

Tu B'shvat Recipes 5779/2019

The author, Rabbi Benjamin Gorelick, writes:

They're all set up to feed 40, so you might want to warn people accordingly... :)

Homemade wheat crackers:

- 2.5 cup almond meal
- 7.5 cup whole wheat flour
- .5 cup random seeds
- 15 Tablespoons vegan buttery spread melted
- 13 Tablespoons granulated sugar
- 4 teaspoons salt
- 2.5 cup water
- 15 teaspoons Kosher salt for sprinkling

- 1) Preheat Oven to 400 deg
- 2) Mix the dry ingredients together, probably in 2 large bowls. Add the buttery spread and water. Mix. If the dough seems too dry, add a bit more water. It should form a ball, and be thick.
- 3) Separate the dough into six even pieces, and pat into a flat log shape.
- 4) Place one log on a sheet of parchment paper. Cover with another sheet of parchment paper. Use a rolling pin to roll the dough out very thin, about 1/8" thick.
- 5) Remove the top sheet of paper, and transfer the dough on the parchment to one of the cookie sheets. Score the dough with a sharp knife, making one inch squares. Do not pull apart.
- 6) Sprinkle a little water on the dough, smooth it over the surface with your fingers, and sprinkle the dough with coarse sea salt.
- 7) Repeat steps 4-6 with the other lumps of the dough.
- 8) Bake at 400 degrees for 10-14 minutes. Turn pans once while baking. Keep a close eye on the crackers, you don't want them to burn. They should be lightly golden brown and dry.
- 9) Allow to cool on the cookie sheets, and then break up the crackers.

Olive Tapenade

- 10 cups pitted, brine-cured olives
 - 6 teaspoon umebosi paste
 - 20 tablespoons capers rinsed
 - 10 tablespoons coarsely chopped parsley
 - 20 cloves garlic
 - 20 tablespoons fresh lemon juice from 4 lemons
 - Salt and freshly ground black pepper
 - 1.75 cup olive oil
- 1) In a food processor, combine olives, umebosi, capers, parsley, garlic, lemon juice, and a dash of pepper. Pulse 2 to 3 times until coarsely chopped.
 - 2) Drizzle in olive oil and pulse a few more times until a chunky paste forms, scraping down the sides as needed.
 - 3) Season to taste with salt and pepper and serve at room temperature.

Fig jam

- 2 Jars of Fig Jam

- 1) Open jar
- 2) Place on table

Nut and Pomegranate Compote

- 3 cup shelled pistachios
- 3 cup almonds
- 3 cup pine nuts
- 1 or 2 cans orange juice concentrate
- 8 cups pomegranate seeds, from 8 large pomegranates

- 1) Thaw the orange juice concentrate to a liquid
- 2) Chop up nuts in a coarse manner
- 3) Soak in water for ~1 hour
- 4) Mix orange juice concentrate, nuts, and pomegranate seeds until everything just sticks together.
- 5) Serve chilled

Watercress, barley, and date soup

- 20 large bunch of watercress
 - 5 cups barley
 - 20 large carrot, chopped into large chunks
 - 2 pkg goji berries
 - 60 red jujube dates
 - Salt, to taste
 - about 50 cups vege broth
- 1) Saute garlic in olive oil
 - 2) Add the broth, barley, carrot, and dates to large pot, bring to a boil until barley is soft ~ 2 hours,
 - 3) 45 min before serving, add the goji berries and watercress to cook.
 - 4) That's it, season with salt if necessary.

Rustic, handmade bruschetta

- 750g spelt flour
 - 750 g rye flour
 - 15 g dry baker's yeast
 - 1.5l veggie broth
 - Pumpkin seeds to cover
- 1) Combine flours, yeast, sea salt and warm water (like bath water, or 105°F or 40°C) in a bowl and stir with a spoon or with your hands until you get a sticky rough dough. Depending of the flour you use, you maybe need to add more or less water, so I recommend you to add the water gently.
 - 2) Place the dough in a bowl, cover with a dishcloth and let rise for 2 hours at room temperature.
 - 3) Preheat the oven to 430°F or 220°C.
 - 4) Line a loaf pan with parchment paper or grease it with oil (I usually use extra virgin olive oil or coconut oil). Place the dough into the loaf pan and slash the bread about 5 times with a knife. Add the pumpkin seeds and press with a spoon.
 - 5) Bake for 25 minutes at 430°F or 220°C and 35 minutes at 350°F or 175°C.
- ~60 Cherry Tomatoes
 - 10 Tbsp balsamic vinegar
 - 10 avocados
 - 10 garlic cloves
 - Basil, salt and pepper to taste
- 1) Chop and mash avocados with fork
 - 2) Add garlic, balsamic and mix
 - 3) Add salt and pepper to taste
 - 4) Chop tomatoes roughly
 - 5) Spread a layer of avocado on toast and top with a small spoon of tomato

Vegan Lasagna

- 5 cup dried red lentils
 - (10) 25-ounce jars marinara sauce
 - 5 cup raw cashews
 - 80 ounce firm tofu, patted dry with paper towels
 - 2.5 cup nutritional yeast
 - 15 tablespoons fresh lemon juice, from about 2 lemons
 - 5 teaspoon salt
 - 5 teaspoon dried basil
 - 5 teaspoon oregano
 - 2.5 teaspoon garlic powder
 - 15 cups baby spinach
 - 5 box lasagna noodles, whole grain or gluten free if needed
- 1) Cook your red lentils. Add 5 cup dried red lentils and 15 cups of water to a big pot. Bring to a boil, and then simmer for about 20 minutes. Drain the lentils in a fine strainer, and then add to a large bowl. Add jars of marinara to the bowl with the lentils and mix to combine. Set aside.
 - 2) Preheat the oven to 350 degrees.
 - 3) Make the Cashew-Tofu Ricotta: Add the cashews to a food processor and process until fine and crumbly. Then add the tofu in chunks, nutritional yeast, lemon juice, salt, basil, oregano and garlic powder to the food processor. Pulse until well combined and pretty smooth.
 - 4) Assembling the lasagna: Add about 1 cup of marinara sauce to the bottom of a large lasagna pan. Spread it around evenly. Next add 4-5 lasagna noodles (uncooked). Spread half of the Cashew-Tofu Ricotta on top of the noodles. Top with half of the spinach. Add about 1 cup of the marinara sauce over the spinach, then place 4-5 lasagna noodles on top. Spread the rest of the Ricotta over the noodles, then the rest of the spinach. Place 4-5 more noodles on top of the spinach, and then pour the rest of the sauce over the top, evenly.
 - 5) Cover tightly with foil. Bake for 1 hour. Let cool at least 15 minutes before cutting and serving.
 - 6) While the lasagna is cooking, make your Vegan Mozza.

If using the mozza topping, simply remove the lasagna after 40 minutes of cooking in the oven. Spoon on the mozzarella, and pop it back in the oven for another 20 minutes. Remove, let cool for at least 15 minutes and serve.

Vegan Mozza topping

- 2.5 cup raw cashews, soaked
 - 6.5 cups water
 - 5 tablespoon lemon juice, fresh from about 1 lemon
 - 5 tablespoon apple cider vinegar
 - 2.5 teaspoon salt
 - 20 tablespoons tapioca starch
- 1) It's very easy. First, you soak your cashews in hot water for 5 minutes. Drain them, and add to a high powered blender with all the other ingredients. Blend; the mixture will be very watery.
 - 2) Add to a large saucepan.
 - 3) Stir constantly over medium heat. After a few minutes, it'll start to get clumpy.
 - 4) Then, all of a sudden, it'll turn into a smooth, stretchy, creamy mixture.
 - 5) Immediately remove from heat.

Roasted fruits and vegetables

- 3 cups grapes
 - 6 cups chopped winter squash
 - 3 cups zucchini
 - 2 cups cherries
 - 2 cups plantains
 - Olive oil to coat
 - Dash of chili powder
- 1) Chop all fruits and veggies into bite size chunks
 - 2) Coat with olive oil and add a dash of chili powder and salt to taste
 - 3) Roast at 350-400 deg for ~40 minutes

Sliced Apple and Pear towers

- 20 apples
 - 20 pears
 - 4 cups brown sugar and 4 cups margarine
 - 4 tsp cinnamon
 - 4 tsp allspice
- 1) Core apples and pears
 - 2) Slice into ~1/2 thick rings
 - 3) Mix brown sugar, margarine, cinnamon, and allspice
 - 4) Place in 'core' of apples and pears
 - 5) Bake at 350 deg for 45 minutes, until apples and pears are tender

Puffed date balls

- 4 cups dates
 - 4 cups rice krispies
 - 4 tbs agave syrup
 - 5 tbs peanut or other nut butter
- 1) Blend all ingredients in a food processor on high

Pomegranate syrup

- 1 bottle pomegranate syrup or molasses
- 1) Warm in a small pan

Putting Everything Together

- 1) Place one apple or pear tower on a plate
- 2) Add one puffed date ball on the side
- 3) Top with a light drizzle of pomegranate syrup or molasses
- 4) Enjoy!