

## BBQ Jackfruit Sandwich

Ingredients	Notes and Method
<p><b>2 – 20 oz cans of Young Jackfruit in water or brine</b></p> <p><b>Jackfruit BBQ rub</b>            2 tbsp olive oil            2 tsp paprika            1 tsp ground black pepper            1 tsp chili powder            1 tsp ground cumin            1 tsp packed brown sugar            1 tsp onion powder            1 tsp garlic powder            Pinch cayenne</p> <p><b>Jackfruit BBQ Sauce</b>            1 (15-ounce) can tomato sauce            7 oz tomato paste            1/2 cup apple cider vinegar            1/3 cup brown sugar            1/4 cup molasses            3 tablespoons vegan Worcestershire sauce            2 teaspoons liquid smoke            1 teaspoon smoked paprika            1 teaspoon garlic powder            1/2 teaspoon freshly-ground black pepper            1/2 teaspoon onion powder</p> <p><b>Mayo</b>            8 ounces silken tofu, about 1 cup            3 tablespoons olive oil            2 tablespoons cider vinegar            2 teaspoons Dijon mustard            1/4 teaspoon salt</p> <p><b>1 bag Coleslaw mix</b> – I like the one with carrots and red cabbage. You can find it in a bag in the produce section or grate your own.</p>	<p>Make sure you buy the Jackfruit labeled “in water” or “in brine”. DO NOT buy the one labeled “in syrup”.</p> <p>New Seasons (and other stores) have all these spices in bulk, so you don’t have to buy a bunch of expensive bottles of spices. Just buy the few teaspoons you need for these recipes.</p> <p>Preheat oven to 400 degrees.</p> <p>Rinse Jackfruit and shred it into a bowl. Add Jackfruit BBQ rub ingredients and mix well.</p> <p>Spread out on a cookie sheet and back for 30 minutes until dry.</p> <p>Combine all ingredients of BBQ Sauce and cook in a saucepan until combined. Simmer for 10 minutes or until thickened and flavors meld.</p> <p>Add BBQ Sauce to dried jackfruit. I use about 2/3 of a cup of BBQ Sauce. Return to oven for 5 minutes.</p> <p>Mix all ingredients of the Mayo in a blender until emulsified. Add a little at a time to coleslaw mix until it is the way you like it. I use about half the mayo to a back a coleslaw.</p> <p>Toast buns, then layer jackfruit, slaw and pickled onions and/or sweet pickles if desired.</p>

## Pickled Red Onions

Ingredients	Notes and Method
<p>1 large red onion                      Juice of 1 grapefruit                      Juice of 1 lime                      Juice of 1 orange                      1 cup white vinegar                      1 tsp cumin                      2 bay leaves</p>	<p>Peel and cut onion in half. Thinly slice onion and place in a 4-cup bowl or jar.</p> <p>Juice fruit and add to bowl. Add vinegar and spices.</p> <p>Let sit in refrigerator for at least 4 hours.</p> <p>These onions are delicious on any sandwich or tacos.</p>

## Chickpea “no-tuna” Salad

Ingredients	Notes and Method
<p>1 can Chickpeas                      1 carrot finely diced                      1 stalk of celery finely diced                      ½ small, sweet onion finely diced                      ½ tsp dried dill weed or 1 tbsp fresh dill weed chopped.                      ½ tsp celery seeds                      1 tsp (or more) Maine Coast Seasoning                      Kelp Granules (this is what gives it that “tuna” flavor.                      Available at New Seasons or online.                      Mayo – amount to your liking.                      Salt to taste</p>	<p>Drain chickpeas. Use a food processor or knife to cut them in slices so they look like tuna flakes.</p> <p>Add all seasonings and stir well.</p> <p>Add mayo a little at a time and stir until it is the consistency you like. My mayo recipe above is great for this recipe or you can use jarred vegan mayo. Target brand, Best Foods and Veganaise are all great.</p> <p>I also add diced apple, my MIL did this and it is delicious.</p>



## Boston Baked Beans

Ingredients	Notes and Method
<p>1lb Navy Beans 1 tbsp Canola Oil 1 cup diced onion ¼ cup ketchup 4 tbsp loosely packed brown sugar 1 tsp dried mustard 1 to 2 tsp liquid smoke 1 tsp salt ½ tsp black pepper 1/3 cup molasses 5-inch piece of Kombu (optional)</p>	<p>Pick through beans removing bad beans and any stones. Then soak beans in lots of water overnight (about 8-12 hrs.). Drain the beans and rinse them well.</p> <p>Put Canola Oil in crockpot and make sure it covers the bottom in a thin coating. Add Onion, then soaked beans. Combine ketchup, brown sugar, mustard, liquid smoke, salt, pepper, and molasses in a bowl. Stir well and then pour over beans. Add Kombu to crockpot and cover everything with water.</p> <p>Cook on high. Watch closely (check it every hour or so) and if water level goes below beans add more water.</p> <p>Remove Kombu from Crock Pot after 2-4 hrs. and stir.</p> <p>In about 8 hours the beans will become caramelized, tender, and ready to eat.</p> <p>Video Demo available here: <a href="https://youtu.be/6tqm0O1cX_8">https://youtu.be/6tqm0O1cX_8</a></p>

## Chocolate Chip Cookies

### Doubletree Hotel Recipe with Vegan Substitutions

Ingredients	Notes and Method
<p>½ pound vegan butter, softened Miyoko's, Earth Balance or Country Crock all work great.</p> <p>¾ cup + 1 tablespoon granulated sugar</p> <p>¾ cup packed light brown sugar</p> <p>1 teaspoon salt</p> <p>¼ cup + 2 tbsp egg substitute. Just Egg and Bob's Red Mill both work great.</p> <p>1 ¼ teaspoons vanilla extract</p> <p>¼ teaspoon freshly squeezed lemon juice</p> <p>2 ¼ cups flour</p> <p>1/2 cup rolled oats</p> <p>1 teaspoon baking soda</p> <p>Pinch cinnamon</p> <p>1 ¾ cups chopped walnuts</p> <p>2 2/3 cups Vegan Chocolate Chips.</p> <p>Watch for milk in the ingredients.</p> <p>To take your cookies to the next level, try a few different chip sizes or types.</p>	<p>Cream vegan butter, sugar, brown sugar, and salt in the bowl of a stand mixer on medium speed for about 2 minutes.</p> <p>Add egg substitute, vanilla, and lemon juice, blending with mixer on low speed for 30 seconds, then medium speed for about 2 minutes, or until light and fluffy, scraping down bowl.</p> <p>With mixer on low speed, add flour, oats, baking soda, and cinnamon, blending for about 45 seconds. Don't overmix.</p> <p>Remove bowl from mixer and stir in chocolate chips and walnuts.</p> <p>Portion dough with a scoop (about 3 tablespoons) onto a baking sheet lined with parchment paper about 2 inches apart. Freeze 4 hours or overnight. Store what you are cooking within 24 hours in zip lock bags or reusable container.</p> <p>Preheat oven to 325°F. Bake while still frozen for 16 to 20 minutes, or until edges are golden brown and center is still soft. I find the time varies greatly oven to oven. Set the timer for 15 minutes and start to watch carefully.</p> <p>Remove from oven and cool on the baking sheet.</p>