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Cutting-Edge

Cuisine

Orlando Culinary Academy (OCA) located in the heart of one of the world's tourism centers, is the prime location for students to learn the passion of the kitchen. Orlando provides an endless array of opportunities for students to learn and develop today's top culinary trends.

OCA is one of thirteen schools that make up Le Cordon Bleu North America. The curriculum focuses on developing hands-on culinary arts skills, which can be applied in a wide variety of segments of the hospitality industry. The academy stresses professionalism, teamwork and proper technique. OCA currently offers two associates of applied science degrees in Le Cordon Bleu Culinary Arts, and another in Patisserie and Baking Arts. The academy will launch associates and bachelors programs in Hospitality and Restaurant Management in early 2005. The state-of-the-art teaching facility is accompanied by the student-run restaurant Machon, featuring French-fusion cuisine.

The students who developed these recipes represent different levels of curriculum within the program, and they are all members of the Sprouts Club, a fellowship of students who are interested in learning organic gardening. They study different types of produce and fresh cooking ideas through special demonstrations, tastings and extracurricular field trips. Members provide the kitchens with a large assortment of herbs and vegetables. The students are mentored by Chef Jennifer Carson, who oversees and coaches the proper ways to care for herbs and inspires them to always reach for the next level.

For more information, visit Orlando Culinary Academy on the Web at www.orlandoculinary.com, or call (888)-OCA-CHEF.

The fourth edition of Cutting-Edge Cuisine for 2004 visits the Orlando Culinary Academy located in the heart of one of the world's best-known tourism centers.



Banana Bread Pudding

THE CHEFS: Jennifer Carson, Don Henderson, James Hyde, Kit Croson, Mike Frasca, Sue Ballard, Tammy Marsh, Timm Johnson, Dave Arnold

PUMPKIN RISOTTO

Risotto gets its creaminess from slowly releasing the starches of the rice during constant stirring.

Serves 10

2 Tbs. **RAPUNZEL** Extra Virgin Spanish Olive Oil
 2 Tbs. finely diced white onions
 1 lb. **BOB'S RED MILL** Arborio Rice
 ½ cup pumpkin pie filling
FRONTIER Natural Sea Salt to taste
FRONTIER Ground Black Pepper to taste
 2 quarts hot vegetable stock or water
 1 cup diced pumpkin or winter squash, roasted until tender
 ½ cup **NASOYA** Extra-Firm Tofu, pressed and diced
 ½ cup butter chilled and cubed
 ½ cup fresh Parmesan cheese, grated
 6 leaves fresh sage, cut into chiffonade (thin strips)
 Pinch **FRONTIER** Ground Cinnamon
 Pinch **FRONTIER** Ground Nutmeg
EDEN Organic Pumpkin Seeds, Dry Roasted & Salted for garnish
RAPUNZEL Pumpkin Seed Oil for garnish

1. Heat oil in large, heavy skillet over medium heat. Add onions, and sauté until soft, about 2 minutes, taking care not to brown. Add rice, and sauté until well coated with oil. Add pie filling. Stir until all rice is well coated with pie filling. Season with salt and pepper.

2. Add ½ cup stock to rice, and stir over medium heat with wooden spoon until stock is absorbed and rice is almost dry. Add another ½ cup stock, and repeat. Do not add more than ½ cup stock at a time. Continue until all stock is used up and risotto is tender but not mushy, about ½ hour. Add diced pumpkin and tofu, and stir until heated through. Remove from heat.

3. Stir in butter and Parmesan cheese, and cook until completely melted. Stir in sage, cinnamon, nutmeg, salt and pepper, adjusting seasonings to taste. Garnish with pumpkin seeds and pumpkin seed oil, and serve.

WINE SUGGESTION

Frey Organic Pinot Noir 2002

ASIAN VEGETARIAN STRUDEL

This is a wonderful fusion dish, combining Asian ingredients with classic French technique.

Serves 5

Filling

1 green bell pepper, diced
 1 red bell pepper, diced
 1 yellow bell pepper, diced
 ½ cup sliced button mushrooms
 1 carrot, diced
 ½ head napa cabbage, thinly sliced
 1 small zucchini, cut in half and thinly sliced
 1 small yellow squash, cut in half and thinly sliced
 1 large Spanish onion, diced
 1 12-oz. can **BUSH'S BEST** Pinto Beans, drained
 1 Tbs. **EDEN** Select Organic Sesame Oil

Marinade

½ cup **EDEN** Select Imported Organic Reduced

Sodium Shoyu Soy Sauce

3 Tbs. **EDEN** Select Organic Sesame Oil
 3 Tbs. **FRONTIER** Whole, Hulled Organic Sesame Seeds
 3 Tbs. **EDEN** Rice Wine Vinegar
FRONTIER Sea Salt to taste
FRONTIER Ground Black Pepper to taste

Strudel

8 sheets phyllo dough
EDEN Select Organic Sesame Oil for brushing

Garnish

2 Tbs. **EDEN** Select Wasabi Powder
 1 cup **EDEN** Select Imported Organic Reduced Sodium Shoyu Soy Sauce for dipping, if desired
 ½ cup **EDEN** Select Pickled Ginger with Shiso Leaves

1. To make Filling: Combine all vegetables and beans in mixing bowl. Heat sesame oil in large skillet over medium heat. Sauté mixture lightly in oil. Remove from heat, and set aside in bowl to cool.

2. To make Marinade: Combine all ingredients in bowl, and whisk together. Add cooled filling to marinade, and set aside for 10 minutes.

3. Preheat oven to 350°F. Line baking sheet with parchment paper.

4. To assemble Strudel: Strain filling, and remove as much liquid as possible. Lay out one sheet of phyllo dough, and carefully brush with sesame oil. Place another layer of phyllo dough on top. Repeat, using all 8 sheets, making sure top layer is oiled as well. Spoon cooled filling in a long, thick log-shaped roll along one long side of dough. Filling should be about 3 inches wide, with a 2-inch-wide margin on side, top and bottom between edge of dough and filling. Fold in narrow sides of dough. Carefully lift up dough with filling, and fold it over once. Continue rolling up dough, like a sleeping bag, until you reach 1 inch at end. Brush end with oil, and continue rolling, making sure seam is sealed. Place roll on baking sheet, seam side down. Brush top generously with sesame oil.

5. Bake about 20 minutes, or until crispy and brown. Cool 5 minutes before serving.

6. To make Garnish: Stir wasabi powder mixed with 1 tablespoon water to form paste. Serve strudel with wasabi paste, soy sauce and pickled ginger with shiso leaves.

WINE SUGGESTION

Frey Organic Sauvignon Blanc 2002

BANANA BREAD PUDDING

This bread pudding requires a lengthy soaking time for the bread, so begin its preparation a day ahead. Serve with **STONYFIELD FARM** Organic Vanilla Yogurt.

Serves 4

3 slices **PACIFIC BAKERY** Yeast Free Spelt Organic Bread, cubed
 3 slices **PACIFIC BAKERY** Yeast Free Kamut® White Organic Bread, cubed
 1 cup **VITASOY** Plain Soy milk
 2 large eggs
 1 ripe banana, peeled and mashed
 ½ cup **DOMINO** Organic Sugar, or more to taste

¼ tsp. **FRONTIER** Ground Cloves

¼ tsp. **FRONTIER** Ground Cinnamon

3 Tbs. unsalted butter, melted

½ cup **TROPICAL SOURCE** Dairy Free, Gluten Free Semi Sweet Chocolate Chips

1. Put bread cubes into large bowl. Add spices, and toss to coat. In separate bowl, combine milk, eggs, banana and sugar, and stir well. Pour liquid mixture over bread, and toss to coat. Cover bowl with plastic wrap, placing wrap directly on bread to create airtight seal. Refrigerate, letting bread soak a minimum of 8 hours, or until bread is thoroughly saturated.

2. Preheat oven to 375°F.

3. Brush insides of four 4-inch ring molds or soufflé cups generously with butter. (If using ring molds, first seal bottoms of rings with small pieces of aluminum foil wrapped around bottoms.) Remove bread pudding from refrigerator, and mix in chocolate chips. Distribute bread mixture evenly between rings. Place rings in shallow pan. Add water to pan until it reaches one-half inch up side. Put on middle rack of oven.

4. Bake, uncovered for about 30 minutes, or until a knife inserted in center comes out clean. Remove from oven, and let rest for 10 minutes.

5. Remove foil from bottoms of ring molds. Place pudding on plate. Run knife around inside of ring molds to release pudding, and pull rings up. If using soufflé cup, run knife around edges of bowl, and turn upside down on plate. Serve.

WINE SUGGESTION

Frey Organic Petite Sirah 2002

SPICED PUMPKIN MOUSSE

Serves 6 to 8

½ oz. **EDEN** Agar Agar Seaweed Gel
 2 12.3-oz. pkg. **NASOYA** Silken Extra-Firm Tofu
 3 cups **DOMINO** Organic Sugar
 Pinch **FRONTIER** Organic Ground Cloves
 ¼ tsp. **FRONTIER** Organic Ground Cinnamon
 Pinch **FRONTIER** Organic Ground Nutmeg
 ¼ tsp. **FRONTIER** Organic Ground Ginger
 2 cups pumpkin pie filling

1. Crush seaweed gel in small bowl, and cover with cold water. Mix with hands until all pieces are soft. Drain. Preheat grill or broiler.

2. Put tofu and whey into food processor. Add seaweed gel and sugar, and purée until smooth and uniform. Add all spices and pumpkin pie filling, processing until smooth.

3. Put mixture into nonreactive bowl, cover with plastic wrap and chill about 30 minutes, or until thick. Chill serving plates.

4. Put chilled mixture into piping bag, and pipe mixture onto chilled plates. Serve immediately.

WINE SUGGESTION

Frey Biodynamic Zinfandel 2002

MEDITERRANEAN VEGETABLE SANDWICHES

Feel free to use other varieties of vegetables. For quick assembly, prepare the vegetables, hummus and salsa in

advance and refrigerate until ready to use. If you don't have a grill, you can use a grill pan or just toast the vegetables in the oven.

Serves 4

Tomato and Olive Salsa

- 5 ripe plum tomatoes, stemmed and diced
- ½ cup black olives, seeded and chopped
- 4 Tbs. capers
- FRONTIER Natural Sea Salt** to taste
- FRONTIER Ground Black Pepper** to taste
- 2 Tbs. **RAPUNZEL Extra Virgin Spanish Olive Oil**
- 2 Tbs. **EDEN Selected Red Wine Vinegar**

Roasted Garlic Hummus

- 2 cloves garlic, roasted
- 2 Tbs. lemon juice
- 1 cup **MARANATHA Cashew Butter**
- 8 oz. **BUSH'S BEST Garbanzo Beans**
- 3 tsp. **RAPUNZEL Extra Virgin Spanish Olive Oil**
- Pinch **FRONTIER Organics Ground Paprika**
- ½ tsp. **FRONTIER Organics Ground Cumin**
- FRONTIER Natural Sea Salt** to taste
- FRONTIER Ground Black Pepper** to taste

Roasted and Grilled Vegetables

- 1 Bermuda onion, papery skin removed, and sliced into ½-inch-thick slices, keeping rings together
- 1 medium eggplant, washed and stem removed, cut lengthwise into ½-inch-thick strips
- 2 Tbs. **RAPUNZEL Extra Virgin Spanish Olive Oil**
- FRONTIER Natural Sea Salt** to taste
- FRONTIER Ground Black Pepper** to taste
- 1 medium red bell pepper, washed

Spinach Filling

- 2 whole wheat pita breads
- 2 Tbs. **RAPUNZEL Extra Virgin Spanish Olive Oil**
- FRONTIER Natural Sea Salt** to taste
- 20 pieces of fresh spinach, stemmed, ribbed, rinsed and dried

Garnish

- 2 tsp. honey, cold
- Fresh lemon wedges

1. Preheat grill or oven to 400F.
2. To make Salsa: Combine tomatoes, olives, capers, salt and pepper. Add mixture of oil and red wine vinegar. Stir until the vegetables are evenly coated, but not too soupy. Let mellow for 30 minutes.
3. To make Hummus: Put roasted garlic, cashew butter, beans, oil, paprika, cumin, salt and pepper in bowl of a food processor, and purée until smooth. Scrape down sides. Drizzle in water as needed until mixture reaches consistency of mayonnaise. Adjust flavorings. Cover and chill.
4. To make Roasted Vegetables: Put onions and eggplants on cookie sheet. Brush evenly with oil, and sprinkle with salt and pepper. Place onions and eggplant on hottest part of grill, and cook until tender. Sprinkle top sides of vegetables with salt and pepper. Turn vegetables over, and repeat process. Remove vegetables from grill, and keep warm.
5. Roll red pepper in olive oil, and sprinkle with salt and pepper. Place red pepper directly on grill. Cook until

outer skin is black and crispy. Continue rolling pepper and charring skin until entire pepper is charred. Remove from grill, and place in bowl, covering tightly with plastic wrap. When cool, remove plastic wrap. Using paper towel, rub skin off. Slice pepper in half, and remove seeds and stems. Slice into 1-inch strips.

6. Cut eggplant slices into 2-inch pieces. Separate onion into rings. Brush both sides of pita bread with oil, and sprinkle with salt. Place both pieces of pita on grill until slightly toasted, warm, and lightly brown. Remove pita from grill, and cut each in half. Open up each side of pocket.

7. Spread evenly with the hummus. Place the spinach leaves on one side of pita. Distribute onion rings, sliced eggplant, and sliced red pepper evenly on top of spinach. Immediately before eating, drizzle vegetables with fresh honey and a squeeze of lemon juice. Serve with Tomato and Olive Salsa.

WINE SUGGESTION

Frey Organic Sangiovese 2002

ORGANIC CREAM CHEESE PIE

To make yogurt curd, or yogurt "cheese," line a small strainer or colander with 2 coffee filters and place over a deep bowl. Place 16 ounces of yogurt in the filter, and cover with plastic wrap. The curds and whey will separate, leaving just the curds, or thick cheese, in the strainer. This may take from 8 to 24 hours. Occasionally, if needed, carefully stir the yogurt, being careful not to break the coffee filters. Once separated, the yogurt should have the consistency of baked custard. After it has separated, the yogurt curd has only a 1- to 2-day shelf life. Serve the pie with fresh fruit.

Makes one 8-inch pie

- 1 8-inch graham cracker crust
- 1 cup **DOMINO Organic Sugar**, or more to taste
- 8 oz. organic cream cheese
- 8 oz. **STONYFIELD FARM Organic Plain Yogurt**, separated into curd
- 2 large eggs
- ¼ cup **BOB'S RED MILL All-Purpose Flour**
- 1 Tbs. **FRONTIER Vanilla Baking Extract**
- 1 Tbs. grated lemon zest

1. Preheat oven to 450F. Put graham cracker crust in oven about 5 minutes to warm up. Remove, and set aside.
2. Cream sugar, cream cheese, yogurt curd and eggs on high speed with electric mixer for 1 minute. Mix in flour, vanilla, and lemon zest until just blended. Pour mixture into prepared crust. Place pie pan in larger, thin pan with enough water to come up side ½ inch.
3. Bake for 10 minutes, then reduce temperature to 250F for 35 minutes, or until center of pie is solid when shaken lightly and a thermometer inserted into the center of the pie reads 165F. Remove from oven and water bath. Let cool for 10 minutes, and refrigerate until chilled.

WINE SUGGESTION

Frey Organic Natural White NV

BLOOD ORANGE COOLER

This is a fun and colorful drink, a great eye opener. For variety, make this with lemon-lime soda or ginger ale for

a "mocktail." If you can't find blood orange purée or concentrate, juice fresh blood oranges, and decrease the amount of champagne used to equal 2.5 cups total liquid.

Serves 4

About 5 stems fresh mint, for garnish

Ice cubes

1 cup blood orange purée, or blood orange concentrate

1½ cups demi sec Champagne

2 Tbs. **STEVIA SWEETLEAF Sweetener** or to taste

Orange slices for garnish

Rub mint leaf around the insides of 4 tall glasses. Fill each halfway with ice. Mix together juice and champagne in a pitcher. Add stevia while stirring. Pour mixture slowly over ice. Garnish with mint sprigs and orange slices, and serve.

Resources

Prepare your own cutting-edge cuisine with ingredients from the following sponsors of our special culinary program. Look for them in your natural foods store or supermarket. If you are unable to locate products in your area, please contact our sponsors directly for a source near you.

Bob's Red Mill
800.349.2173; www.bobsredmill.com

Bush Beans
www.bushbeans.com

Domino Organic Sugar
www.dominofoods.com

Eden Foods
888.424.EDEN; www.edenfoods.com

Frey Premium Wines
800.760.3739; www.freywine.com

Florida Crystals
www.floridacrystals.com

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Sweetleaf SteviaPlus
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Tropical Source Chocolates & Maranatha Nut butters
510.686.0116; www.nspiredfoods.com

Vitasoy USA, Inc.
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