

Vegan Spanish Paella

1 tablespoon olive oil
1 large yellow onion, chopped
3 large cloves of garlic, peeled and finely minced
1 ½ teaspoons smoked paprika
5 - 10 strands of saffron
1 medium zucchini, sliced
4 large ripe tomatoes, peeled, seeded and chopped
1 cup fresh or frozen peas or lima beans
8-10 quartered artichoke hearts frozen or packed in water and drained
1 bunch broccolini, chopped (reserve 5 stems for garnish)
3-4 slices roasted red bell pepper
Salt and pepper to taste
1 1/2 cups Arborio rice
3 cups vegetable stock
Finely minced Italian flat leaf parsley
Lemon wedges for garnish
Optional: Top with vegan shrimp or sausages



In a 13" paella pan or deep skillet, heat the extra virgin olive oil over medium high heat. Add the onion and sauté until translucent. Add the garlic and continue cooking 2-3 minutes.

Next dry roast the saffron threads by placing the threads in a frying pan on medium heat. Cook one minute or until they begin to brown. Transfer to mortar and pestle and grind toasted saffron with a pinch of salt.

Add the smoked paprika, saffron, zucchini, chopped broccolini, tomatoes, and one cup of the vegetable stock to the sautéed onion and garlic. Continue cooking and stirring for 10 minutes.

Stir in the artichokes and frozen peas or lima beans (and any optional vegan sausage or seafood). Add the rice and remaining two cups of vegetable stock and bring to a boil. Lower heat to medium low and simmer for 5 minutes, arrange the broccolini and roasted red bell pepper strips on the top and continue simmering until most of the stock is absorbed.

Test the rice for doneness. The grains should be translucent and al dente. If the pan starts to dry out before the rice is cooked, sprinkle in an additional 1/2 cup of water or vegetable broth. If there is too much liquid, turn up the heat to get it to evaporate.

Once the rice is cooked turn off the heat and cover the pan with foil and a couple of towels- this improves texture and allows rice to absorb any remaining stock. Serve with lemon wedges.

Vegan Crab Cakes

- 1 15 oz can garbanzo beans
- 1 15 oz can artichoke hearts in brine, drained and roughly chopped
- 1/2 cup red onion, chopped
- 2 cloves of garlic, minced
- Juice of one lime
- 1 stalk of celery, chopped
- 2 teaspoons Dijon mustard
- 3 tablespoons fresh Italian flat leaf parsley, chopped
- 3 tablespoons fresh dill, chopped
- 3/4 cup organic bread crumbs
- 1/4 cup yellow cornmeal
- 1 teaspoon vegan Worcestershire or tamari sauce
- 2 teaspoons Old Bay Seafood Seasoning
- Freshly ground sea salt and black pepper to taste
- Oil for frying



Heat a small amount of oil in a medium frying pan and sauté the onion for 2-3 minutes on medium high. Add the garlic and cook for another minute. Set aside.

Mash the garbanzo beans in a large bowl with a fork or masher. Leave them partially intact for more texture. Add the remaining ingredients (including the cooked onion and the garlic) and season with salt and pepper.

Divide the mixture into eight vegan crab cakes.

Heat some additional oil in a large pan and cook them on each side on medium high heat for about 3-4 minutes on each side or until they're firm and golden brown.

Serve on a bed of green salad with vegan remoulade and lemon slices. For the remoulade whisk together vegan mayonnaise with chopped dill, fresh lemon juice and season it with salt and pepper.