

**Animal Rights Coalition Vegan Iron Chef 2012 Recipes**  
**Sponsored by Butler Soy Curls (<http://www.butlerfoods.com/>)**

**The Winning Recipe - Kaylyn Knopp's Vegan Lettuce Wraps  
with Chimichurri and Mango Cilantro Quinoa Salad**

Serves 8-10

**Lettuce Wraps**

1/2 bag Butlers soy curls  
1/2 diced Red Pepper  
1 Tablespoon Fresh Ginger root  
3 cloves diced Garlic  
2 tablespoons Cumin  
1 teaspoon Red Pepper Flakes  
Bean Sprouts  
Scallions  
1/2 cup squeezed Lime juice  
Leaves of Red Cabbage

**Chimichurri Sauce**

1 Jalapeno  
1 cup Fresh Cilantro  
2 cups Fresh Parsley  
1/2 cup Olive Oil  
1 cup Red Wine Vinegar  
Pinch Salt and Pepper  
1/2 cup Lime Juice  
1 Tablespoon Cumin  
1 Teaspoon red pepper flakes  
2 cloves garlic

**Mango Cilantro Quinoa Salad**

4 cups cooked cold quinoa  
3/4 cup of fresh Cilantro  
1/2 Yellow Pepper  
1 Whole Mango  
1/2 Freshly squeezed grapefruit juice  
1 Small Red Onion  
1/4 cup Grape seed Oil  
1/4 cup Red wine vinegar  
Vegetable Broth



### **Lettuce Wraps**

First rehydrate your soy curls in a mixture of water, lime juice, cumin and red pepper flakes for 2 hours (you can go longer or shorter if needed)

Make Chimichurri sauce by adding all ingredients into food processor or blender until smooth.

Drain soy curls and saute on medium high heat with diced red peppers, garlic, ginger, lime juice, cumin, and red pepper flakes, with a splash of olive oil. Add generous amount of chimichurri sauce to soy curls (roughly 2 cups).

Place mixture into a cabbage cup and top with a bit of chimichurri, bean sprouts, and scallions and use Mae Ploy Sweet Chili Sauce for dipping.

### **Quinoa Salad-Serves 10-12**

Cook quinoa in vegetable broth and water. Cool.

Mix all ingredients and chill for 4 hours before serving. Serve Cold.

**AmyLeo Barankovich's Creamed Chipotle Roasted Red-Pepper Sauce over Basil-Roasted Potatoes and Lime-Infused Soy Curls**

by *Vegan Affairs: A Place for Taste and Grace*

Serves four



**Basil-Roasted Potatoes**

- 1.75 pounds yellow potatoes, with skins
- 3T virgin coconut oil
- 1 T dried basil
- 1.5 oz, or 2 generous cups, fresh basil plus basil for garnish
- ¼ t sea salt
- 2 med-large cloves garlic, diced

Heat oven to 425 degrees.

Wash and chop potatoes into 1" cubes. In heavy, lidded sauce pan melt oil and mix in dried basil. Let stand for a few minutes to allow flavors to infuse. Add potatoes, salt, and minced garlic, stir to cover potatoes evenly. Add ½ of the fresh basil and stir again. Because basil leaves dramatically reduce in size once heated, I like to leave them whole unless they are really large. Then I tear them into smaller pieces.

Cover pan and place in pre-heated oven and cook for 30 minutes. Remove from oven, stir potatoes, add remaining basil, stir again, cover pan and return to oven to cook for another 15-20 minutes. You may want to stir the potatoes every 10 minutes or so during the entire roasting time.

**Creamed Chipotle Roasted Red-Pepper Spread**

inspired by <http://southernfood.about.com/od/saucerecipes/r/bl50921a.htm>

Makes about 1 scant cup

- 1 large red bell pepper
- 1 tablespoon Earth Balance\*
- 2 to 3 green onions, with about 1 inch of green, sliced
- 1-2 chipotle peppers, depending on how spicy you want it
- Boiling hot water
- ¼ c plain soy creamer
- 1 tablespoon tomato paste
- ¼ t salt

In small bowl, place desired amount of chipotle peppers. Add just enough boiling hot water to cover them. Cover bowl with a plate and let soak for 20 minutes.

Meanwhile roast red pepper under broiler or over open flame on stove or grill. If roasting under broiler, you might have to cut the pepper in half to fit under the flame or heating element. Roast each side, rotating pepper until all sides are thoroughly charred.

Watch the peppers carefully. The time might vary quite a bit depending on the distance between the heat source and the peppers. Immediately place pepper in a paper bag and then put the paper bag in a

plastic zip-lock bag to steam and loosen skin \*. Let sit for 5-10 minutes. Remove from bags. Remove skins and chop. If pepper is too hot to handle and/or if the skins do not remove easily, you may want to immerse them in ice water for about 30 seconds. FOR AN EASIER METHOD – use pre-roasted, store bought red peppers. They work, although the flavor is not as rich.

Melt Earth Balance butter in a medium saucepan over medium heat. Add green onions and sauté for 1 minute. Add red peppers and salt to the green onions in saucepan and sauté for another 3 minutes. Add creamer, stir until milk scalds. Remove from heat, cover pan and let sit for three minutes, allowing flavor to infuse in milk.

Drain chipotle pepper/s and chop. Add to red pepper mix in sauce pan and puree with immersion blender (or cool slightly and blend in blender or food processor). If using blender or food processor, pour mixture back into sauce pan. Add tomato paste. Whisk over low heat until thoroughly heated.

\* Most often you will see this process without the paper bag. I use the paper bag because the heat that is generated from the pepper will interact with the plastic bag. Plastic is known to have carcinogens and I don't think it is worth the risk of having this work its way into the pepper. I wrap the paper in plastic as to hold in the steam since it will move through the paper.

### **Lime-Infused *Butler Soy Curls***

Coconut oil for searing

1 8-oz package *Butler Soy Curls*\*

1/2 cup plus 1 T fresh lime juice, about 3 medium limes

1 ½ cups filtered water

3 T Braggs Amino Acids\*

3 T olive oil

2 t crimini mushroom powder\*

¾ t chipotle powder

Place all ingredients except coconut oil and *Butler Soy Curls* in a 12" X 9" pan or *marinater*.

Mix well and let set a few minutes to allow chipotle powder to dissolve completely. Add *Butler Soy Curls* stir until completely coated and marinate for 2-8 hours, turning or stirring occasionally.

Heat a large cast iron skillet for several minutes until very hot. You do not want it hot enough to burn the oil. Add oil, spread across pan and immediately add the Lime-Infused *Butler Soy Curls*. Stir constantly for 3-5 minutes while it browns. Keep at high a heat as possible without causing oil to smoke.

\* While most recipes can easily exchange oils, I highly recommend staying with the coconut oil on this one since it tolerates high heat so well.

### **Putting It All Together**

On large platter, spoon potatoes, and then Lime-Infused Tofu Curls. Then top with red-pepper spread. Or, you can do this on individual plates, using ¼ of each of the components. If plating individually, you can also spoon the red-pepper spread first, then the potatoes and then the mock duck or Seitan. Garnish with whole basil leaves.

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\* **Earth Balance Buttery Spread** is a Non GMO (genetically modified organism), non-hydrogenated vegan margarine that is great in taste and healthier than other margarines.

\* **Butler Soy Curls** - Non-GMO soybeans grown without chemical pesticides are soaked, cooked, delicately textured and then dried at low temperature thus ensuring the natural goodness of the whole soybean - high in fiber and omega-3. *Butler Soy Curls* are one of the most pure, healthful products on the market containing no chemicals, additives, or preservatives.

\* **Braggs Amino Acids** is a Certified NON-GMO liquid protein concentrate, derived from healthy soybeans, that contains 16 Essential and Non-essential Amino Acids in naturally occurring amounts. It is a non-fermented option to soy sauce and tamari.

\* **Crimini Mushroom Powder** The crimini mushroom is an immature Portobello. Similar in size and shape to common cultivated white mushrooms, it has a more pronounced flavor and a richer nutritional profile. Mushrooms offer that “extra something” to more fully develop flavor in a dish. To get this flavor enhancement without the other mushroom characteristic, use dehydrated ground mushrooms. Chances are you will have to do this yourself as it the powder does not seem to be available in stores.

## Megan Duke's "The Beast"

Find this and other great recipes at Megan's *Down Home Vegan* blog:

<http://www.downhomevegan.com/2012/10/and-winner-is.html>

Makes one deep dish 9x9" casserole, or one 9x13" (single layer)



### **Gravy**

1 tbsp olive oil  
2 tsp margarine  
1 tbsp cornstarch  
1 tsp dried thyme  
1 tsp dried rubbed sage  
couple dashes white pepper  
1/2 tsp granulated onion, or toasted dried onion  
1/2 tsp granulated garlic  
1 can pumpkin puree  
2 or more cups vegetable broth  
salt, to taste

Whisk the oil, margarine, and cornstarch into a roux over low heat. Add everything else, and slowly pour in the broth, stirring, until thickened and the consistency you want. Remove from heat. Salt to taste.

### **Potatoes**

3 or 4 medium Yukon Gold potatoes, peeled and diced  
1 tbsp margarine  
unsweetened plain non-dairy milk  
roasted garlic, if desired  
salt and pepper, to taste  
1 tsp dried rosemary

Boil the potatoes until fork-tender. Pass through a ricer or use a masher so you don't get gummy potatoes (I also like it a little chunky). Stir in margarine until melted. Slowly add milk, whipping the potatoes to a spreadable consistency. Add some garlic, and rosemary. Stir.

### **Stuffing**

1/2 of a 12-oz bag bread cubes for stuffing (I mixed sage & onion with cornbread), or homemade  
2 tbsp margarine  
1/2 cup chopped onion  
1 clove garlic, minced  
1/2 cup chopped celery  
any additions you like in stuffing: hazelnuts, almonds, dried cranberries, apples, etc  
1 tsp poultry seasoning, sage, thyme, or whatever you'd like to add if using plain bread cubes  
1-1.5 cups hot vegetable broth

Cook the onion, garlic, and celery over medium heat in the margarine until soft. Pour over the bread cubes. Slowly add hot broth and stir until it's moist but not wet. Fold in any add-ins you like.

**Soy Curls (if using them; you can also use Tofurky or seitan for this layer)**

- 1 bag Butler's Soy Curls
- 2 cups hot not-chicken broth (I use Edward & Sons)
- 1 tsp vegan Worcestershire sauce
- 2 tsp salt
- 1 tsp onion powder
- 1/2 tsp granulated garlic
- 1 tsp dried thyme
- 1 tsp dried rubbed sage
- 1/2 tsp smoked paprika

Hydrate the curls in a bowl with all the other ingredients for about ten minutes. Drain, and sear in a pan for a couple minutes until brown. Set aside.

**Cranberries**

- 1 can whole berry cranberry sauce
- 1 tsp vanilla extract
- 1 pinch cardamom

Mix that up in a bowl.

**Crust**

- 1/2 package Pepperidge Farm puff pastry (or your own homemade puff pastry; one sheet)
- non-dairy milk for brushing.

**To assemble**

Preheat oven to 375°

Spray a deep 9x9" casserole or a 13x9" roasting pan with cooking spray. If using a deep dish, you'll want to repeat the layers, so divide everything accordingly.

Spoon about 1/2 cup or so of the gravy in the bottom. Add your stuffing layer, packing it down to make a firm base. Next are the cranberries. You can either blob it all over, or spread it out in an even layer. Next, make a layer of soy curls. Spread the mashed potatoes evenly over the whole thing with a rubber spatula. Spoon about a cup of the gravy over this. If you're deep-dishing, you should have saved half of everything. Repeat your layers.

Roll out the puff pastry to fit your dish. Lay it over the top, and crimp the edges, or tuck it in. Brush with non-dairy milk. Make two slits in the top with a knife. Bake for 45 minutes, or until the crust is golden brown. Let rest for ten minutes, and serve with extra gravy.

## **Caitlin Rudeen's Butler Soy Curl Sushi**

See *Caitlin's Healthy Homemade* website at <http://www.caitlinshomemadecom.com/> for other great recipes.

Soy curls, re-hydrated in hot water, seasoned with Braggs & minced ginger



### **Nori**

Brown Rice, seasoned with rice wine vinegar & cilantro

Cucumber, cut in long, thin slices

Avocado, cut in long, thin slices

Carrots, shredded

Red Bell Pepper, thinly sliced

-Assemble all ingredients in Nori. Use with peanut dipping sauce.

### **Peanut Dipping Sauce**

Creamy peanut butter

Braggs Liquid Aminos

Sesame Oil

Ginger, freshly minced.

Cilantro

Scallions

Hot Water

Blend all ingredients with hot water until a nice, smooth consistency.

## Rachel Smith's Soy Curl Stroganoff

### Caulipots

(Courtesy of "Appetite for Reduction" by I.S. Moskowitz, Da Capo Publishing, 2011, pgs. 54-55)

#### *What you need:*

- 2 Russet Potatoes, cut into  $\frac{3}{4}$  inch pieces (about 1 1/2 pounds)
- Half a head of Cauliflower cut into florets (about a pound or 3 cups)
- 1 tablespoon of Olive Oil
- 2 to 4 tablespoons of Vegetable Broth
- Half a teaspoon of Salt
- Several pinches of freshly ground Black Pepper

#### *What to do:*

**Place** the potatoes in a 4-quart pot big enough in cold water to submerge them, making sure there is about 4 inches of extra water on top for when you add the cauliflower. Bring the potatoes to a boil. Once boiling, add the cauliflower and lower the heat to a simmer. Let simmer for about 15 minutes, until the potatoes and cauliflower are tender.

**Drain** them in a colander, return them to the pot, and use a potato masher to mash them up a bit. Add the olive oil, 2 tablespoons of broth, and the salt and pepper and mash a bit more. Use a fork to make sure all the seasonings are mixed well. If needed, add another 2 tablespoons of broth. Taste for salt. Serve warm.

### Vegan Vietnamese Shaking 'Beef' aka the Soy Curls

(Courtesy of the Spice Island Vegan:

<http://spiceislandvegan.blogspot.com/2008/07/vegan-vietnamese-shaking-beef-with-help.html>)

#### *What you need:*

1 pkg. dried soy meat, beef style (Thit Chay) (7-8 oz.) or 2 cups dried Soy Curls™ prepared (see instructions below) and marinade with:

- 2 Tablespoons vegetable oil
- 2 Tablespoons minced garlic
- 2 Tablespoons light soy sauce or Bragg's Liquid Amino™
- 2 Tablespoons agave nectar
- 1 Tablespoon dark mushroom soy sauce
- 1/4 teaspoon salt

#### *What to do:*

If using Soy Curls™:



Soak Soy Curls™ in warm water for 10 minutes.  
Drain water and squeeze most of the water out.  
Combine all marinade ingredients in a bowl.  
Apply marinade sauce to Soy Curls™, mix well, and let it sit for at least 30 minutes.

### **Easy Vegetarian and Vegan Mushroom Gravy Recipe**

(Courtesy of Jolinda Hackett:

<http://vegetarian.about.com/od/vegetariangravyrecipes/r/mushroomgravy2.htm>)

*What you need:*

Half an onion, diced  
Half a cup diced mushrooms  
2 tablespoons vegetable oil  
2 cups water or vegetable broth  
3 tablespoons nutritional yeast  
1 vegetarian bouillon cube  
Half a teaspoon of onion powder  
Half a teaspoon of garlic salt  
Approximately 3 tablespoons of flour

*What to do:*

**In a large skillet or pan**, sauté the onion and mushroom in vegetable oil just until soft, about 3 to 5 minutes. Add the remaining ingredients, except for the flour, and bring to a simmer, stirring frequently.

**Slowly** add the flour, one tablespoon at a time and whisk thoroughly to combine. Continue adding flour until the gravy reaches desired thickness.