



PERSONAL CHEF | COOKING CLASSES & DEMOS | ONE-ON-ONE COACHING

# Kingston VegFest 2016

Cécile's Untamed Kitchen

Demonstration recipes and notes

Thank you all for coming to VegFest. It was a great success. See you next year!

In the meantime, have fun with the recipes below or follow me on Facebook for occasional tips and ideas!

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## About Cécile's Untamed Kitchen

My food is plant-based, definitely vegetarian, quite vegan, rather raw, mostly organic, possibly local and as seasonal as I can do. Cécile's Untamed Kitchen is in Kingston, ON.

Being originally from France, my style is french-inspired minus the cream and butter! My recipes are unpretentious, unpredictable, fresh, simple, quick, original, nourishing, multifaceted, using a limited number of quality ingredients and healthily tasty. Special diets and allergy friendly. Services available in French.

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## DEMO #1

Let's Get Saucy: Spice-up your vegan pantry with cool sauces and condiments

### TOFUNAISE

Makes +/- 3 cups

- 1 package Silken Tofu (500 g)
- 4 tbsp olive oil
- 2 tbsp apple cider vinegar or lemon juice
- 3 tbsp tamari or soy sauce
- 2 tbsp mustard
- 1 to 2 tbsp nutritional yeast
- salt & pepper
- optional... a pinch of turmeric for the colour

Using a blender or a food processor, mix all the ingredients until smooth.

Put away in a jar labelled and dated. Will keep at least 5 days.

**Notes...**

\* I love it as a replacement for mayonnaise (great in a coleslaw), as an original dip, as a creamy dressing with any greens, over asparagus, with avocados...

\* I use 1/2 a package (250g) at a time.

I make a sweet mousse with the other half. How?

In a small pot, place 250g of silken tofu, 3/4 cup non-dairy milk, 1 cup of frozen berries and +/- 1/4 cup sugar. Bring to a boil and using a blender, mix it a few minutes until very smooth. Portion into ramequins or in a single bowl. Let it set in the fridge for a few hours. Overnight is ideal.

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## SIMPLY CASHEW CREAM

A fabulous creamy sauce or dip depending on the amount of water you add. Savoury or sweet!

### Basic Recipe...

1. Using 1 cup of raw unsalted cashews (I buy them in bulk @ Tara Natural Foods)
2. Soak the nuts for about 1 hour to soften them. Drain and rinse.
3. Using a blender or food processor, mix the cashews with:
  - +/- 1/2 cup of water to start
  - 1 tbsp organic lemon juice (use some zest for extra zing!)
  - 1 tsp tamari or soy sauce
  - salt & pepper

Adjust the seasoning to YOUR taste!

### *Ideas for flavours...*

- combo mustard (grainy Dijon mustard) + nutritional yeast
- horseradish
- fresh garlic and/or ginger

- fresh herbs as in basil, cilantro, dill, thyme etc.
- fresh hot peppers, a few drops of your favourite hot sauce or chipotle powder
- curry powder
- apple cider vinegar if making more of a dressing
- smoked paprika
- liquid smoke

To make a simple and yummy sauce:

In a frying pan, sauté some onion or shallot (leek is wonderful), deglaze with rice vinegar (or white wine or simply water) and add the plain creamy sauce. Mix well and adjust the seasoning.

It gets thick so don't hesitate to add extra water.

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## HEMP HEARTS CREAMY SAUCE

Makes +/- 1 cup

- 1/2 cup hemp seeds + 1/2 cup water = let soak for +/- 1 hour (don't drain)
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp tamari or soy sauce
- salt & pepper
- a fresh herb... dill, cilantro, parsley

Using a blender, mix all the ingredients until smooth.

### Ideas for flavours...

- minced garlic &/or ginger

- sun-dried tomatoes in oil & Provence herbs
- pesto

cayenne, smoked paprika, chipotle

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## TOASTED SEEDS

- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- +/- 2 tbsp Tamari
- optional... cayenne or smoked paprika

Place the seeds on a baking sheet (or a 9X13 pan) and bake @ 350°F for about 20 minutes.

Set your timer on for 10 minutes and check what's going on in the oven. Take the sheet out and move the seeds around so that they get a chance to toast evenly.

Bake an other 10 minutes. It should start to smell really good!

As soon as you take the sheet out of the oven, pour the tamari over the seeds and mix well while there are still hot. Let them cool before devouring!

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## “PARMESAN CHEESE” VEGAN-STYLE

For lack of another better name... it does make up for a versatile topping!

- 2 Tbsp sunflower/pumpkin seeds – toasted (see previous recipe ;0)
- 2 Tbsp nuts... almonds, hazelnuts, walnuts or hemp hearts (I used them at VegFest)
- ½ Tbsp nutritional yeast
- touch of olive oil

1. Using a coffee grinder, separately pulse the seeds until ground. Do the same with the nuts.

2. In a small bowl, mix both and add the nutritional yeast.
3. Little at a time, drizzle drops of oil to create a crumble-like texture.
4. Taste and if need to, add salt and freshly ground pepper.

Optional... cayenne pepper, smoked paprika, curry powder etc.

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## GOMASHIO

A Japanese condiment to use as a salt replacement or as a tasty addition to just about anything!

- 1 cup unhulled sesame seeds
  - salt (i use grey sea salt for extra minerals)
  - optional... seaweeds like dulse or nori. Also... cayenne pepper, mustard seeds
1. Toast seeds on stove in a dry pan at medium high heat until golden brown (or in the oven while you are toasted other seeds). If you hear them popping, the heat is too high. Cool.
  2. Add a touch of salt knowing that it's about 1 part salt to 20 parts seeds!
  3. Pulse lightly 2 or 3 times in a spice grinder, or use mortar and pestle, until coarsely ground.

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## AVOCADO WHEEL SNACK

- 1/2 ripe avocado
- tamari or soy sauce
- gomashio
- optional... nutritional yeast & smoked paprika

Split avocado and remove pit. Cut one half avocado in spokes from the centre with a small spoon, drizzle tamari into the spokes, and sprinkle with gomashio. My favourite snack!

## DEMO #2

Love Me Raw: Fall...ing in love with raw and seasonal vegan dishes

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### TOASTED SEEDS

see above for recipe

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### HEMP HEARTS CREAMY SAUCE

see above for recipe

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### SUNFLOWER SEED SPREAD/PÂTÉ

Super easy, economical, so versatile.

- 1 cup sunflower seeds, soaked (for a few hours. If you use warm water, it will go faster) and drained
  - 2 tbsp AC vinegar or lemon juice + zest
  - 1 tbsp tamari or soy sauce
  - 1 tbsp olive oil (or I used sunflower oil)
  - fresh garlic
  - fresh parsley (or basil, thyme, coriander) and a piece of kale!
  - salt & pepper
1. In a food processor, blend all ingredients.
  2. Scrape the sides of the container as needed until you achieve desired consistency.
  3. You might want to add a little bit of water if you want a smoother texture (for a dip!).
  4. Adjust the seasoning to YOUR taste!

**Notes...**

For VegFest, I seasoned my “pâté” with the rich tasting flavours of sun-dried tomatoes & Provence herbs.

I soak sun-dried tomatoes in warm water. Drain them well. Place them in a jar with dry herbs and cover with olive oil.

Remember...

I showed you how to make Fall Rolls (or Logs!) using rice paper or kale, collard or kohlrabi leaves.

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### 3-CABBAGE SALAD

- 1/4 small white cabbage - thinly sliced
- 1/4 small red cabbage - thinly sliced
- 2 kale leaves - stemmed + chopped
- a few shallots - thinly sliced + quickly pickled in apple cider vinegar
- fresh parsley - chopped

#### You could also add...

- 2 carrots - grated
- 1/4 fennel bulb - thinly sliced
- 1 turnip julienned -
- a few radish - sliced
- 1 apple - cubed
- Dried fruits like cranberries, red currants
- Nuts - toasted & chopped (see note below on how to toast nuts)

#### For the warm salad dressing:

- 1/3 olive oil or sunflower oil
- 1/4 cup apple cider vinegar
- 1 tbsp tamari
- Turmeric & freshly ground pepper



1. In a small saucepan, bring all the ingredients to a quick boil.
2. Pour the liquid over the veggies and mix well.

This technique gives them a fabulous shine and wilts the rawness out of them. If you choose to add apple & dried stuff, now is the time to add them! This salad will be even better the next day. It keeps 2 to 3 days in the fridge.

## HOW TO TOAST NUTS?!

Make sure you use a Raw Unsalted Nut like almond, hazelnut, pecan, walnut

If you buy them in bulk, they are more economical.

1. Spread in a single layer on a baking sheet.
2. Place in a pre-heated oven at 180°C/360°F.
3. Bake stirring occasionally, until light tan and fragrant for about 15 min.
4. Chop into smaller pieces.

For extra flavour, toss them in olive oil & cumin/coriander/cinnamon/cayenne pepper/salt

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## DISCOVER SPELT!

This organic spelt is grown on Sonset Farm in Inverary from an original seed that has never been hybridized.

From the wheat family, it has a much higher nutritional value (especially in its protein content).

The gluten content is lower compared to wheat kernels which makes it easier to digest (not as allergen).

The easy soaking process neutralizes the phytic acid (naturally occurring) which allows our body to better absorb its nutrients.

Yields +/- 2 cups

1 cup spelt kernels **soaked overnight** in cold water (or soak in the morning so that it's ready when you get home for dinner!)

1. Rinse and drain well.
2. Cover with 1 cup of fresh cold water.

3. Add salt, 1 bay leaf & 1/2 a veggie cube (all optional).
4. Bring to a gentle boil and lower the heat to let simmer for about +/- 20 min.

It makes for an original crunchy, nutty, nutritious side dish to replace rice, pasta, potatoes.

You can create wonderful salads with your cold cooked spelt.

Spelt flour is amazing! Start using it by substituting 1/2 of your regular white flour in any recipe.

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