

Vegan Cooking Class Recipes Session 65 (*April, 2019*)

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Tahinopita (Tahini Cake) *gluten-free*

½ c. tahini (or you can use almond butter)

½ c. applesauce

1 c. coconut sugar (I used golden from Costco)

½ c. orange juice (or mandarin juice)

2 Tbsp. organic orange rind, grated (or mandarin rind, minced)

2 c. gluten-free flour (such as Flax & Ancient Grains from Grocery Outlet) sift before measuring

1 Tbsp. baking powder

½ tsp. baking soda

¼ tsp. salt

½ tsp. allspice

½ c. raisins

1 c. chopped walnuts, divided

1. Preheat oven to 350° F.
2. Chop walnuts coarsely to fill a 1 cup measure (carefully check for shell bits first)
3. Zest and juice oranges, (or juice mandarins, clean out any membranes from the inside and mince well)
4. Measure raisins and set to side
5. In a bowl mix the first 5 ingredients well
6. In another bowl mix the next 5 ingredients
7. Line the bottom of a cake pan with parchment paper.
8. Sprinkle HALF of the walnuts evenly on the pan bottom
9. Next, mix the two bowls of ingredients together, and add the raisins in toward the end of mixing.
10. Pour the mix into the cake pan. It will be thick. Gently smooth the top so it is all even.
11. Sprinkle the remaining walnut pieces on the top evenly. Press down the nuts into the batter lightly, so they won't stick out and get burned.
12. Bake at 350° for 45 minutes total. Set a piece of foil on top to cover after the first 25 minutes.
13. Take out of oven and cool for about 10 minutes before removing from pan. Cool on a rack.

By Diana Adams & Edith Tsacle

Moussaka Recipe

“Meat” Sauce Ingredients

1 Onion Chopped
2 Cloves Garlic Minced
1 (12 oz.) Pkg. Lightlife Smart Ground Crumbles
2 Tbsp. Veggie Broth
2 (14.5 oz.) Cans Diced Tomatoes
4 Tbsp. Tomato Paste
2 tsp. Oregano
¼ tsp. Cinnamon
¼ tsp. Ground Nutmeg
½ tsp. Salt

“Meat” Sauce Cooking Instructions

Sautee Onions in Veggie Broth
Add Crumbles, Minced Garlic, Oregano, Cinnamon
Ground Nutmeg, and Salt – Cook for 5 minutes
Add Diced Tomatoes and Tomato Paste
Cook for 10 minutes

Vegetable Filling Ingredients

2 Potatoes Thinly Sliced (¼ inch thick)
2 Zucchini Thinly Sliced (1/8 inch thick)
2½ Eggplants Thinly Sliced (¼ inch thick)

Vegetable Cooking Instructions

Salt the Eggplant slices and let stand for 5 minutes
Pat dry Eggplant slices and brown in griller or
non-stick pan
Brown Potato slices in griller or non-stick pan
Brown Zucchini slices in griller or non-stick pan

Bechamel Sauce Ingredients

¾ c. Raw Cashews Rinsed
3 c. Water
2 Tbsp. Miso Blend until mixed
¼ c. Nutritional Yeast
2 tsp. Tahini
¼ tsp. Ground Nutmeg

Bechamel Sauce Cooking Instructions

Process Cashews and Water in blender until smooth
Add Miso, Nutritional Yeast, Tahini, and
Ground Nutmeg
Pour mixture into saucepan and cook over medium
heat (stirring often) for 7 minutes – add salt to taste

Moussaka Baking Instructions

1. In a 9x13 non-stick pan, place a layer of Potato slices, followed by a layer of half the Eggplant slices and a layer of Zucchini slices.
2. Add the “Meat” sauce followed by a layer of the remaining Eggplant slices.
3. Pour the Bechamel Sauce on top and bake in oven at 350 degrees for 45 minutes.

Moussaka Recipe (sans Bechamel Sauce) courtesy of Al Tsacle (aka Chef Lefteri)

Bechamel Sauce Recipe inspired by Leanne Campbell and modified by Edith Heitmann Tsacle