

Basic Vegan Pie Crust

2 1/2 cups unbleached all purpose flour
1/2 cup non-hydrogenated vegetable shortening,
chilled
1/2 cup vegan butter, chilled
1/2 teaspoon salt
1/3 cup ice water
(add 1 tablespoons cane sugar for dessert pies)

Combine the flour and salt in a food processor or a large mixing bowl. Process until blended. Add the chilled shortening and butter, process until the mixture is small crumbs. If you are making without a processor cut the butter and shortening into the flour with a pastry blender or two knives, cutting the fat into the flour until it is small crumbs.

Pour the ice water over the flour mixture and stir until it forms a dough, don't over mix it. Divide the dough into two balls, flatten them into disks then cover them with plastic wrap and chill in the refrigerator until firm, about 1 hours. You can also freeze the dough and save it for later use.

Place the chilled dough on a floured surface, working quickly roll the dough to approximately 1/4 inch thickness, transfer to a pie pan and fill with your desired filling. Use the second half of the dough to create a top for the pie or use it to make a second pie. Chilled dough can also be used to create individual pies in muffin tins or roll it and fold it into empanadas or hand-held fruit tarts. Chill your pie about 30 minutes before baking to ensure the crust will be flakey. Brush the top of the pie with a combination of 2 tablespoons agave syrup and 1 tablespoon melted vegan butter. Sprinkle with sugar then bake in a 400 degree oven until golden brown, cook time depends on the size and filling. Smaller pies bake in 20-30 minutes, larger pies can take 40-50 minutes.

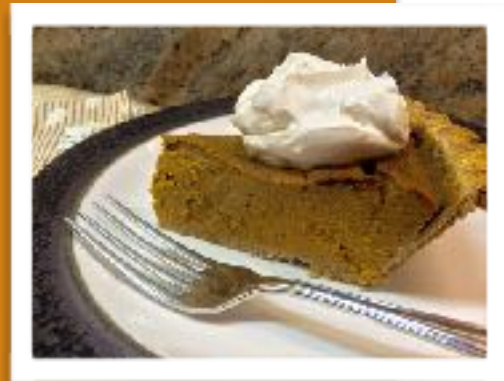
Traditional pie crusts are often made with dairy butter and in Latino markets they are often made with lard or pig fat. Pies crusts can also be made with refined coconut



Vegan Tofu Pumpkin Pie

Two 14 oz. cans pumpkin puree
1 cup maple or agave syrup
1 cup organic soy milk
1 16 oz. block organic firm tofu
1/4 cup ground golden flax seed
2 teaspoons cinnamon
3/4 teaspoon ginger
1/2 teaspoon nutmeg
pinch of sea salt

Preheat the oven to 350 degrees. Place the pumpkin puree, agave, soy milk, spices, flax seed and salt in the jar of a high speed blender, blend on high until smooth. Reduce the speed and gradually add the tofu in pieces, return to high speed and continue processing 5-6 minutes or until smooth. Transfer the filling into an unbaked deep dish pie crust and bake for 60 minutes or until a knife inserted comes out clean. Cool then store refrigerated. Serve with vegan coconut milk whipped cream.



Coconut Milk Whipped Cream

1 can chilled extra creamy Trader Joe's Coconut Milk
2 tablespoons agave syrup
1 teaspoon vanilla
pinch of sea salt

Combine all ingredients in a chilled stainless steel bowl. Using a wire whisk whip until smooth and soft peaks form. Ready made vegan whipped creams can also be found in the refrigerator and freezer sections at many stores

Basic Vegan Quiche

Serves 8

1 16 oz. package organic firm tofu, drained
1 cup soy milk
3/4 teaspoon turmeric powder
2 tablespoons Nutritional Yeast
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 medium zucchini, diced
1 red bell pepper, diced
1 bunch green onions, sliced
1 1/2 cups broccoli florets, chopped
1 tablespoon olive oil
Sea salt to taste and freshly ground black pepper
Vegan parmesan cheese for topping (optional)
1 pie crust, chilled



Use any variety of seasonal vegetables, flash sauté or blanch the veggies briefly before adding to the quiche

Preheat the oven to 350.0 Prepare the vegetables and sauté them briefly in a small amount of oil. Transfer them to a medium mixing bowl and set aside.

In the jar of a blender combine the tofu, soy milk and seasonings. Blend on high and gradually add more milk until a smooth consistency similar to a soft ricotta cheese is reached.

Transfer the blended tofu mixture into the sautéed vegetables and stir until blended. Season to taste then pour into a frozen prepared pie crust. Bake for 50-60 minutes or until a knife inserted into the center comes out clean. Top with veggies and optional vegan cheese the last 10 minutes of baking time. Let cool 15-20 minutes before serving.

Apple Turnovers

1 Basic Pie Crust Recipe, chilled 20-30 minutes

For the Filling:

6 organic baking apples, cored and chopped

3 tablespoons unbleached all purpose flour

1/4 cup cane sugar

1 teaspoon cinnamon

juice of one lemon

2-3 tablespoons vegan butter chilled and cut into pieces

Basting:

2 tablespoons vegan butter, melted

1 tablespoon agave syrup

Cinnamon Sugar Sprinkle:

2 tablespoons cane sugar

1/2 teaspoon cinnamon

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper and set aside.

In a large mixing bowl combine the flour, baking powder, sugar, salt and cinnamon, stir to mix. Add the chilled vegetable shortening and using a pastry blender or knives cut the shortening into the flour mixture until it resembles small crumbs. Add the anise extract to the 1/2 cup of water and pour over the flour mixture, stir just enough to form a dough ball, if the dough is too dry sprinkle a light amount of water until the dough holds together. Chill the dough while preparing the apples about 20-30 minutes. Place the chopped apples in a medium mixing bowl, pour the lemon juice over the apples and stir to coat them evenly. Sprinkle in the flour, sugar, and cinnamon, stir to combine. Sprinkle in chopped pieces of vegan butter and return to roll the dough.



Divide the dough into 2 inch balls. Flatten each dough ball on a lightly floured surface with a rolling pin or line a tortilla press with parchment paper and press the dough balls into circles.

Place a few tablespoons of filling in the center of each circle then fold it and pinch the edges to seal them.

Brush the tops of each empanada with a little melted butter and agave syrup, sprinkle with cinnamon sugar and bake for 20-30 minutes or until lightly golden brown and firm to the touch. Serve hot or store in a sealed container and enjoy later.



Get Ready for Meatless Mondays - Point Loma Hervey Branch Library

Class Registration Information: <http://sandiego.librarymarket.com>

All ages welcome

