

Eggless Pasta

2 tablespoons olive oil
1/2 cup organic soft tofu
2 tablespoons water
1 1/2 cups semolina flour
1/2 teaspoon salt

Place the oil, tofu, water and 1/2 cup of the semolina flour into a food processor and process until smooth. Add the remaining flour and salt and continue processing until the dough pulls away from the sides and forms a ball. Add a little more flour or water if needed until the dough forms a smooth ball.

Transfer the dough to a lightly floured surface and knead for 10 minutes. Wrap the dough in plastic wrap or place it in a zip lock bag and let it rest for 20 minutes.

After the dough has had a chance to rest roll it out the the desired thickness. Bring a large pot of water to a boil, add a little salt and a teaspoon of olive oil to the water. Make sure the water is boiling when cooking the noodles, drop them into the boiling water and cook for 3-5 minutes or until firm. Serve with your favorite sauce.

Tofu Ricotta Cheese

1 16 oz. package organic firm tofu, drained
1 cup unsweetened soy milk
2 tablespoons nutritional yeast
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1/4 teaspoon nutmeg (optional)
salt and pepper to taste

Place all ingredients in the jar of a high speed blender and blend until smooth. Add extra milk gradually if needed until the mixture is the consistency of ricotta cheese. Use in lasagne, stuffed shells, and ravioli.

Marinara Sauce

2 (14.5 oz) cans, stewed tomatoes
1 (6 oz.) can tomato paste
3 tablespoons fresh Italian parsley, stems removed, chopped
1 tablespoon fresh oregano, stems removed, chopped
2 cloves garlic, crushed
1 teaspoon salt
1/4 teaspoon black pepper
3 tablespoons olive oil
1/2 sweet onion, finely diced

Combine the stewed tomatoes, tomato paste, parsley, oregano, garlic, salt and pepper in the jar of a blender and blend until smooth.

Heat a large saucepan to medium high, add the oil and onion and sauté the onion until is is lightly caramelized. Add the tomato mixture and simmer gently for 20-30 minutes.

The Magic Formula for Making a Vinaigrette

Start with a ratio three to one with your oil and vinegar.

2/3 cups oil
1/3 cup vinegar

The Oils

Generally any oil will work depending on the flavor profile you want. Lightly flavored oils include vegetable, corn, safflower, and canola. Olive oils add a fruity note and other oils such as walnut, avocado, sunflower, hazelnut and other nut oils will add endless flavor possibilities.

The Vinegars

Try using a white wine vinegar, red wine vinegar or a specialty vinegars, like balsamic, sherry or raspberry. Cider vinegar is made from apples and is a good choice for fruity vinaigrettes. **Balsamic vinegar** from wooden casks creates a popular sweet dark fruity dressing. For Asian dressings try rice vinegar made from fermented rice.

The Juices

Lemon juice is a nice component to add to vinaigrettes. You can use all kinds of juices in vinaigrettes, try other citrus juices like orange, lime or grapefruit, they compliment the vinegar and can also be used to replace the vinegar. Another great juice to try is unsweetened pomegranate, or a little pineapple.

The Seasonings

Add a few teaspoons of seasoning, minced garlic, finely minced onion or shallots, fresh or dried herbs, spices such as black pepper, cumin, and paprika.

Add a teaspoon or two of Dijon mustard for tartness.

Try a teaspoon or two of agave or maple syrup, it can add a touch of sweetness which is nice to counterbalance the tartness from the vinegar, it also helps stabilize the emulsion. A vinaigrette with agave in it will remain emulsified for a longer period of time.

Mixing the Vinaigrette

Combine the ingredients in a ball jar with a lid and shake to emulsify, or make your dressing using the to fully emulsify it. Ideally, then, you'd prepare the vinaigrette in advance and then let it sit for anywhere from 1 to 3 hours. Just don't refrigerate it during this time!