

Plant-Based and Planet Friendly

Fall 2019



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Mashed Cauli-Tatoes

Vegan, gluten-free. Common allergens: check plant milk labels

Serves 8

Ingredients

- 5 cups yukon gold potatoes (about 2 pounds), peeled and cut into ½ inch pieces
- 5 cups cauliflower florets (1 medium head)
- 3 tablespoons olive oil
- ½ cup plant milk
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions

1. Place potatoes in a stockpot and cover with water and a lid. Bring to a boil over medium-high heat and cook until they begin to soften, about 5 minutes.
2. Add cauliflower to the pot on top of the potatoes and cover. Continue cooking until a knife slides easily into the cauliflower and potatoes, about 10 minutes more, adding more water if necessary.
3. Drain the cauliflower and potatoes, then mash with a potato masher in the pot or a large bowl. Add oil and ¼ cup milk and continue mashing. Add salt and pepper to taste, and more milk if necessary to reach desired consistency.

Notes

- You can substitute butter (or plant-based butter) for the olive oil.
- If you don't have a potato masher, you can use a whisk, fork, immersion blender, or hand mixer. Just be sure not to overmix with a hand mixer because it may make the texture gummy.
- For more flavor, try adding roasted or sautéed garlic.
- To make a **quick mushroom gravy**, sauté sliced mushrooms in oil until lightly browned (about 5-7 minutes), add flour and stir constantly for 1 minute. Add vegetable broth and bring to a simmer, lowering heat if necessary. Stir frequently until it thickens, about 5 minutes. Add more flour if it's too thin or more water or broth if it's too thick. Add salt and pepper to taste.

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Gardener's Pie

Vegan, can be gluten-free. Common allergens: soy (can be omitted)

Serves 8

Ingredients

- 1 Tbsp cooking oil
- 1 medium yellow onion, diced
- 4 cloves garlic, minced
- 1 cup carrots, diced (2-3 carrots)
- 5-6 cups mushrooms, sliced (about 1 lb)
- 2 Tbsp red wine vinegar
- 3 cups vegetable stock
- 1 cup green beans, diced
- ½ cup red lentils, sorted and rinsed
- 2 Tbsp reduced sodium tamari or soy sauce
- 2 tsp fresh thyme, minced
- 1 tsp Worcestershire sauce (check label)
- 2 Tbsp corn starch (or ¼ cup flour)
- 1 tsp salt or to taste
- 1 batch mashed cauli-tatoes

Instructions

1. Heat oil in a Dutch oven or stock pot over medium-high heat.
2. Add onions and sauté for 5 minutes or until they start to become translucent. Add garlic and cook for 30 seconds.
3. Add carrots and mushrooms and cook for 5 minutes. Add vinegar to deglaze the pan, then add stock, green beans, lentils, tamari, thyme, and Worcestershire sauce. Cook until lentils are tender, about 15 minutes.
4. Mix corn starch with ¼ cup water to make a slurry. Add to pot and stir until liquid is thickened. Add 1-2 more tablespoons corn starch if necessary. The sauce should be thicker than gravy. Add salt to taste.
5. If prepared in a stock pot, transfer the mixture to a large casserole dish. If using a Dutch oven, keep it in there. Place about ½ cup mashed cauli-tatoes at a time on top of the mixture with remaining cauli-tatoes. Use a spoon or spatula to smooth out the mash, covering the mixture below, and sealing off the edges.
6. Broil for 10 minutes or until lightly browned on top.

Notes

- The carrots and green beans can be substituted with 10 oz. frozen mixed vegetables.
- The tamari and Worcestershire sauce are not absolutely necessary, but they help create a more complex flavor.
- Red wine vinegar can be substituted with juice (grape, cranberry) or red wine. You can use more (1/4 cup) since those flavors are not as acidic, just decrease the stock by 2 tablespoons.
- For a quicker meal, the vegetable base can be served as a stew on top of the mashed cauli-tatoes.
- If this recipe needs to be...
 - Vegan – look for vegan Worcestershire sauce
 - Gluten-free – use gluten-free tamari or soy sauce and check all labels
 - Soy-free – omit tamari/soy sauce or use coconut aminos