



# **ALL AMERICAN VEGAN**

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## **Veganism for the Rest of Us**

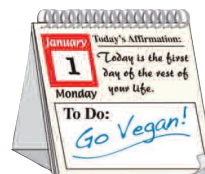
Jennifer and Nathan Winograd

# ALL AMERICAN VEGAN

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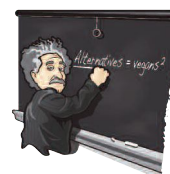
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*Family Owned and Operated Since 1995*

# 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.



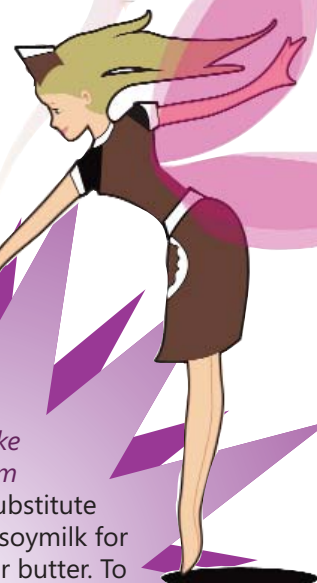
## *Veganize Chocolate Cake with Ice Cream*

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**

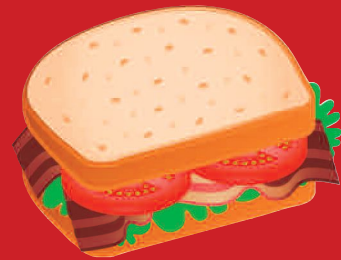
Ice cream bar

### **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

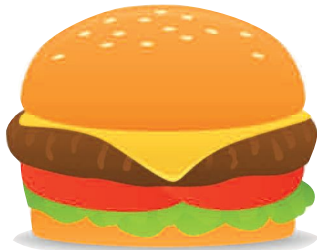
No chicken pot pie and salad with Ranch dressing

### 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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| Blueberry Muffins 71         | French Toast 78       |
| Danishes 72                  | Omelet 79             |
| Banana Nut Bread 73          | Pancakes 80           |
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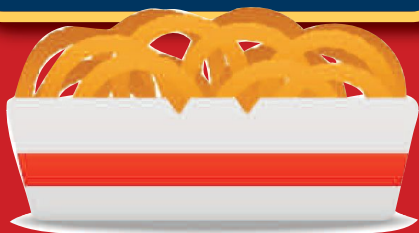
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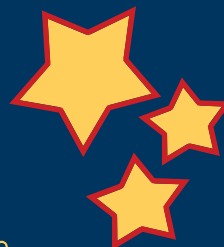
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# Lunch & Dinner



## 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).