablespoons chopped  
shallot**

**2 cups finely minced  
Broccolini**

**⅓ cup white wine**

**2 tablespoons vegan  
butter**

**1 tablespoon salt**

**1½ teaspoons black  
pepper**

**2 tablespoons fresh  
lemon juice**

**1.** Slice the ends off the zucchini, then slice in half lengthwise. Using a spoon,

scoop out the middle of the zucchini that contains the seeds and discard. (This part of the vegetable contains too much water.)

**2.** Bring two medium pots of water to a boil. Fill two small bowls with ice and water. Add the baby carrots and baby fennel to one pot and boil for 5 to 10 minutes. When the baby carrots and



fennel are soft, transfer them to one bowl of ice water to halt the cooking process.

**3.** Add the peas to the other pot of boiling water and boil for 2 to 3 minutes if fresh, 3 to 4 minutes if frozen.

Transfer the peas to the second bowl of ice water to halt the cooking process.

Drain the peas and put them in a high-speed blender. Add

the lime zest and blend until smooth, while slowly adding  $\frac{1}{2}$  cup water. Set aside. Add the zucchini to a food processor, and pulse until it becomes ricelike in consistency. Using cheesecloth or a thin kitchen towel, squeeze out as much moisture from the zucchini as possible. This will lead to a firmer texture. Set aside.

**4.** In a large skillet, heat 2 to 3 tablespoons of the olive oil over medium-high heat. Add the garlic. Add the carrots and fennel, cover, and cook, stirring occasionally, until the vegetables are just beginning to caramelize.

**5.** In a separate skillet, heat the remaining 1 tablespoon olive oil over medium heat. Add the shallots and sauté for

about 1 minute, or until they just begin to brown. Add the zucchini and Broccolini and sauté for 1 to 2 minutes, or until the vegetables begin to soften. Add the white wine, vegan butter, salt, pepper, blended green peas, and lemon juice and sauté for 2 to 3 minutes, taking care not to overcook (or the zucchini will become soggy).

**6.** To serve, divide the zucchini and Broccolini mixture among four bowls and spoon the carrots and fennel on top.



# BUTTERNUT SQUASH GNOCCHI

Serves 3 or 4

Healthy,  
hearty,

sweet . . .  
without the  
guilt! Most  
gnocchi  
tends to be  
rich in taste  
but also in  
calories. We  
created our  
own light,



vegetable-  
based  
gnocchi  
using  
gluten-free  
flour and  
butternut  
squash.  
Served with  
our rich

cashew  
cream, as  
well as  
beets and  
spinach,  
this dish is a  
sensory  
feast of  
sweet and  
savory. This

gnocchi  
works well  
as an  
appetizer,  
too.

**2 butternut squashes,  
peeled, halved, and  
seeded**

**1 large red beet, peeled,  
halved**

**4 tablespoons olive oil**

**2 pinches of salt**

**2 pinches of black  
pepper**

**3 cups all-purpose flour  
(substitute rice flour for  
gluten-free), plus more  
as needed**

**5 tablespoons agave  
nectar**

**2 tablespoons chopped shallot**

**1 tablespoon chopped fresh basil**

**1/3 cup white wine**

**4 cups Cashew Cream**

**2 handfuls fresh spinach**

**Cherry tomatoes  
(optional)**

**1.** Preheat the oven to 350°F.

**2.** Lightly coat the squash and the beet with 2 tablespoons of the olive oil and sprinkle with a pinch each of salt and pepper. Wrap with aluminum foil and roast until soft, about 30 minutes. Remove from the oven and carefully unwrap. Allow the beet to cool, and then cut it into cubes. Set aside.

**3.** In a large bowl or dish, mash the butternut squash. Wrap the mashed squash in a double layer of cheesecloth and twist the ends of the cheesecloth until liquid begins to drip from the squash. Continue to gently squeeze and twist until all the liquid has been removed. Transfer the squash to a large bowl and discard the cheesecloth.

**4.** Add the flour and agave to the bowl with the squash and mix it well using your hands. (Feel free to add small amounts of additional flour if dough is too moist.) On a well-floured work surface, roll small handfuls of the dough with your hands into ½-inch-thick ropes. Cut the ropes crosswise into 1 ½-inch-long gnocchi.



**5.** Bring a large pot of water to a boil. Fill a large bowl with ice and water. Boil the gnocchi for 4 to 5 minutes, or until they begin to float. Remove the gnocchi from the boiling water and transfer to the ice water to halt the cooking process.

**6.** In a large sauté pan, heat the remaining 2 tablespoons olive oil over medium heat.

Add the shallot and basil. Sauté for 1 to 2 minutes. Add the white wine (be careful—it may flame). Add the Cashew Cream and a pinch each of salt and pepper. Add the gnocchi and sauté until the sauce begins to thicken. Add the spinach and stir gently until wilted. Top with the cubed beet, and serve garnished with quartered cherry tomatoes, if desired.



# FETTUCCINE WITH ALFREDO CASHEW CREAM

Serves 4

Another one  
of our most  
popular  
dishes, and  
incredibly  
easy to  
make at  
home. You  
can pull it  
together

very quickly,  
and it tastes  
great with  
regular or  
gluten-free  
pasta. It's  
so rich and  
creamy that  
your  
nonvegan

friends will  
be shocked  
to learn  
there's no  
actual  
cheese or  
butter in the  
dish!

**2 tablespoons olive oil**

**1 tablespoon chopped shallot**

**2 cups sliced shiitake mushrooms**

**$\frac{1}{3}$  cup white wine**

**4 cups Cashew Cream**

**$\frac{1}{4}$  cup Parmesan**

**“Cheese,” plus more for serving**



**1 (16-ounce) package  
pasta of your choice  
(we use fettucine),  
prepared**

**2 handfuls fresh spinach**

**1½ teaspoons salt**

**1 teaspoon black pepper**

**4 cherry tomatoes, for  
garnish (optional)**

In a large skillet, heat the olive oil over high heat. Add the shallot and sauté for 1 to 2 minutes. Add the mushrooms, white wine, Cashew Cream, and Parmesan “Cheese.” Stir well and cook for 4 to 5 minutes. Add the cooked pasta, and toss gently. Add the spinach, salt, and pepper, and gently fold in the spinach until wilted. Serve, garnished with cherry tomato and

additional Parmesan, if  
desired.



# PASTA BOLOGNESE

**Serves 3 or 4**

*Bellissimo  
Bolognese!*  
You can

make this  
hearty  
seitan-  
based  
sauce with  
any pasta of  
your liking—  
we prefer a  
classic  
spaghetti.

The finely  
minced  
seitan  
stands in for  
the  
traditionally  
served beef  
or pork,  
without  
compromising

on flavor or  
texture. Add  
some garlic  
bread, and  
you've got  
yourself a  
traditional  
Italian  
dinner!



**8 celery stalks, coarsely  
chopped**

**1 medium-large carrot,  
coarsely chopped**

**½ to 1 pound seitan,  
chopped**

**2 tablespoons extra-  
virgin olive oil**

**½ medium onion, finely  
chopped**

**1 tablespoon minced  
garlic**

**4 bay leaves**

**5 cups Marinara Sauce**

**2 cups soy milk**

**1½ tablespoons salt**

**1½ teaspoons black pepper**

**1 (16-ounce) package spaghetti, cooked, for serving**

**Parmesan “Cheese,” for serving (optional)**

**1.** Put the celery and carrot in a food processor and process until finely minced; transfer to a bowl. Put the seitan in the food processor and process for about 15 seconds, until finely chopped; add to the bowl with the celery and carrot and set aside.

**2.** In a large pot, heat the olive oil over high heat. Add the onion and garlic and sauté

until the onion is translucent. Add the seitan, celery, and carrot and sauté for 1 to 2 minutes. Add the bay leaves and the Marinara Sauce and reduce the heat to low. Add the soy milk, salt, pepper, and 1 cup water and simmer for about 10 minutes.

**3.** Serve the sauce over the pasta. Finish with Parmesan “Cheese,” if desired.



# CURRIED STUFFED SWEET POTATO

**Serves 2**

Done the  
right way,  
cooking is  
an art . . .  
and Chef  
Francisco is  
our artist  
extraordinaire!  
The way he  
creatively

experiments  
with  
ingredients  
to invent  
different  
flavors and  
works  
magic with  
spices  
never fails



to amaze  
me. Here is  
one of his  
unique,  
signature  
dishes. You  
can make  
this dish  
year round,  
but in my

mind it's  
ideal to  
enjoy in the  
fall and  
winter. The  
sophisticated  
combination  
of the sweet  
potato,  
curry,

coconut,  
and  
horseradish  
flavors will  
come  
together in  
a  
masterpiece  
in your  
kitchen!

**1 large sweet potato,  
peeled and halved**

**1 tablespoon extra-virgin  
olive oil**

**1 tablespoon salt, plus a  
pinch**

**Pinch of black pepper**

**1 cup lentils**

**FOR THE HORSERADISH  
CRÈME**

**1/3 cup Vegan  
Mayonnaise**

**1/3 cup minced fresh  
horseradish**

**1 teaspoon fresh lemon  
juice**

**Pinch of salt**

**Pinch of black pepper**

**FOR THE CURRY SAUCE**

**1 (14-ounce) can coconut milk**

**1 cup natural peanut butter**

**1 tablespoon garlic powder**

**1 tablespoon curry powder**

**1½ teaspoons salt**

**2 tablespoons chopped scallion**

**6 tablespoons olive oil**

**1 tablespoon minced  
garlic**

**1 medium baby eggplant,  
diced**

**½ medium onion, finely  
chopped**

**½ cup chopped walnuts**

**1 teaspoon paprika**

**1 teaspoon chili powder**

**1 teaspoon ground  
cumin**

**1 teaspoon dried  
oregano**

**3 cups vegetable stock**

**1½ teaspoons salt**

**Pinch of black pepper**

**2 bunches collard greens**

**1.** Preheat the oven to 350°F.  
Oil a baking sheet.



**2.** Drizzle the sweet potato with 1 tablespoon olive oil and a pinch each of salt and pepper. Place on the prepared baking sheet and bake for 45 minutes, or until soft.

**3.** While the sweet potato is baking, place the lentils in a large pot, add 8 cups water and remaining 1 tablespoon salt, and bring to a boil over high heat. Cover, reduce the

heat to medium, and cook until the lentils are soft, 15 to 20 minutes. Drain and set aside.

**4. Make the horseradish crème:** In a small bowl, whisk together the Vegan Mayonnaise, horseradish, lemon juice, salt, and pepper until smooth. Set aside.

**5. Make the curry sauce:** In a medium pot, combine the coconut milk, peanut butter, garlic powder, curry powder, salt, and 1 cup water and whisk until smooth. Bring to a boil, then reduce the heat to low. Cook for 1 minute, then add the scallion. Remove from the heat, cover, and set aside.

**6.** In a large skillet, heat 2 tablespoons of the olive oil over high heat. Add  $\frac{1}{2}$  tablespoon of the garlic and sauté for 1 minute, then add the eggplant and reduce the heat to medium-low. Sauté until the eggplant is browned on all sides. Set aside.

**7.** In a separate skillet, heat 2 tablespoons of the olive oil over high heat. Add the onion

and sauté for 2 to 3 minutes, or until translucent. Add the drained lentils, walnuts, paprika, chili powder, cumin, oregano, and stock. Reduce the heat to medium and add the salt and pepper. Cook until the water has almost evaporated, about 10 minutes. Add the cooked eggplant and cook, stirring frequently, for 2 minutes more.

**8.** In a separate skillet, heat the remaining 2 tablespoons olive oil over high heat. Add the remaining  $\frac{1}{2}$  tablespoon garlic and sauté for 1 minute. Add the collard greens and sauté for 1 to 2 minutes, or until wilted and soft.

**9.** To assemble, scoop a spoonful of the flesh from the center of each sweet potato with a spoon to create room

for the filling. Pour  $\frac{1}{2}$  cup of sauce on the bottom of each plate, followed by the collard greens, sweet potato, and lentil-walnut filling. Drizzle with the horseradish crème.







# AUTUMN TOWER

**Serves 4**

A tower of  
flavor!  
Chickpeas

are so  
versatile  
that they  
can be a  
base for so  
many  
wonderful  
dishes.

They also  
happen to

be one of  
my favorite  
legumes.

An “in  
bloom”  
favorite, the  
chickpea  
cake in this  
dish could  
be its own

entrée, but  
paired with  
fantastic  
layers of  
vegetables,  
it really  
comes to  
life!

## **FOR THE TEMPEH**

**2 (8-ounce) packages  
tempeh**

**1/4 cup sugar**

**2 1/2 tablespoons Dijon  
mustard**

**1 tablespoon chili  
powder**

**1 1/2 teaspoons paprika**

**4 garlic cloves**

**1½ tablespoons finely  
chopped shallots**

**5 tablespoons fresh  
lemon juice**

## **FOR THE TOMATO SAUCE**

**6 yellow tomatoes,  
quartered**

**1 tablespoon chopped  
fresh garlic**

**2 tablespoons chopped  
fresh basil**

**2 tablespoons olive oil**

**1 tablespoon salt**

**1 teaspoon black pepper**

**1 tablespoon sugar**

**FOR THE ROASTED  
VEGETABLES**

**6 small Yukon Gold  
potatoes, chopped into  
1-inch cubes**

**Leaves from 2 sprigs  
fresh rosemary**



**4 tablespoons olive oil**

**1 teaspoon salt, plus a  
pinch**

**½ teaspoon black  
pepper, plus a pinch**

**1 tablespoon finely  
chopped garlic**

**2 medium beets**

**FOR THE CHICKPEA CAKES**

**3 cups drained canned chickpeas**

**½ medium onion,  
chopped**

**½ cup fresh cilantro,  
chopped**

**1 teaspoon salt**

**½ teaspoon black pepper**

**2 tablespoons olive oil**

**FOR THE ASPARAGUS AND  
POTATOES**

**5 stalks asparagus,  
chopped into 1-inch  
pieces**

**3 tablespoons vegan  
mayonnaise, store-  
bought or [homemade](#)**

**1 tablespoon chopped  
fresh parsley**

**1½ teaspoons chopped  
garlic**

**Pinch of salt**

**Pinch of black pepper**

## **2 tablespoons olive oil**

**1. Make the tempeh:** Slice the tempeh in half widthwise, then thinly slice each piece to create 4 evenly sized slices (you should have 8 slices total). Use a 2-inch-diameter cookie cutter to cut the slices into medallions. (If you don't have a cookie cutter, simply

slice them into 2-inch squares.)

**2.** Bring a medium pot of water to a rolling boil and add the tempeh medallions. Boil for 10 minutes, then drain and set aside.

**3.** In a blender, combine the sugar, mustard, chili powder, paprika, garlic, shallots, lemon juice, and 4 cups water

and blend until smooth. Pour the marinade into a medium bowl or pan, add the tempeh medallions, cover, and marinate in the refrigerator for at least 8 hours or up to overnight.

#### **4. Make the tomato sauce:**

Put the tomatoes in a high-speed blender and add 4 cups water. Blend until smooth. Pour the blended tomatoes

into a large skillet and add the garlic, basil, olive oil, salt, pepper, and sugar. Bring to a boil over high heat, then reduce the heat to maintain a simmer and cook for 10 to 15 minutes. Set aside.

**5. Make the roasted vegetables:** Preheat the oven to 350°F.

**6.** Put the potatoes in a large bowl. Add the rosemary, 2 tablespoons of the olive oil, salt, pepper, and garlic. Toss gently and spread the mixture on a baking sheet. Roast for 25 to 35 minutes, or until soft.

**7.** Sprinkle the whole beets with 2 tablespoons olive oil and a pinch each of salt and pepper, wrap in aluminum



foil, and roast along with the potatoes for 10 to 15 minutes, or until soft. Remove from the oven and allow to cool. Slice into  $\frac{1}{4}$ -inch-wide slices, set aside.

## **8. Make the chickpea cakes:**

Put the chickpeas in a food processor and process until well pureed. Transfer the pureed chickpeas to a large

bowl and mix with the onion, cilantro, salt, and pepper.

**9.** In a large sauté pan, heat the olive oil over medium heat. Add the chickpea mixture and sauté, stirring frequently, until golden brown, 5 to 10 minutes. Use a 3½-inch-diameter cookie cutter to create small chickpea cakes by filling the cutter with 1 inch of the

sautéed chickpea mixture.  
(You can also form the cakes by hand once the mixture has cooled slightly.) You should be able to make four cakes.

**10. Make the asparagus and potatoes:** Bring a medium pot of water to a boil. Add the asparagus and cook for 30 to 60 seconds. Drain.

**11.** In a medium bowl, stir together the vegan mayonnaise, parsley, garlic, salt, and pepper. Add the roasted potatoes and the asparagus and toss gently until well coated. Set aside.

**12.** In a large sauté pan, heat the olive oil over medium heat. Add the marinated tempeh medallions and sauté,

flipping frequently, until well heated through.

**13.** To serve, divide the sauce among four plates and top with a chickpea cake. Add a layer of the potato and asparagus mixture, followed by the marinated tempeh. Garnish with sliced roasted beets. Enjoy!

**NOTE:** This dish takes a little longer to prepare and the tempeh should marinate for at least 8 hours, but it will be worth the time you've invested.



# PISTACHIO- CRUSTED TOFU

**Serves 2**

This is one  
of our most



beloved  
dishes at  
Blossom.  
The natural  
roasted  
sweetness  
of the root  
vegetables  
is balanced  
perfectly by

the tangy  
truffle  
cream  
sauce. The  
crusted tofu  
and gently  
toasted  
pistachios  
finish the  
dish with

great looks  
and taste.

You can  
make this  
dish year  
round, but  
the flavors  
come alive  
most in  
spring and

summer.  
Pairs  
perfectly  
with a glass  
of white  
wine.

**1 (14-ounce) block firm  
or extra-firm tofu,**

**drained**

**1/4 cup tamari or soy  
sauce**

**1 sweet potato, chopped  
into 1-inch cubes**

**1 rutabaga, chopped into  
1-inch cubes**

**2 tablespoons olive oil**

**2 teaspoons salt**

**2 cups raw unsalted  
pistachios**

**½ teaspoon black  
pepper, plus 2 pinches**

**1 cup vegan  
mayonnaise, store-  
bought or [homemade](#)**

**3 tablespoons truffle oil**

**2 tablespoons fresh  
lemon juice**

**1.** Slice the tofu into three  
even slices, then cut each

slice in half to form six triangles. Put the tamari, tofu slices, and 3 cups water in a deep bowl and marinate for at least 3 hours.

**2.** Preheat the oven to 350°F. Oil a baking sheet with a drizzle of olive oil.

**3.** Put the sweet potato and rutabaga in a large bowl and toss with the olive oil and 1½

teaspoons salt. Spread on the prepared baking sheet and roast for 15 to 25 minutes, or until soft. Remove from the oven and set aside, leaving the oven on.

**4.** Put the pistachios in a food processor and process until they have the consistency of bread crumbs. Pour onto a plate and set aside.



**5.** Lightly oil a second baking sheet. Remove the tofu slices from the marinade and lay them flat on the baking sheet. Sprinkle with a pinch of black pepper on both sides. Bake for 3 to 5 minutes. Remove from the oven and carefully dredge the tofu slices in the crushed pistachios. Drizzle the baking sheet with olive oil and bake for 4 to 5 minutes more to toast the pistachios.

**6.** Meanwhile, in a small bowl, whisk together the vegan mayonnaise, truffle oil, lemon juice, remaining  $\frac{1}{2}$  teaspoon salt, remaining  $\frac{1}{2}$  teaspoon pepper, and  $\frac{1}{4}$  cup water until well combined.

**7.** To assemble, divide the sauce between two plates, followed by the roasted vegetables, and top each with three triangles of tofu.

**NOTE:** This dish is best when you marinate the tofu for a few hours in advance, so plan ahead.



# PINE NUT— CRUSTED EGGPLANT

**Serves 3 or 4**

Eggplant is  
a staple of

Middle  
Eastern  
cuisine. It is  
full of flavor,  
has a  
fantastic  
hearty  
texture, and  
is extremely  
versatile.

Created as  
an inventive  
option for  
our gluten-  
free guests,  
this dish  
uses a  
combination  
of pine nuts  
and basil as

the crust for  
the  
eggplant,  
and the  
creamy  
sauce is a  
wonderful  
finish. It's  
sure to  
please and



impress at  
any dinner  
party and is  
great for all  
seasons.

**1 medium eggplant,  
halved and peeled**  
**1½ tablespoons salt**

**3 medium Yukon Gold  
potatoes**

**2 cups pine nuts**

**1 cup all-purpose flour**

**1 cup plus 1 tablespoon  
chopped fresh basil**

**Scant  $\frac{3}{4}$  cup olive oil**

**4 $\frac{1}{2}$  tablespoons chopped  
garlic**

**1 $\frac{1}{2}$  teaspoons salt, plus  
more as needed**

**3 pinches of black pepper**

**1 cup halved cherry tomatoes**

**1 sprig fresh rosemary, coarsely chopped**

**1 cup artichoke hearts**

**$\frac{2}{3}$  cup white wine**

**2 cups [Cashew Cream](#)**

**1 head escarole**

**1.** Preheat the oven to 350°F.

**2.** Slice the peeled eggplant lengthwise into ½-inch slices (each half should yield 6 slices). Fill a deep bowl with water and add 1 tablespoon of the salt. Soak the eggplant slices in the water for 20 minutes to help remove any bitterness.

**3.** Bring a pot of water to a boil and add the potatoes. Boil the potatoes for 30 to 40 minutes, or until soft, then remove and place in a large bowl.

**4.** While the potatoes are boiling and the eggplant is soaking, put the pine nuts, flour, and basil in a food processor. Process until the mixture has the consistency

of bread crumbs. Transfer to a bowl and add 1½ tablespoons of the olive oil, 1½ tablespoons of the garlic, and a pinch each of salt and pepper. Mix well.

**5.** Drain the eggplant and dredge the slices in the pine nut breading, making sure each slice is thoroughly coated. Set the breaded eggplant slices on a rack and

let sit for 10 to 20 minutes to dry.

**6.** Meanwhile, mash the potatoes with 2 tablespoons of the olive oil and 1 tablespoon of the garlic.

**7.** In a large skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add 1 tablespoon of the garlic and sauté for 1 to 2 minutes. Add

the tomatoes, rosemary, and artichoke hearts and sauté until the tomatoes begin to soften. Add  $\frac{1}{3}$  cup of the white wine and cook for 1 minute. Add the mashed potatoes and the salt and stir well.

**8.** In a large skillet, heat 3 tablespoons of the olive oil over medium heat. Add the eggplant slices and pan-fry on



each side until they begin to lightly brown. Transfer to a baking sheet and bake for 3 to 5 minutes to crisp.

**9. Make the sauce:** In a large skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add  $\frac{1}{2}$  tablespoon of the garlic and sauté for 1 to 2 minutes. Add the remaining  $\frac{1}{3}$  cup white wine, the Cashew Cream, and 1

tablespoon chopped basil and cook for 1 to 2 minutes. Add a pinch each of salt and pepper and stir.

**10.** In a separate medium skillet, heat the remaining 1 tablespoon olive oil over medium heat. Add the remaining  $\frac{1}{2}$  tablespoon garlic and sauté for 1 to 2 minutes, then add the escarole

and sauté for 1 to 2 minutes, or until soft.

**11.** To assemble, divide the sauce among three or four plates, then add the potato mixture, the escarole, and finally the eggplant slices on top.



LEMON  
SEITAN  
WITH  
CREAMY  
POLENTA

Serves 2

This is a  
wonderfully  
hearty  
entrée  
prepared  
with our  
favorite  
autumn  
produce—  
apples and

butternut  
squash. The  
mouthwateringly  
rich, creamy  
polenta,  
combined  
with the  
sweetness  
of apples  
and tender

cuts of  
seitan,  
make this  
dish one of  
our favorite  
fall dishes.

**1/2 medium butternut  
squash, peeled,**



**seeded, and diced**

**½ cup extra-virgin olive  
oil**

**3 tablespoons chopped  
fresh garlic**

**3 teaspoons salt, plus  
more as needed**

**1 cup all-purpose flour**

**6 palm-size slices of  
seitan, about ½ inch  
thick**

**2 tablespoons finely  
chopped shallot**

**½ cup sake**

**2 cups vegetable stock**

**1½ tablespoons fresh  
lemon juice**

**1 tablespoon vegan  
butter**

**1 tablespoon chopped  
scallion**

**1 tablespoon chopped  
fresh parsley**

**1 cup diced unpeeled  
Granny Smith apple**

**2 tablespoons white wine**

**Pinch of black pepper**

**1 cup polenta**

**1.** Preheat the oven to 350°F.

**2.** Put the diced squash in a medium bowl and toss with 2 tablespoons of the olive oil, 1 tablespoon of the garlic, and a pinch of salt. Spread the squash on a baking sheet, cover with aluminum foil, and bake for 15 minutes, or until soft. Remove from the oven and set aside.

**3.** Put the flour in a medium bowl. Dredge the seitan

cutlets in the flour until fully coated, then set aside.

**4.** In a medium skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add the seitan cutlets and sauté, turning them periodically, for 3 minutes, until golden brown and crispy on both sides. Set aside.

**5.** Wipe out the skillet and heat 2 tablespoons of the olive oil over medium-high heat. Add 1 tablespoon of the shallots and sauté for 30 seconds, then add the seitan cutlets. Add the sake (be careful—it may flame a bit) and sauté for 1 minute. Add the stock, 2 teaspoons of the salt, the lemon juice, vegan butter, scallion, and parsley, and cook for about 2 minutes,

or until the sauce begins to thicken.

**6.** In an oven-safe skillet, heat 2 tablespoons of the olive oil over medium heat. Add 1 tablespoon of the garlic, the roasted squash, apple, white wine, and a pinch each of salt and pepper. Transfer to the oven and bake for 2 to 3 minutes.

**7.** In a small pot, combine 3 cups water, the remaining 1 tablespoon chopped shallots, and remaining 1 tablespoon garlic and bring to a boil. Once boiling, add the polenta and cook, stirring continuously, until the water has been absorbed, about 3 minutes. Add the remaining 1 teaspoon salt and stir.



**8.** To assemble, divide the polenta between two plates, then plate the roasted apples and squash, and top with three seitan cutlets per serving. Cover with the pan sauce.



# SEITAN PICCATA

**Serves 4**

Our most  
classic: an  
original

Blossom  
dish that  
has been  
my and  
Pamela's  
favorite  
from the  
start. Our  
customers  
agree—

however,  
one in  
particular  
who comes  
to mind is  
Ted  
Danson.  
While he  
was in New  
York

shooting a  
show for  
HBO, he  
came to  
Blossom  
almost daily  
for it. We  
serve our  
piccata with  
mashed

potatoes  
and sautéed  
kale for a  
perfect all-  
season  
dish.

**5 medium potatoes (we  
use Yukon Gold),**

**peeled**

**6 tablespoons vegan  
butter**

**1 tablespoon salt, plus  
more as needed**

**1½ teaspoons black  
pepper, plus more as  
needed**

**1½ pounds seitan**

**1 cup plus 3 tablespoons  
all-purpose flour**



**5 tablespoons extra-virgin olive oil**

**1 tablespoon chopped garlic**

**2 large bunches kale**

**$\frac{1}{4}$  cup chopped fresh shallots**

**$\frac{3}{4}$  cup white wine**

**$\frac{1}{4}$  cup capers**

**Juice of 1 lemon**

# **1 tablespoon chopped fresh parsley**

**1.** Bring a large pot of water to boil and add the potatoes. Boil for 10 to 15 minutes, or until soft. Drain the potatoes and mash in a large bowl. Add 4 tablespoons of the vegan butter and season with salt and pepper. Cover and set aside.

**2.** Slice the seitan into palm-size cutlets (you should have 12 cutlets). Put 1 cup of the flour in a medium bowl and dredge the seitan in the flour, making sure to coat it thoroughly. Set aside.

**3.** In a large skillet, heat 2 tablespoons of the olive oil over medium-high heat. Add the seitan and sauté until

browned and crispy on both sides. Set aside.

**4.** Wipe out the skillet and heat 1 tablespoon of the olive oil over medium-high heat. Add the garlic and sauté for 1 to 2 minutes. Add the kale and sauté for 3 to 4 minutes, or until soft. Add a pinch each of salt and pepper and set aside.

**5.** In a large sauté pan, heat the remaining 2 tablespoons olive oil over medium-high heat. Add the shallots and sauté for 1 to 2 minutes, then add 2 tablespoons of the flour and stir well. Add the white wine (be careful—it may flame up), the capers, lemon juice, 1 tablespoon salt, 1½ teaspoons pepper, the parsley, the remaining 2 tablespoons vegan butter, and 4 cups

water. Mix well and simmer the sauce for 1 to 2 minutes. Add the seitan cutlets to sauce and simmer for about 3 minutes, or until the sauce begins to thicken.

**6.** To assemble, divide the mashed potatoes among four plates, followed by kale, and top each with three slices seitan. Finish with the pan sauce.



# SEITAN CORDON BLEU

**Serves 4**

While we  
love being



innovative  
and creating  
unique  
vegan  
dishes,  
we're also  
inspired by  
traditional  
ethnic  
dishes and

love to  
reinvent our  
favorites  
with plant-  
based  
ingredients.  
We're not  
trying to  
imitate—we  
just want to

capture the  
essence  
and feel of  
the original  
dish. And  
we always  
give it our  
own spin.  
Traditionally,  
cordon bleu

is mostly  
meat and  
cheese, so  
it's not so  
easy to  
make a  
plant-based  
version, but  
we've done  
it! The result

is  
deliciously  
satisfying.

**4 medium-sized  
potatoes, peeled and  
roughly chopped**

**7 tablespoons vegan  
butter**

**2 tablespoons finely  
chopped garlic**

**2 tablespoons salt, plus  
2 pinches**

**2 pinches of black  
pepper**

**1 pound seitan,  
approximately 8 palm-  
size slices about  $\frac{1}{4}$  to  $\frac{1}{2}$   
inch thick**

**$\frac{1}{2}$  (10-ounce) package  
vegan cheddar, thinly**

**sliced**

**4 slices vegan ham**

**1 cup plus 1½ teaspoons  
all-purpose flour**

**1 cup soy milk**

**Leaves from 3 sprigs  
fresh thyme**

**3 cups panko bread  
crumbs**

**4 tablespoons olive oil**

**1 tablespoon chopped shallot**

**1 cup sliced shiitake mushrooms**

**$\frac{2}{3}$  cup sake**

**1 cup cooking oil (we recommend grapeseed, safflower, or sunflower)**

**1½ teaspoons finely chopped garlic**

**3 handfuls collard greens**



**1.** Bring a large pot of water to a boil. Add potatoes and boil 10 to 15 minutes, or until soft. Drain water and mash. In a medium skillet on medium heat, add 5 tablespoons of the vegan butter and garlic, saute for 1 to 2 minutes, or until garlic begins to brown. Discard garlic and add infused vegan butter to potatoes along with

2 tablespoons salt and pepper.  
Set aside.

**2.** Thinly slice the seitan into approximately 8 palm-size pieces. Create 4 stacks by layering the seitan on the bottom, the cheese in the middle, slices of ham, followed by another layer of seitan on top.

**3.** In a medium bowl, combine 1 cup of the flour, the soy milk, thyme, and a pinch each of salt and pepper. Put 2 cups of the panko in a medium bowl. Dredge the stacks in the soy milk mixture first, followed by the panko. Coat very well and evenly. Set aside on a wire rack.

**4.** In a skillet, heat 2 tablespoons of the olive oil

over high heat. Add the shallots and mushrooms and sauté for 1 to 2 minutes. Add the sake, remaining  $1\frac{1}{2}$  teaspoons flour, the butter, a pinch each of salt and pepper, and 1 cup water and cook for 5 to 10 minutes, until the sauce begins to reduce. Set aside.

**5.** In a deep skillet, heat the oil over medium-high heat.

Add the seitan stacks and fry, flipping once, until golden brown, 2 to 3 minutes per side.

**6.** In a large sauté pan, heat the remaining 2 tablespoons olive oil over medium heat. Add the garlic and collard greens and sauté until soft.

**7.** To assemble, divide the mashed potatoes among four

plates, followed by the  
collard greens and the cordon  
bleu stacks. Top with the  
shiitake sauce.



# POBLANO EN NOGADA

**Serves 4**

To me, a  
great chef  
must be



creative.

Chef

Francisco

concocts

the most

amazing

dishes from

ideas I bring

to him.

When I

thought of  
reinventing  
my mother's  
stuffed  
peppers, for  
example, I  
asked Chef  
Francisco if  
he could  
find a way

to make a  
refined,  
vegan  
version. The  
next day he  
invited me  
into the  
kitchen. To  
my joy, he  
had created

a traditional  
Mexican  
*poblano en  
nogada.*

This dish  
has a rich  
history in  
Mexico. In  
fact, the  
colors of the

dish—the  
green of the  
poblanos,  
the white of  
the walnut  
sauce, and  
the red of  
the  
pomegranates  
—create the

colors of the Mexican flag. The stuffing recipe has a rich umami quality without the traditional meat. It's

great  
served with  
our cilantro  
rice on the  
side.

**4 large poblano peppers  
(as large as possible)  
4 tablespoons olive oil**

**1/2 onion**

**2 cups finely minced  
seitan**

**2 1/2 cups fresh or frozen  
diced peaches**

**1 red apple, peeled,  
cored, and diced (about  
1 1/2 cups)**

**1/3 cup raisins**

**2 tablespoons tomato  
paste**



**1½ teaspoons salt**

**Pinch of black pepper**

**1 cup soy milk**

**½ cup raw walnuts**

**½ cup raw almonds  
(preferably blanched)**

**1½ tablespoons apple  
cider vinegar**

**Pinch of ground  
cinnamon**

**½ cup pomegranate  
seeds (about ½  
pomegranate)**

**1.** Drizzle the poblanos with 2 tablespoons of the olive oil. Using long metal tongs, roast the peppers directly over the flame of a gas burner until the skins begin to bubble. Place in a large bowl and immediately cover the bowl

with plastic wrap. Set aside to loosen the skins.

**2.** In a large pot, heat the remaining 2 tablespoons olive oil over high heat. Add the onion and sauté for 3 to 4 minutes. Add the seitan and sauté, stirring frequently, for 1 to 2 minutes. Add the peaches, apple, raisins, tomato paste, salt, pepper, and 4½ cups water. Reduce

the heat to medium and cook, stirring frequently, until the liquid begins to reduce, 7 to 10 minutes.

**3.** Remove the poblanos from the bowl and use a kitchen towel to rub the peppers gently to remove the blackened skin (it should come off easily). Cut a slit down the side of the pepper and carefully remove the

seeds with your fingers, leaving the peppers as intact as possible. Set aside.

**4.** In a high-speed blender, blend the soy milk, walnuts, almonds, vinegar, and cinnamon until smooth.

**5.** To assemble, fill each pepper with the stuffing and drizzle with the sauce.

Garnish with pomegranate seeds.



# ENCHILADAS

**Serves 4**

Chef  
Francisco  
loves to  
incorporate  
his Mexican



heritage into  
Blossom's  
dishes. You  
can be  
assured that  
these  
enchiladas  
are  
authentic  
and are

reminiscent  
of those  
found in the  
small  
villages of  
Mexico. The  
mole sauce,  
in  
combination  
with the

mushroom  
in the  
enchiladas,  
jumps off  
the plate  
with spicy  
complexity.

*¡Viva  
Mexican  
mole!*

**2 tablespoons extra-virgin olive oil**

**4 cups sliced shiitake mushrooms**

**½ medium fennel bulb, shaved on mandoline or thinly sliced**

**⅓ cup cooked corn**

**1½ teaspoons salt**

**8 corn or flour tortillas**

**3 cups [Mole Sauce](#)**

**1 cup shredded vegan  
cheese**

**1 cup shredded lettuce**

**1 avocado, halved,  
pitted, and sliced**

**½ cup Sour Cream**

**4 radishes, minced**

**1.** Preheat the oven to 350°F.

**2.** In a large skillet, heat the olive oil over medium-high heat. Add the mushrooms, fennel, corn, and salt and sauté until the vegetables begin to brown. Portion the mixture out evenly between the tortillas, and gently roll them.

**3.** Place the rolled tortillas side by side on a rimmed baking sheet, cover with the

Mole Sauce, and top with the vegan shredded cheese. Bake until the cheese just melts fully, 3 to 5 minutes. Remove from the oven, and serve topped with lettuce, avocado, Sour Cream, and radishes.





# CAULIFLOWE PAELLA

**Serves 2**

Paella:  
Spain's  
most

beloved,  
traditional,  
and famous  
dish. Rather  
than doing a  
traditional  
rice and  
vegetable  
dish, we  
wanted to

make an all-  
vegetable  
paella. We  
swapped  
the rice with  
mashed  
cauliflower  
and added  
a  
phenomenal

combination  
of  
vegetables  
and saffron,  
giving the  
dish both  
incredible  
exotic flavor  
as well as  
this entrée's

beautiful  
yellow hue.  
A truly  
healthful  
dish that  
doesn't  
compromise  
on taste. It  
works just  
as well as a

side dish or  
a starter.  
*¡Olé!*

**1 medium head  
cauliflower**

**2 tablespoons olive oil**

**½ medium onion, finely  
chopped**

**1 large tomato or 2 or 3  
small plum tomatoes,  
diced**

**1½ pound oyster  
mushrooms (roughly 12  
mushrooms)**

**3 large artichoke hearts,  
quartered (remove stem  
if necessary)**

**1 red bell pepper,  
julienned**

**1½ teaspoon saffron**

**1/2 cup fresh green peas  
(or frozen, if that's what  
you have on hand)**

**1/2 cup green olives,  
chopped or whole**

**1 tablespoon salt**

**1 teaspoon black pepper**

**1.** Remove the stem from the cauliflower, discard and chop the head roughly. Place the



cauliflower in a food processor and pulse seven or eight times, or until it is finely minced, similar to the size and consistency of grains of rice.

**2.** In a large pot, heat the olive oil over medium-high heat. Add the onion, raise the heat to high, and sauté for 2 to 3 minutes, or until transparent. Add the tomato

and sauté for 2 to 3 minutes. Add the mushrooms, artichoke hearts, and bell peppers and sauté for 1 to 2 minutes. Add the cauliflower and stir well to combine, then add 3 cups water. Bring the mixture to a boil, then reduce the heat to medium. Add the saffron, peas, olives, salt, and black pepper and simmer until the water has been absorbed, 4 to 5 minutes.





# DESSERTS

**Raw Key Lime  
Pie**

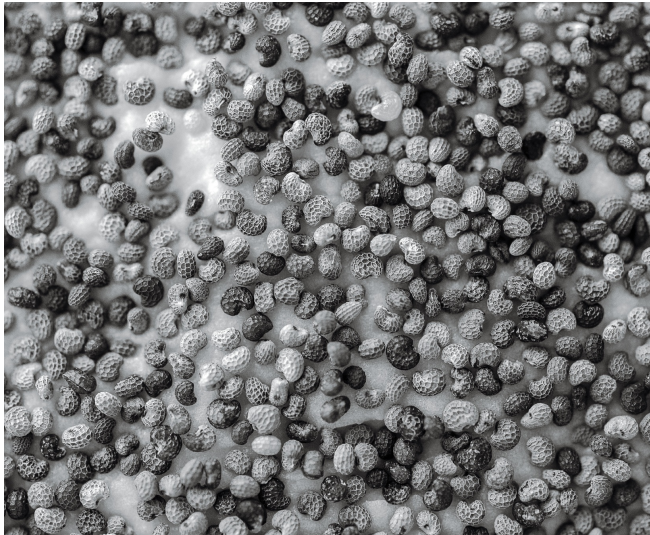
**Peach  
Cobbler**

**Phyllo Apple  
Sticks in**

**Brandy Sauce**

**German**  
**Chocolate**  
**Cake**

**Gluten-Free**  
**Lemon Poppy**  
**Cake**



# RAW KEY LIME PIE

**Makes one 9-inch pie**

The “key” to  
this dish is  
the fresh



lime juice—  
accept no  
substitutions!  
You won't  
believe the  
fantastic  
texture of  
this pie—  
the  
avocados

add an  
unbelievable  
creaminess  
to the filling.  
This recipe  
comes from  
Quinn,  
Blossom's  
fantastic

**baker-in-  
chief.**

## **FOR THE CRUST**

**1¼ cups macadamia  
nuts**

**1¼ cups pecans**

**½ cup dried, pitted dates,  
soaked in water for 1  
hour**

**Pinch of salt**

**1/4 teaspoon vanilla  
extract**

## **FOR THE FILLING**

**1 1/2 cups fresh lime juice  
(from about 12 limes)**

**1 cup agave syrup**

**1/2 cup full-fat coconut  
milk**

**2 ripe avocados, halved,  
pitted, and peeled**

**2 tablespoons vanilla  
extract**

**¼ teaspoon salt**

**1¼ cups coconut oil**

**1. Make the crust:** Lightly grease a 9-inch springform baking pan with coconut oil.

**2.** Put the macadamia nuts, pecans, dates, salt, and vanilla in a food processor and process until the mixture is soft and easily workable. Press the mixture into the bottom of the prepared pan.

**3. Make the filling:** Put the lime juice, agave, coconut milk, avocados, vanilla, salt, and coconut oil in a high-

speed blender and blend until smooth.

**4.** Pour the filling over the crust, cover with plastic wrap, and freeze overnight. Thaw before serving.





# PEACH COBBLER

**Serves 4**

This light  
dessert is  
perfect for

airy summer  
nights when  
fresh  
peaches are  
in season!  
Delicious  
served hot  
or cold, it's  
even better  
with a

scoop of  
soy or  
coconut ice  
cream on  
top.

## FOR THE PEACH FILLING

**1/2 cup sugar or agave  
syrup**

**4 cups sliced fresh  
peaches**

**1/4 cup brandy**

**1 tablespoon vanilla  
extract**

## **FOR THE CRUMBLE**

**5 ounces vegan vanilla  
snap cookies**

**1/2 cup coconut flakes**

**2 tablespoons vegan  
butter**

**Vanilla ice cream, for  
serving**

**1.** Preheat the oven to 350°F.

**2. Make the peach filling:** In a medium saucepan, heat the sugar over medium heat for about 1 minute. Stir in the

peaches, brandy, and vanilla. Reduce the heat to medium and cook for 3 to 4 minutes. Remove from the heat and set aside.

**3. Make the crumble:** Put the cookies in a food processor and process into crumbs. Add the coconut flakes and the vegan butter and process for 30 seconds.

**4.** Divide the peach filling among four individual small ramekins, miniature cast-iron pans, or other oven-safe dishes and top evenly with the crumble. Gently press the crumble down with your hands. Bake for 2 to 3 minutes, or until the crumble begins to brown slightly. Top with vanilla ice cream and serve!





# PHYLLO APPLE STICKS IN BRANDY SAUCE

**Serves 4**

If you want  
a more  
elegant and  
stylish take  
on a classic  
apple pie,  
try our  
Phyllo  
Apple  
Sticks.

When I was growing up, many of my favorite dishes contained phyllo, so this is a particular favorite of

mine. In this  
delightful  
dessert, the  
brandy  
sauce really  
brings  
everything  
together,  
but a scoop  
of soy,

almond, or  
coconut ice  
cream  
finishes it  
with pure  
bliss! When  
apple  
season  
comes  
around in

the fall,  
you're sure  
to find us  
making this  
recipe, and  
we hope  
you do, too.

**FOR THE APPLE STICKS**

**3 Granny Smith apples,  
peeled, cored, and  
chopped into ½-inch  
cubes**

**½ cup packed brown  
sugar**

**⅓ cup brandy**

**½ teaspoon ground  
cinnamon**

**1 teaspoon vanilla  
extract**

**4 large sheets phyllo**

**3 tablespoons vegan  
butter, melted**

**FOR THE BRANDY SAUCE**

**½ cup granulated sugar**

**½ cup brandy**

**1 cup soy milk**

**1 cup coconut milk**

**1 teaspoon vanilla  
extract**



**Fresh strawberries, for  
serving**

**Confectioners' sugar, for  
garnish (optional)**

**1. Make the apple sticks:** In a medium pot, heat the brown sugar over high heat, stirring continuously, for about 3 minutes. Stir in the apples and the brandy and cook for about 2 minutes. Add the

cinnamon and vanilla, stir, and remove from the heat.

## **2.** Stack the phyllo sheets.

Using a pastry brush, spread melted vegan butter on top of the stacked phyllo sheets.

Spread half of the apple mixture along one long side of the phyllo,  $\frac{1}{2}$  to 1 inch away from the edge. Starting from the edge with the filling, roll up the phyllo into a tight

cylinder, making sure not to break the phyllo (it can be very delicate). Once it is rolled, cut it crosswise into eight equal sections. Repeat these steps to create another phyllo roll.

**3.** In a medium skillet, heat the remaining melted vegan butter over medium heat. Add the apple phyllo sticks and

cook, turning frequently, until crisp and golden.

#### **4. Make the brandy sauce:**

In a medium saucepan, heat the sugar over high heat, while stirring, for about 1 minute. Add the brandy (be cautious of flames), cook for about 30 seconds, then add the soy milk, coconut milk, and vanilla and stir well. Bring the mixture to a boil,

then reduce the heat to medium and simmer for 3 to 4 minutes. Let cool slightly before serving.

**5.** To serve, top the apple sticks with brandy sauce and fresh strawberries. Garnish with a dusting of confectioners' sugar, if desired.



# GERMAN CHOCOLATE CAKE

**Makes one 9-inch, three-  
layer cake**

Believe it or  
not,  
German  
chocolate  
cake isn't  
from  
Germany at  
all—it was  
invented by  
a baker



named  
Samuel  
German  
back in the  
nineteenth  
century! We  
took it to the  
next level  
by  
veganizing

it. After all,  
the main  
elements—  
chocolate,  
coconut,  
and pecans  
—are  
naturally  
vegan. This  
chocolatey

delight  
comes from  
Quinn, our  
baker  
extraordinaire.

## **FOR THE CHOCOLATE CAKE**

**3 cups all-purpose flour**

**3 $\frac{1}{4}$  cups sugar**

**1 cup unsweetened  
cocoa powder**

**1 tablespoon baking  
soda**

**½ teaspoon salt**

**3 cups soy milk**

**1 tablespoon apple cider  
vinegar**

**1 cup grapeseed,  
safflower, or sunflower  
oil**

**2 tablespoons vanilla  
extract**

**FOR THE FILLING/TOPPING**

**5 tablespoons  
cornstarch**

**1 (16-ounce) can coconut  
milk**

**1½ cups agave syrup**

**½ cup vegan butter**

**1 tablespoon vanilla  
extract**

**5 cups dried, shredded,  
unsweetened coconut**

**1½ cups chopped  
pecans**

**1.** Preheat the oven to 350°F.  
Grease three 9-inch-diameter  
cake pans with a thin layer of  
coconut oil.

## **2. Make the chocolate cake:**

In a large bowl, combine the flour, sugar, cocoa powder, baking soda, and salt. Mix well. Add the soy milk and vinegar and let curdle for a moment to create a vegan buttermilk. Add the oil and vanilla. Whisk until well combined. Pour the mixture evenly among the prepared pans. Bake for 20 minutes. Feel free to check for

doneness by sticking a clean toothpick into the center of each cake—it will come out clean if done (the cake should also “spring back” to the touch). Remove from the oven and let cool in the pan on a wire rack.

**3.** After the cakes have cooled, remove the cakes from the pans, and cut off the



domed tops to make a flat, level surface. Set aside.

#### **4. Make the filling/topping:**

In a small bowl, whisk together the cornstarch and 5 tablespoons water.

**5.** In a medium saucepan, whisk together the coconut milk, agave, vegan butter, and vanilla and bring to a boil over high heat. Pour a small

amount of the hot coconut liquid into the cornstarch slurry, while continuously whisking. Then, add the cornstarch mixture back into the original pan, while whisking continuously. This is called tempering. Let the mixture return to a boil—the liquid will thicken as it cooks. Turn off the heat and gently stir in the shredded coconut and pecans.

**6. To assemble:** Set one cake layer on a cake platter or serving plate. Spread one-third of the filling over the layer. Set a second layer on top and spread one-third of the filling over the layer. Top with the final cake layer and spread the remaining filling over the top.



# GLUTEN- FREE LEMON POPPY CAKE

**Makes one 9-inch two-  
layer cake**

You'd never  
guess this  
classic  
lemon—  
poppy seed  
cake was  
vegan, let  
alone  
gluten-free!  
Brown rice

flour,  
garbanzo  
bean flour,  
and potato  
starch take  
the place of  
traditional  
wheat flour  
in this  
recipe. We

like to coat  
the sides of  
the cake in  
poppy  
seeds as  
well for a  
striking  
presentation.  
This is  
another



wonderfully  
creative  
sweet from  
Quinn,  
Blossom's  
expert  
baker.

**FOR THE LEMON CAKE**

**3 cups brown rice flour**

**2½ cups garbanzo bean  
flour**

**1 cup potato starch**

**½ cup arrowroot powder**

**1 to 2 cups poppy seeds  
(depending on garnish)**

**2 tablespoons baking  
powder**

**1½ teaspoons baking  
soda**

**1½ teaspoons xanthan  
gum**

**1 tablespoon kosher salt**

**1½ cups agave syrup**

**1½ cups unsweetened  
applesauce**

**1¼ cups coconut oil**

**1 tablespoon vanilla  
extract**

**1 tablespoon lemon oil  
extract**

## **FOR THE LEMON CREAM CHEESE FROSTING**

**$\frac{3}{4}$  cup vegan butter**

**$\frac{3}{4}$  cup vegan cream  
cheese**

**1 tablespoon vanilla  
extract**

**$\frac{1}{4}$  teaspoon lemon oil  
extract**

**Pinch of salt**

**3⅓ cups organic  
confectioners' sugar,  
sifted**

**Poppy seeds, for garnish  
(optional)**

**1. Make the lemon cake:**

Preheat the oven to 350°F.

Grease and lightly flour two  
9-inch cake pans with a thin  
layer of coconut oil.

**2.** In a large bowl, whisk together the brown rice flour, garbanzo bean flour, potato starch, arrowroot powder, poppy seeds, baking powder, baking soda, xanthan gum, and salt until well combined. While whisking, in this order, add the agave, applesauce, coconut oil, vanilla, lemon extract, and 1 cup water. Whisk until smooth.

**3.** Divide the batter evenly between the prepared pans. Bake for 40 to 50 minutes. Check for doneness by sticking a clean toothpick into the center of each cake—it will come out clean if done (the cake should also “spring back” to the touch). Remove from the oven and let cool in the pans on a wire rack.

**4. Make the frosting:** While the cake is baking, in the bowl of a stand mixer fitted with the paddle attachment, beat the vegan butter, vegan cream cheese, vanilla, lemon oil, and salt until smooth. (If you don't have a stand mixer, let the butter soften to room temperature and blend by hand using a spatula.) Add the sifted powdered sugar to the mixture slowly, until the



consistency has reached desired stiffness.

**5. To assemble:** Remove the finished cakes from the pans. Set one cake layer on a cake platter or serving plate. Spread a ½-inch-thick layer of the filling over the cake. Top with the second cake layer, then frost the entire cake, including the sides. If desired, gently coat the

outside of the cake with poppy seeds (place the finished cake on a large sheet pan and, using your hands, gently coat the sides of the cake with poppy seeds).





# ACKNOWLEDGE

“It takes a village.” No other adage could be truer when creating a successful restaurant. We would be remiss if we did not acknowledge and express our deep gratitude to the many wonderful people along the

way who have helped us make Blossom what it is today. Without this dedicated group, Blossom would have remained only a dream, and never grown into what it is—a pioneer in cruelty-free food, proudly proving to the world, one delicious meal at a time, that animal-free cuisine is every bit as flavorful, decadent, and varied as any other.

From our original location at our cozy two-story historic town house in Chelsea, to our spacious and elegant location on the Upper West Side, and our in-demand catering business, we have been honored to take this journey with so many caring and passionate people, both in the front of house staff as well as the back of house staff, all of whom have

brought their love of animals and for fantastic food with them to Blossom every day. Mostly notably, Chef Francisco, for his incredible creativity and tireless work ethic, pushing us all to the next level of excellence on a daily basis. To our indispensable general manager at our Chelsea location, Michael Parkin, for his dedication, experience,



and for making the very intense day-to-day operations seem so easy and seamless.

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brings our food to life both visually and verbally. We owe Alex and Sara Rotter great thanks for their creative and technical input in the writing of this book. On a personal note, Pamela and I would like to express appreciation for the constant and unyielding love and support of friends and family.

Most of all, we are so grateful to our guests who

have joined us for lunch, brunch, or dinner over the years, many of whom have become cherished regulars. We couldn't have done it without your enthusiastic support, and we look forward to many more years of serving you the best vegan cuisine out there!



# ABOUT THE AUTHORS



Born in Jerusalem, Israel, **RONEN SERI** moved to New York City to pursue a career in acting. A born entrepreneur, Ronen

funded his passion for acting by opening a variety of successful businesses that sustained his creative pursuits. A self-proclaimed foodie, Ronen opened Blossom's flagship restaurant in Chelsea in 2005 with the hope of redefining the art of vegan cooking and elevating it as a popular cuisine in and of itself. While he spends much of his time and energy

researching, exploring, and curating exciting dishes for the restaurant, you can also follow his YouTube “how to” cooking series. In the fall of 2016, he opened an all-vegan ice cream, crepe, and Belgium waffle eatery called Gela, located in the busiest market in Jerusalem. In his spare time, Ronen enjoys traveling the world and meditation. More recently, he



has found a great amount of joy through writing, and as such, has been working on a fiction novel as well as a stage play, to be produced.

**PAMELA**

**ELIZABETH** is a

New York City native and has been

a passionate vegan for more than twenty years. She ultimately realized that



serving vegan food to the public was the most effective form of activism. Through her endeavors of Blossom Restaurant, Blossom du Jour, and Urban Vegan Kitchen, her goal is to spread awareness of animal oppression and ultimately promote a cruelty-free lifestyle. Elizabeth is an avid cook, recipe developer, photographer, opera singer,

and animal lover.



Chef **RAMIRO RAMIREZ** has been a valued member of the

Blossom family since 2007, and is responsible for many of the delicious creations that have put Blossom on the culinary map. He was vital to the opening and managing of two of our locations, and was

responsible for assembling and training Blossom's expert kitchen team. Before joining us, Chef Ramiro trained under the supervision of top chefs at some of New York City's most prestigious restaurants, but he found his gift for creating incredible vegan dishes here at Blossom.

**ALEX ETLING,**  
photographer |

A. Etling

Photography. An ethical vegan since 2008, Alex feels



tremendously lucky to be a part of the Blossom family, where he is able to indulge his love for photography, delicious vegan food, and the wonderful synthesis of the two. Alex is also a professional actor, and co-founder and managing

director of Cave Theatre Co.  
in New York City, one of his  
proudest artistic endeavors.  
He currently lives on the  
Upper West Side of  
Manhattan with his fiancée,  
Kiley, and their awesome  
dog, Olive. If you'd like to  
see more of Alex's  
photography, go to  
[aetlingphoto.com](http://aetlingphoto.com) or follow  
him on Instagram at  
[@aetlingphoto](https://www.instagram.com/aetlingphoto).



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