



ALL AMERICAN VEGAN

Veganism for the Rest of Us

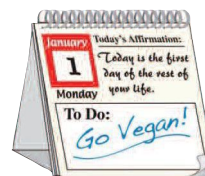
Jennifer and Nathan Winograd

ALL AMERICAN VEGAN

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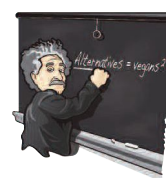
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Family Owned and Operated Since 1995

All American Vegan

Breakfast



Cinnamon Rolls



*Pancakes with Whipped
Sweet Butter & Warm
Fruit Topping*



French Toast



All American Vegan

*Lunch &
Dinner*



Macaroni & Cheese

BBQ Un-"Ribs"



Lasagna



Fried No "Chicken"



All American Vegan

Sides



Cornbread

Coleslaw



Potato Salad

"Buttermilk"
Biscuits



Hocus Pocus, It's Vegan!

Veganize Spaghetti with Meat Sauce and Garlic Bread

Almost all dry pasta, unless it is labeled an "egg noodle," is already vegan. Add a shredded meat substitute sautéed with onions to marinara sauce. Slice and spread a vegan baguette with a paste of margarine, nutritional yeast, vegan parmesan, and fresh minced garlic or garlic powder.



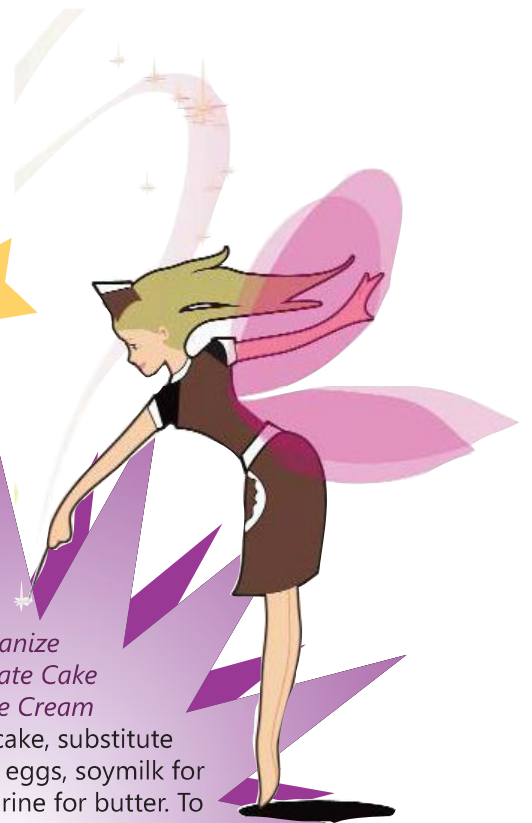
Veganize Chocolate Cake with Ice Cream

To make the cake, substitute egg replacer for eggs, soymilk for milk, and margarine for butter. To make the frosting, substitute margarine for butter and a non-dairy cream for cream. To make ice cream, substitute cashew cream, soymilk, or non-dairy cream for dairy ingredients.



Veganize the All American Grand Slam Breakfast

Whip up a soy latte to get your brain ready for a day of creative vegan substitutions. Make tofu scrambled "eggs" with vegan pancakes, substituting margarine for butter, non-dairy milk for milk, and egg replacer for eggs. Serve with maple syrup and homemade or store-bought vegan "bacon" or vegan sausage links.



A week of American



Monday

ALL AMERICAN BREAKFAST

Pancakes with whipped sweet butter, hash browns, and not "bacon" strips

CONTINENTAL BREAKFAST

English muffin, non-dairy yogurt, and a latte

LUNCH

No tuna fish sandwich and potato chips

SNACK

Candy bar

DINNER

Fried no chicken, buttermilk biscuits, mashed potatoes, and gravy

DESSERT

Ice cream sundae

Tuesday

ALL AMERICAN BREAKFAST

French toast and not sausages

CONTINENTAL BREAKFAST

Slice of peanut butter coffee cake

LUNCH

No BLT sandwich and potato salad

SNACK

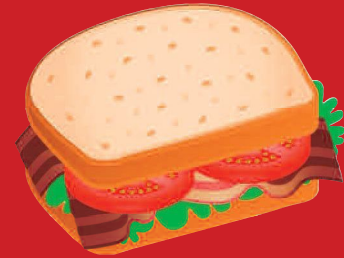
Ice cream bar

DINNER

Lasagna, garlic bread, and a Caesar salad

DESSERT

Chocolate layer cake



Wednesday



ALL AMERICAN BREAKFAST

Glazed donuts with soymilk

CONTINENTAL BREAKFAST

Toast with margarine or jam and a bowl of cereal with non-dairy milk

LUNCH

No chicken noodle soup with crackers

SNACK

Golden cream filled sponge cake

DINNER

Philly cheese steak, onion rings, and a salad with Thousand Island dressing

DESSERT

New York cheesecake

meals, veganized

Thursday

ALL AMERICAN BREAKFAST

Scrambled no eggs, not "bacon" strips, and toast

CONTINENTAL BREAKFAST

Fruit smoothie

LUNCH

Club sandwich and french fries

SNACK

Chocolate chip cookies

DINNER

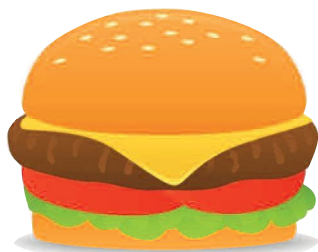
No chicken pot pie and salad with Ranch dressing

DESSERT

Apple pie à la mode



Friday



ALL AMERICAN BREAKFAST

Omelet with hash browns and toast

CONTINENTAL BREAKFAST

Cinnamon roll

LUNCH

Buffalo strips and coleslaw

SNACK

Nachos

DINNER

Hamburger, tater tots, corn on the cob, and a milkshake

DESSERT

Chocolate pudding

Saturday

ALL AMERICAN BREAKFAST

Breakfast hash

CONTINENTAL BREAKFAST

Blueberry muffin

LUNCH

Grilled cheese sandwich or tuna melt and macaroni salad

SNACK

Ice cream cone

DINNER

BBQ no ribs, cornbread, and vegan baked beans

DESSERT

Banana cream pie



ALL AMERICAN VEGAN



Breakfast

Served All Day

- | | |
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| Pecan Rolls 76 | Not "Bacon" Strips 32 |



Lunch & Dinner

- | | | |
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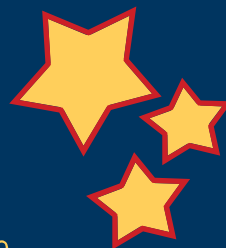
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Lunch & Dinner



FRIED NO CHICKEN

Serves 4

INGREDIENTS

For Batter

- ¾ cup all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- 1½ tsp. egg replacer powder
- 1 cup cashew cream (recipe, p. 39) or vegan non-dairy cream
- 1 tsp. canola or olive oil
- 4 Tbs. water

For Seasoning

- 1 cup all-purpose flour
- 1 tsp. salt
- ½ tsp. vegan sugar
- 1 tsp. black pepper
- 1 tsp. chili powder
- 1 tsp. dried ground sage
- 1 tsp. dried basil
- 1 tsp. dried marjoram
- 1 tsp. paprika
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 4 Tbs. nutritional yeast

Also

- 1 lb. (2 packages) store-bought large chunk chicken-style seitan or 4 home-made no chicken seitan cutlets (recipe, p. 34)
- canola oil for deep frying

TO PREPARE

Batter: Mix all batter ingredients in a bowl and pour into a shallow dish. Batter should be thick, but liquid enough to cling to seitan cutlets when dipped in. Add small, additional amounts of cream if needed to reach this desired consistency.

Seasoning: Separately, mix all seasoning ingredients in a shallow dish.

Prepare plate lined with paper towels to receive seitan after frying to absorb excess oil.

Dip seitan chunks or cutlets in batter, then seasoning, coating thoroughly with both. Place pieces on a plate without overlapping to await frying.

Heat 2 inches of oil in a deep pot to 360 degrees.

Place seitan pieces (in manageable amounts) in oil for 1-2 minutes until golden brown, flipping pieces as needed to ensure even cooking. Remove to paper towels.

Serve with mashed potatoes (recipe, p. 109), gravy (recipe, p. 124), buttermilk biscuits (recipe, p. 111), and sweet corn.

To make **NO CHICKEN FINGERS**, cut seitan into strips before battering and frying, then serve with Ranch dip (recipe, p. 118), tartar sauce (recipe, p. 121), or warmed BBQ sauce (recipe, p. 125).