35TH WORLD VEGETARIAN CONGRESS 'Food for all our futures' Honor Wolf Univers Edinburgh 4 Scotland

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Quick and Gourmet Ideas for Yummy Vegan Meals

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Extracted from my "Why Vegetarian" presentation, available on my home page or www.trianglevegsociety.org in its whole

Quick and Easy Ideas

- Red chili tortilla wrap filled with lettuce, tomato, salsa, shallots; maybe bell peppers, mushrooms, etc. as well
- Textured Vegetable Protein in sauces
- Steam artichoke 35 mins and dip leaves in lemon juice-herb dressing (compost discards!)

- Marinate portabello mushroom; bake then broil; serve w/ garlic and fresh herbs
- Slice potatoes thin, slight olive oil spray, put in hot 425°F oven 8-10 mins
- Roast vegetables; roast garlic and squeeze onto crusty bread
- Buy mixed salad greens

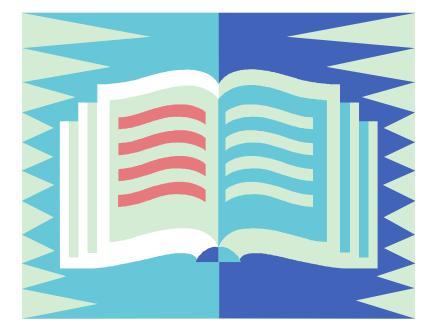


- Traditional pizza crust with sesame seeds, overlapped roma tomato slices, salt, oregano; bake 350°F 10 mins; serve with fresh basil
- Sprinkle bread crumbs and garlic atop truncated tomato and bake
- Sprout or boil grains
- Try heirloom tomatoes & other fruits/vegetables

- Try unfamiliar vegetables in a steamer or stir fried
- Freeze fruit and put it through a high-powered juicer to get "ice cream"
- Baked apple w/cinnamon
- Experiment (in moderation) with infused oils – extra virgin olive, grapeseed, canola, ...
- Try stevia as a sweetener

Novel Combinations

- Roast eggplant & red bell pepper; simmer w/tomato sauce; serve on pasta
- Use leeks instead of onions (wash well!)
- Make sweet potato dishes savory by combining with bread crumbs, spices, onions, etc.
- Add organic rose petals to your salad
- Color organic blue and purple potatoes, blood oranges, purple peppers



Meat Analogs

- Tofu dogs some have no fat
- Many kinds of tofu burgers
- Grain burgers
- Fakin' bacon, foney baloney, puparoni, FBLT w/ nayonaise, "cold cuts", ...
- Tofurky
- Seitan



Fun Things to do with Tofu

- Freeze then thaw it
- Add it to stir fries
- Mash it, sauté it, and then add it to tacos
- Scramble it with turmeric, other spices, onions, and mushrooms
- Marinate and bake it
- Blend it into smoothies
- Enjoy it raw
- Mix it with chocolate!
 (for desserts, use septic packaged; otherwise use sealed refrigerated)



Other Interesting Foods

Tempeh

- Staple in Indonesia
- Saute with mushrooms, onions, bell peppers and serve with pasta
- Mix in with sauces
- Seitan
 - Plain as side course
 - Very low fat stew
 - Fajitas
- Many types mushrooms
- Spices, herbs, nutritional yeast





Good Cookbooks

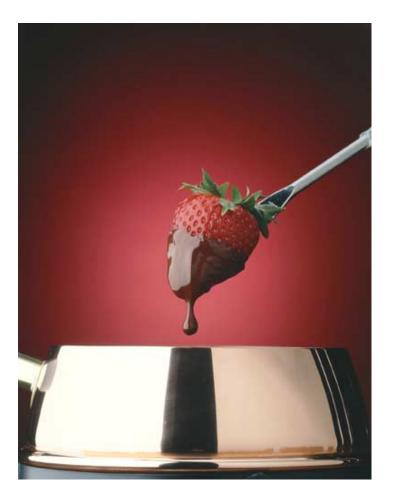


- Gentle World, Incredibly Delicious: The Vegan Paradigm Cookbook, 2000
- Jennifer Raymond, *Peaceful Palate*, 1992
- Yamuna Devi, *The Best of Lord Krishna's Cuisine*, 1991
 - Many good searchable web archives like IVU's from around the world www.ivu.org/recipes/ -- see the TVS links page
- ... or no cookbook at all just experiment!

Other Organizations

- Vegetarian Resource Group, www.vrg.org (Vegetarian Journal)
- North American Vegetarian Society, www.navs-online.org (Summerfest, Vegetarian Voice)
- VUNA and IVU (www.ivu.org) (World Vegetarian Congress)
- PCRM, www.pcrm.org (Good Medicine)

Thank You





By the way, Thanksgiving.

Quinoa salad with olives, shallots, pine nuts, sundried tomatoes, and garlic; arugula and rosemary-carmelized pear salad; fall lettuces with pumpkin seed-cider dressing; warm spinach orzo with pesto; roasted red pepper salad; garlicky greens and garbanzo beans; citrus couscous with dried fruits; roasted exotic mushrooms with fennel and garlic; grilled asparagus; roasted fall vegetables; grilled corn with herbs; breads, crustinis, and pita with walnut and red lentil hummuses; marinated olives; and spiced pecans.

Savory phyllo with roasted fall vegetables and fruit; French braised winter vegetables with a touch of fruit; basil-roasted garlic whipped potatoes; roasted tofu with apple- walnut stuffing, mushroom gravy, and fresh raspberry-cranberry relish; braised wheat gluten sauteed with yellow squash and sweet onions; semolina penne pasta with fresh roasted tomato-pepper-basil sauce; baked lima beans; country cornbread; sweet potato-leek-potato velouté; trio Basmati, brown, and deeppurple "Emperors' Forbidden Black" rices

Fresh seasonal fruits, phyllo cookies, pumpkin pie, rhubarb-berry crisp, and cherry crisp

www.trianglevegsociety.org/thanksgiving01.html