

Society for
Incentive
Travel
Excellence

site Canada

PLANT BASED RECIPE BOOK

Flexible Recipes & Inspiration for
Planning & Dining Well Without Meat

with support from:



ICONIC WINERIES
OF BRITISH COLUMBIA



E-RECIPE BOOK STORY

Are you looking for some healthy plant-based recipes to try at home? Maybe you need ideas for vegetarian and vegan options to share with your event suppliers. We hope this recipe book will inspire our members to incorporate more sustainable food & beverage choices when planning incentive programs.

SITE Canada has compiled a fabulous collection of recipes from SITE members and industry colleagues around the globe. The idea is that this recipe book will evolve, updated annually with new submissions from our members. We're already looking forward to future editions.

This e-recipe book started as a SITE Canada Sustainability Earth Day initiative. The SITE Canada Sustainability committee is a mighty bunch. No group is more passionate about delivering the "healthy eating" message and reducing greenhouse gas emissions through food choices. "Forestry, land use and agriculture may not seem like obvious places to look for climate solutions, but they comprise a huge chunk of heat-trapping gas emissions: 24 percent of the global total. The largest part of those emissions comes from livestock and deforestation". (*Excerpt from Dr. Katharine Hayhoe's book 'Saving Us'*)

There's also hardly a company, news headline, or event today that doesn't mention ESG, as in Environmental, Social, and Governance, responsible business, and sustainability. That's another reason why the SITE Canada Sustainability committee has been educating ourselves and SITE Canada members on the importance of the 17 United Nations' SDGs (Sustainability Development Goals) <https://sdgs.un.org/goals>.

This e-recipe book supports the following UN Sustainable Development Goals:



While developing the recipe book, SITE Canada hosted a webinar with Kurt Simcic, Senior Viticulturalist for the Northern Vineyards surrounding Martin's Lane, Mission Hill Family Estate and CedarCreek Estate. Kurt manages CedarCreek's farm where they work with the land every day to build a healthy ecosystem full of animals and plants, to naturally combat disease and pests. Kurt spoke about taking their 47 vineyards organic, how farming impacts wine, what sustainable, organic, and biodynamic winemaking means for guest experiences, and the future of their Okanagan Valley destination. Iconic Wineries of British Columbia has recommended some organic wine pairings to round out the recipe book.

The sustainability journey constantly evolves and applies to our personal and business lives for future incentive travel programs and events. This project is an example of true collaboration and teamwork by a group of volunteers. Thank you to everyone who generously submitted a recipe, our e-recipe book sponsor, Iconic Wineries of British Columbia, and our creative designer, Zoë Simmons, for her patience and expertise in the design process.

Your Sustainability Committee!

These recipes are the favourites of event professionals and have come from multiple sources. As a result, each recipe has unique formatting.



BREAKFASTS



Ingredients:

1 cup rolled oats
1 cup non-dairy milk
1 cup water
½ cup shredded carrot
¼ cup raisins
½ tsp vanilla extract
½ tsp cinnamon
¼ tsp allspice
Dash of salt

Toppings:

2 tbsp maple syrup
¼ cup chopped walnuts
2 tbsp shredded coconut

Instructions:

In a small pot over low heat, bring the oats, non-dairy milk, and water to a simmer.

Stir in the carrot, raisins, vanilla extract, cinnamon, allspice, and salt. Continue to simmer, stirring occasionally, until all the liquid is absorbed, 7-10 minutes.

Transfer to bowls, drizzle with maple syrup, and add the walnuts and coconut on top.



Carrot Cake Oatmeal

Submitted by Lee Ann Marano

Eating this filling oatmeal is like having carrot cake for breakfast, but it's full of ingredients that will get your day started off right.

Ingredients:

1 large ripe banana, *mashed*
2 tbsp chia seeds
¼ tsp cinnamon
½ cup gluten-free rolled oats
¾ cup (180ml) almond milk
¼ tsp (1.25ml) pure vanilla
extract, *optional*

Suggested Toppings:

Granola
Fresh fruit
Coconut flakes
Pure maple syrup
Cinnamon
Nuts and seeds
Banana soft serve

Instructions:

In a small bowl, mash the banana until almost smooth. Now stir in the chia seeds and cinnamon until combined.

Stir in the oats, almond milk, and vanilla (if using). Cover and refrigerate overnight, or a minimum of 2 hours.

In the morning, stir the oat mixture to combine. If your vegan overnight oats have a runny consistency even after they soak, simply stir in an additional 1 tbsp chia seeds, and place the mixture back in the fridge until it has thickened up. If the oat mixture is too thick, simply add a splash of milk and stir to combine.

TIP: Not a banana fan? Try swapping mashed banana for ¼ - ½ cup of your favourite yogurt and liquid sweetener, if desired.



Vegan Overnight Oats

Submitted by Ruth Gorriz

Vegan Overnight Oats are the time-crunched person's breakfast secret weapon, since they take just a couple minutes to make at night before bed. When you mix the rolled oats, chia seeds, and almond milk together, the chia seeds absorb the milk and the oats soften, creating an effortless chilled porridge. Place it in the fridge at night and forget about it until morning, when you'll wake up to a cool, creamy bowl of oats that's just perfect in the spring or summer. This is my go-to overnight oats recipe, but feel free to change up the fruit and other mix-ins as you like.

Ingredients:

1 ½ cups Teff flour (make sure the bag says flour)
1 tbsp baking powder
1 tbsp pumpkin pie spice
1 tbsp ground cinnamon
½ teaspoon fine sea salt
2 eggs, lightly beaten
1 cup canned pumpkin puree
1 ¾ cups unsweetened almond milk (or other milk of choice)
½ cup plain Greek yogurt or plain whole milk yogurt
2 tbsp honey
½ cup currants
Safflower oil or other neutral, high heat oil, for brushing the pan

Instructions:

In a large bowl, whisk together the teff flour, baking powder, pumpkin pie spice, cinnamon, and salt.

In a separate bowl, whisk together the eggs, pumpkin, milk, yogurt, and honey. Pour over the dry mixture and stir until just combined.

Fold in the currants. For best results, allow the batter to rest overnight in the fridge. (Note: Debbie never does this)

Heat a stovetop griddle or cast-iron skillet over medium-low heat. Lightly coat with oil.

Ladle a heaping tablespoon of batter into the pan, leaving space between them for easy flipping. Cook the pancakes on one-side until the bottoms start to brown, 1 ½ - 2 minutes. Flip the pancakes over and cook on the other side until nicely browned.

Serve immediately with a drizzle of maple syrup.



Teff Pumpkin Pancakes with Currants

Submitted by Debbie van der Beek

Unlike most flowers, when teff is milled, the germ and bran are left intact. Teff flour is high in protein, fiber, calcium, magnesium, iron, and zinc, and vitamin B6 - so move over quinoa! With the addition of a little pumpkin puree and holiday spice, you turn these nutty tasting pancakes into a stack worthy of a celebratory lunch.

For a fluffier stack, make the batter the night before to give the whole grains a chance to soften. Store batter covered in the fridge. In the morning, lightly stir the batter to prevent popping all the air pockets.

This recipe makes a large stack of pancakes. Allow pancakes to cool completely prior to storing in the fridge and freezer. To reheat, simply pop individual pancakes in the toaster.



SALADS

Ingredients:

Marinade

1 cup sunflower seeds
1 cup pumpkin seeds
1 cup chopped coriander
1 cup chopped flat leaf parsley
2 dessert spoons chopped mint
1 clove garlic
1 green chilli, *seeds removed*
2 cups vegetable or blended
olive oil

Place everything in a blender
Blend until smooth

Refrigerate - use as required

Instructions:

Light your charcoal BBQ and
allow to get hot.

Take your iceberg lettuce and
cut into three slices.

Brush with the marinade and
allow it to drip through the
layers.

Place on the BBQ for 1 minute
- then turn over and cook for
30 seconds.

Remove and place on plate.

Carefully spoon three dessert
spoonsful of marinade onto the
lettuce.

Decorate with sliced radishes
and peppers and fresh
coriander if desired.



Grilled Iceberg Lettuce

Submitted by Lee Ann Marano

Suggested Wine Pairing:
Mission Hill 2020 Reserve Chardonnay

Salad:

1 can lentils, *drained & rinsed*
1 can no-salt-added black beans,
drained & rinsed
1 can whole-kernel corn,
drained
1 cup diced red bell peppers
 $\frac{3}{4}$ cup each diced celery and
green bell peppers
 $\frac{1}{2}$ cup chopped green onions
 $\frac{1}{4}$ cup chopped fresh parsley

Dressing:

$\frac{1}{4}$ cup olive oil or good-quality
vegetable oil
3 tbsp red wine vinegar
1 tbsp liquid honey (use pure
maple syrup for vegan)
 $\frac{1}{2}$ tsp Dijon Mustard
Sea salt and freshly ground
black pepper to taste

Instructions:

In a large bowl, combine all salad ingredients. Be careful not to squish the beans and lentils.

Whisk together all dressing ingredients in a small bowl or measuring cup. Pour over salad and mix well. Add several grinds of black pepper and a pinch or two of sea salt and mix again. Refrigerate for at least 4 hours before serving. (Tastes even better if made 1 day ahead. I know, that's a long time to wait!)



Lentil & Black Bean Salad

Submitted by Ruth Gorriz

Potluck coming up? This high-fiber, high-protein salad always gets high praise from taste testers! You'll make everyone happy, too, since it's vegan AND gluten-free. I love that it's super simple to make and lasts for days in the fridge. Cheap and easy! Got to love that!

Suggested Wine Pairing:
Mission Hill 2020 TC Cabernet Franc

Vegan Pasta Salad

Submitted by Liz Akey

Ingredients:

16 oz rotini salad
1 ½ cup chickpeas
2 cups red pepper
1 cup celery
1 cup cucumber
2 cups cherry tomatoes
1 cup red onion
½ cup dill
1 cup olives

Creamy Herb Ranch Dressing:

½ cup plain Siggi's Yogurt (dairy free)
1/3 cup olive oil
1 tbsp lemon juice
1 tsp salt
1 tsp dried garlic
1 tsp dried dill
1 tsp dried parsley
¼ tsp pepper
1 tsp Dijon mustard

Instructions:

Mix dressing ingredients together and toss with pasta salad and serve.



Suggested Wine Pairing: **Mission Hill 2021 TC Sauvignon Blanc & Semillon**

A close-up photograph of a white ceramic bowl filled with a vibrant soup. The soup contains chunks of yellow potatoes, bright yellow corn kernels, and pieces of cooked salmon with a golden-brown crust. Fresh green herbs, including basil and chives, are scattered throughout. A small purple flower garnish is also visible. The background is a neutral, light-colored surface.

SOUPS

Ingredients:

Ajo Blanco:

1 apple
2 garlic cloves
2 peeled cucumbers
1" peeled ginger
1 ½ cup almonds
1 tbsp sumac
2 tbsp elderflower cordial
2 tbsp apple cider vinegar
¼ teaspoon cayenne pepper
3 cups water
Salt and pepper to taste

Salad:

1 cucumber
20 snap peas
12 mint leaves
1 apple
¼ cup canola oil
¼ cup apple cider vinegar
Pinch of salt and pepper



Ajo Blanco

Submitted by Cleo Varon

Instructions:

For the soup, place all ingredients in a mixer such as a Vitamix and blitz on high speed for a few minutes until smooth. Strain through a fine mesh sieve and adjust seasoning with salt or pepper. Depending on the size of your mixer, you might have to do this in batches.

PRO TIP: Do this a day before, it allows the flavours to infuse and really come together.

For the salad, clean, trip, and cut the snap peas in half. Slice the cucumber in half lengthwise and cut in an angle, rotating the cucumber ¼ turn before every cut to create misshaped pieces. Quarter the apple and slice thinly. Mix all the ingredients in a bowl and combine with the apple cider vinegar, canola oil, salt, and pepper.

To serve: Cover one side of your bowl with the salad, top with the freshly picked mint leaves and pour the soup on the opposite side.

Suggested Wine Pairing:
Mission Hill 2021 Reserve Riesling

Instructions:

For the Chowder:

In a large sauce pot combine butter, onion, and garlic. Sauté over medium high heat until vegetables are soft before adding in the thyme, corn, and mushrooms. Season generously with salt and pepper and continue to sauté until the corn and mushrooms are tender and the mixture is beginning to brown slightly.

Now add in your apple juice, stock, and potatoes. Simmer this gently with a lid on until potatoes are fork tender and remove from heat.

Adjust season and add in the flaked kelp. The soup is now ready to go!
Garnish with chopped chive, tarragon, or dill and enjoy!

For the Broth:

In a roasting pan, combine the vegetables and corn cobs (not seaweed) with a small amount of oil and salt and pepper. Roast at 350 F until vegetables start to turn golden brown.

Once browned, transfer the vegetables to a pot and cover with water. Bring to a light simmer for 30 minutes. Remove from heat, stir in kelp, cover with a lid, and allow to stand for an hour or so before straining and cooling. The stock is now ready to go!



Okanagan Sweet Corn & Potato Chowder

Submitted by Cleo Varon

Ingredients:

For the Chowder:

2 shallots, finely diced
100g butter
1 clove garlic, *minced*
1 sprig thyme
250g chanterelles, *cleaned & chopped*
500ml sweet corn kernels, *save the cobs*
200ml apple juice
2L roasted vegetable broth
500g potatoes, *peeled & medium diced*
As needed additional dried seaweed, *crumbled into small flakes*

For the Broth:

250ml carrot, rough chopped
250ml celery, rough chopped
500ml onion, rough chopped
Reserved corn on the cobs from above recipe
50g seaweed
2L cold water

Suggested Wine Pairing:
Mission Hill 2020 Reserve Chardonnay

Ingredients:

25g unsalted butter
1 leek, white and light green parts, chopped
1 medium potato, peeled and diced
1 onion, diced
750ml vegetable stock
500g package of frozen peas
Handful of chopped fresh mint leaves, loosely packed
Salt and pepper

To serve (optional) - crème fraiche, chives

Instructions:

Heat the butter in a large saucepan, add the leeks and onion, and cook over medium-low heat for 5 - 10 minutes, until the onion is tender.

Add the stock and potatoes, increase the heat to high, and bring to a boil. Then reduce to a simmer and cook for about 10 minutes, until the potato is soft. Add the peas (keep a few back to use as a garnish) and cook for a few minutes until the peas are tender. (Frozen peas will only take 3 minutes.) Add a pinch of sugar if necessary. Off the heat, add the mint, salt, and pepper.

Blend and serve - add the crème fraiche and chives and taste for seasoning.



Pea & Mint Soup

Submitted by Michael Kohlmaier

As part of the Site Global pre-conference activities in Dublin, we had the opportunity to visit Airfield Estates which is a sustainable farm 20 minutes from city centre. While there, we were given a cooking demonstration by Lisa Davies who owns Saspan Sospan - www.saspansospan.ie. Lisa kindly provided this recipe.

This is a lovely light soup for the spring. It can be made with fresh or frozen peas.

Suggested Wine Pairing: Mission Hill 2021 Reserve Riesling



ENTRÉES

Ingredients:

1 cup (250 ml) water
½ cup (125 ml) red quinoa
1 tbsp (15 ml) grapeseed oil or vegetable oil or olive oil
1 cup (250 ml) diced onions
2 cups (500 ml) finely chopped white button mushrooms
1 tsp (5 ml) minced garlic
¾ tsp (4 ml) dried marjoram
1 large egg
⅔ cup (150 ml) aged Cheddar cheese (reduced-fat optional)
½ cup (125 ml) toasted pecans, fine chopped
⅓ cup (75 ml) quick cooking rolled oats (gluten free, if required)
1 tbsp (15 ml) sodium-reduced soy sauce

Instructions:

Preheat oven to 350F (180 C). Lightly grease a baking sheet or line with parchment.

Combine the water and quinoa in a medium saucepan. Bring to a boil, reduce to a simmer, cover, and cook for 15 minutes. Remove from the heat and let sit, covered, for another 10 minutes. Fluff with a fork and set aside to cool.

Heat the oil in a large saucepan on medium heat. Add the onions and cook for about 5 minutes or until the onions start to become soft and transparent. Add the mushrooms and cook until they are tender. Set aside to cool.

In a medium bowl, beat the egg. Add the quinoa, mushroom mixture, and cheese, toasted pecans, oats, and soy sauce. Scoop ½ cup (125ml) portions of the mixture onto the baking sheet and shape into 8 or 9 1-inch patties (2.5 cm) thick, leaving 1-inch (2.5 cm) between them. Bake for 27 to 30 minutes until slightly browned and crispy. Serve with your favourite garnishes.



The Better Burger

Submitted by Liz Holtby

This burger is better! A meatless meat-lover burger, this is a full-flavour burger with the perfect combination of toasted pecans, mushrooms, aged cheddar, herbs, and quinoa. These patties hold together well for freezing, making for a quick and easy meal.

Note: - These burgers can also be fried in an oiled skillet or grilled on a barbecue baking sheet. - To toast nuts, preheat the oven to 350F (180 C). Spread the nuts on a baking sheet and toast in the oven, stirring once, if necessary, for 5 to 7 minutes, until fragrant and lightly toasted.

Suggested Wine Pairing: Mission Hill 2020 Reserve Merlot

Cauliflower & Chickpea Tikka Masala

Submitted by Liz Holtby



Prep: 20 mins.
Cook: 25 mins.



Serves: 4

Suggested Wine Pairing:

Mission Hill 2021 TC Riesling

Ingredients:

- 1 medium cauliflower
- 2 tbsp vegetable oil
- 400 g can chickpeas, rinsed and drained
- ½ tsp ground turmeric
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 15 g fresh root ginger, finely chopped
- ½ x 283g jar Patak's Tikka Masala Spice Paste
- 200g fresh tomatoes (I used a can of diced tomatoes and drain the juice)
- 3 tbsp non-dairy yogurt alternative (I use plain yogurt myself)
- 3 handfuls of fresh spinach (my addition to the recipe)
- ½ bunch of fresh chopped coriander, leaves only
- Steamed basmati rice, to serve

Instructions:

Preheat the oven to 220C, gas mark 7. Line a large baking tray with foil. Break cauliflower into large florets, reserving any tender leaves. Toss the florets with ½ tbsp oil and spread over one side of the baking tray. Toss the chickpeas with another 1 tbsp oil and the turmeric and spread over the other side of the baking tray. Roast for 20 mins., stirring each side and adding the cauliflower leaves halfway through.

Meanwhile, heat the remaining ½ tbsp oil in large pan. Fry onion for 5 mins until soft. Add the garlic and ginger and fry for 1 min. Add curry paste and fry for 2 mins. Pour in 50 ml water and cook until evaporated.

Add the tomatoes and 200 ml water to the pan, simmer med-low heat for 5 mins. Take off the heat and stir in 2 tbsp of yogurt alternative. Add the chickpeas and cauliflower and leaves. Serve over basmati rice.

Instructions:

Heat a large soup pot over medium heat. Pour in the olive oil and swirl it around. Add all the sliced onions to the pot. You will hear a moderate sizzle. Sauté the onions, stirring often, until they are just starting to soften on the edges. Then, lower the heat slightly. Keep cooking and stirring the onions occasionally until they are light golden brown, jammy, and super sweet. Not quite in the caramelized state but getting there. This process will take anywhere from 45 minutes to an hour. Add splashes of water if the onions start to dry up/stick.

Increase the heat back to medium. Add the thyme, bay leaf, and garlic to the pot and stir until fragrant, about 30 seconds. Add the tomato paste and stir. Cook for about one minute. Add the lentils to the pot and stir. Then, add the sherry vinegar and tamari to the pot. Scrape up any browned bits on the bottom of the pot. Season everything with salt and pepper. Add the vegetable stock to the pot and stir once more. Cover the pot and bring to a boil. Lower the heat to a simmer and then cook until lentils are tender, about 25-30 minutes. There should be just enough liquid to surround the onions and lentils. Add more vegetable stock if necessary.

Remove the bay leaf from the pot and allow the French onion base to cool slightly before transferring to a large 12-inch oven-safe skillet or other baking dish. Set aside.

Make the creamy cauliflower potato mash. Pour the water into a large soup pot and bring it up to a boil. Pop the smashed garlic cloves in the water. Place the potatoes and cauliflower either directly into the pot or in a steamer insert. Keep the water at a strong simmer and close a lid on top of the pot. Steam the cauliflower and potatoes until the potatoes are fork-tender, about 20 minutes.

Drain the vegetables and return them to a pot. You can keep the garlic or toss it, your choice! Add the vegan butter, non-dairy milk, nutritional yeast, and lots of salt and pepper. Using a hand masher, mash the cauliflower and potatoes until smooth and creamy. Adjust the seasoning if necessary and set aside.

Preheat the oven to 375F

Smooth the French onion and lentil base out. Then, dollop the creamy cauliflower and potato mash on top. Carefully spread the mash out over the surface of the French Onion and lentil base. Drizzle the top of the mash with olive oil and some extra pinches of salt and pepper.

Bake the French onion shepherd's pie for 25 minutes, or until bubbly and totally heated through. You can broil the top for extra browning if you like. Remove the pie from the oven and let it sit for 5 minutes before serving in shallow bowls.



French Onion Shepherd's Pie

Submitted by Beverly Read

Ingredients:

French Onion and Lentil Filling:

2 tbsp olive oil, plus extra
3 lbs yellow onions, peeled and sliced into half moons
Sea salt and ground black pepper, to taste
1 tbsp thyme leaves, minced
1 bay leaf
1 clove of garlic, minced
1 tablespoon tomato paste
1 ½ cups French lentils, rinsed
1 ½ tbsp sherry/balsamic vinegar
1 ½ tablespoons gluten free tamari soy sauce
5 cups vegetable stock, plus extra

Cauliflower Potato Mash:

2 cups water
2 cloves of garlic, peeled and smashed
1 ½ lbs Yukon gold potatoes, peeled and chopped
4 cups cauliflower florets (from approximately ½ a large head)
4 tbsp vegan butter, at room temperature
½ cup unsweetened non-dairy milk
1 tbsp nutritional yeast
Sea salt and ground black pepper, to taste
2L cold water

Suggested Wine Pairing: Mission Hill 2020 Reserve Pinot Noir

Instructions:

Parsnip Steak:

Preheat oven to 375F

Square off the parsnips by cutting small slices on two opposite sides so that they can lay flat and stable on a baking sheet. Pulverize all the spices together in a mortar and pestle or coffee grinder to get a fine powder. Toss the parsnips in a large mixing bowl together with the canola oil and spices until thoroughly covered. Lay the parsnips on a baking sheet and cover with a second baking sheet that is weighted down with large rocks or cast-iron pans. Cook for approximately one hour or until the parsnips are soft and well flattened.

Potato Risotto:

Peel, cut, and reserve the potatoes in a bowl of cold water to remove some of the excess starch.

Working in batches, put the potatoes in a bowl of cold water to remove some of the excess starch. Carefully turn the Vitamix on high speed for 4 seconds. Strain the potatoes and put them once again in a bowl of fresh water. The potato "chunks" should be a little larger than grains of rice.

In a heavy bottomed pot, heat the oil on medium heat.

Add in the onion and garlic and sauté for one minute, until translucent. Add in the potatoes and stir frequently to cover in the oil.

Deglaze using the white sauce and stir the mixture until the wine is reduced by half

Reduce heat to medium-low and add in 1/3 of the stock and leave the risotto to simmer, stirring every few minutes until it has reduced by half. Repeat two more times.

Once the potatoes are almost cooked and the last of the stock has reduced, add in the butter and cheese. Cook for an additional 4-5 minutes while stirring. Adjust seasoning with salt and pepper and serve while hot.

Red Wine Butter Sauce:

In a sauce pot on high heat, add the wine, red wine vinegar and shallots until the liquid comes to a boil. Reduce the heat to a medium heat and reduce on a simmer until the liquid has reduced to about two tablespoons. Cut the butter into medium sized cubes and reserve in the refrigerator until needed. Once the liquid has reduced, turn the heat on low and start adding the cubes of butter one at a time while whisking rapidly. This will allow the butter to emulsify with the red wine mixture. Once you only have a few cubes of butter left, take the sauce off the heat completely and continue mixing while adding the remaining butter. The finished sauce should be thick and smooth. Adjust the seasoning with salt and pepper and use within 10-15 minutes of finishing.



Parsnip Steak

Submitted by Cleo Varon

Ingredients:

Parsnip Steak:

4 large parsnips
2 tbsp canola oil
1 tbsp fennel seeds
1 ½ tsp coriander seeds
5 pods cardamom
5 juniper berries
1 ½ tsp black pepper
1 tbsp cumin powder
1 tbsp brown sugar
1.5 tsp garlic powder
1 tbsp thyme/rosemary mix
1 tsp MSG
1 tbsp salt

Potato Risotto:

6 large russet potatoes, *peeled and diced*
1 tbsp canola oil
3 cups vegetable or chicken stock
1 onion, *diced*
3 garlic cloves, *minced*
1 cup dry white wine
½ cup butter
½ cup parmesan, *grated*

Red Wine Butter Sauce:

1 cup - dry red wine
½ cup red wine vinegar
1 shallot, chopped
1 pound butter, cold and cubed
Salt, to taste

Suggested Wine Pairing: Mission Hill 2021 TC Viognier

Ingredients:

1kg Semolina / '00' Flour Mix
11 eggs (550g)
20g salt

Vegetable Preparation:

Asparagus – cut into 1 ½” pieces, blanched 90 seconds and shocked in ice water.

Fiddleheads – trimmed and cleaned exceptionally well; blanched 4 mins and shocked in ice water.

Wild Leeks (Ramps) – leaves separated from stems. Stems sliced in half through the length and leaves cut into 1” pieces.

Instructions:

In a sauté pan over medium-high heat, toast 20% of your flour until a rich golden colour. You'll need to constantly stir and toss the flour in the pan, so toasted evenly. Allow to cool somewhat while you crack your eggs and scale your salt.

In a sturdy mixer with the paddle or by hand, mix all the ingredients for five to ten minutes, or until the dough is firm, smooth and springs back to the touch.

Rest dough for 30 minutes minimum, or overnight ideally before shaping your noodles.

Make cavatelli using pasta maker or create any type of noodle you wish (you can substitute for store bought noodles).



Toasted Wheat Cavatelli 'Primavera'

Wild leeks, fiddleheads, asparagus, tuscano

Submitted by Michael Kohlmaier

Other Mise en Place:

Parmigiano, finely grated (use a microplane)
White wine
Very good butter (grass-fed, unsalted)
Tuscano cheese, or other firm sheep's milk cheese for shaving
Toasted pistachios, then crushed (or choice of nuts)
Soft herbs; basil, parsley, marjoram, dill to flavour and as garnish

Suggested Wine Pairing: Mission Hill 2020 Perpetua

Ingredients:

2 tbsp nutritional yeast
1 tbsp soy sauce (gluten-free if preferred)
1 tbsp olive oil
1 tsp chili powder
½ teaspoon garlic powder
¼ teaspoon liquid smoke
1 block (350g) extra-firm tofu, drained (no need to press it)
3 cups tomato sauce (700ml jar or homemade)
1 pound spaghetti or pasta of choice (gluten-free if preferred)



Tofu Bolognese

Submitted by Beverly Read

Instructions:

Preheat oven to 350F (180C). Line with parchment paper or lightly grease a large baking sheet

Mix the nutritional yeast, soy sauce, olive oil, chili powder, garlic powder, and liquid smoke together in a large bowl. It will make a brown paste-like texture.

Crumble the block of tofu with your fingers into the bowl along with the seasoning. Mix the tofu crumbles with the seasoning making sure all the tofu is evenly coated. Spread the tofu crumbles evenly over the pan. Bake for 35 to 45 minutes, stopping to stir the tofu to be nice and browned. The smaller crumbles will be darker than the larger crumbles, and that's ok because it will provide a variety of texture.

In the meantime, heat the tomato sauce, and cook pasta according to package directions. Stir the tofu into the sauce, and heat through. If you find the sauce is too thick, stir in a bit of water until desired consistency is reached. Serve over hot pasta with a sprinkle of vegan parmesan.

Suggested Wine Pairing: Mission Hill 2020 Reserve Meritage

Ingredients:

1 large red onion, chopped medium-fine
Splash of oil
¾ pack of Beyond Meat plant-based ground beef (or about 200g of any plant-based ground beef)
1 ¾ cup cooked lentils
5 cloves garlic, minced
1/3 cup tamari or soy sauce
1/3 cup brown sugar
1 tbsp sesame oil
2 tbsp chopped ginger
½ tsp chili flakes (optional)
Pinch black pepper
1 head of broccoli
Rice of your choice
Green onion
Sesame seeds



Vegan Ginger Beef

Submitted by Lindsay Rudyk

Instructions:

Heat avocado oil in a medium to large pan over medium high heat. Add onions and sauté until translucent (about 10 mins). Add beefless beef, lentils, and garlic, and cook for another five to ten minutes (stirring often so none sticks to pan).

In a small bowl, combine tamari and brown sugar. Whisk together until sugar is somewhat dissolved, then stir in sesame oil, ginger, chili flakes, black pepper.

Pour sauce over the beefless beef/lentil mixture, cook over medium heat for five minutes so the ginger can cook, and the flavours can meld together, then serve hot over rice. Garnish with chopped green onions and sesame seeds and serve with broccoli. Enjoy!

Suggested Wine Pairing: Mission Hill 2020 TC Syrah

Ingredients:

16oz whole wheat thin spaghetti
1 cup shredded purple cabbage
1 cup carrot ribbons
1 cup baby spinach
1 ½ cups red bell pepper sliced thin
1 cup frozen shelled edamame
½ cup chopped cilantro
Sesame seeds garnish

Sauce:

½ cup peanut butter
2 tsp sriracha
4 tbsp soy sauce
3 tbsp rice vinegar
¼ cup water
1 tbsp maple syrup
1 tbsp toasted sesame oil
1 tsp garlic powder
1 tsp ginger powder

Instructions:

Boil water and cook pasta.

While pasta cooks, prep veggies. Microwave frozen edamame for 3 minutes or until cooked, slice peppers, chop cilantro, shred purple cabbage thin.

Whisk sauce ingredients together in a bowl.

To a large serving bowl, add the pasta, veggies, and sauce. Use tongs to toss. Sprinkle on sesame seeds.

Enjoy!



Vegan Rainbow Peanut Noodles

Submitted by *Liz Akey*



Prep: 10 mins.
Cook: 10 mins.



Serves: 8

This is an easy plant-based dinner that's packed with veggies and nourishes your noodle craving.

Suggested Wine Pairing:
Mission Hill 2021 Reserve Sauvignon Blanc

Instructions:

Quesadillas:

First, make the mushroom bacon.

While the mushrooms are marinating or in the oven, make the Tofu Scramble.

Assemble the quesadillas. Spread an even layer on the vegan cheese (½ cup) onto one of the eight tortillas. Arrange ¼ of the tofu scramble on top (about 1/3 cup) and ¼ of the mushroom bacon on top. Place another tortilla on top to cover.

Lightly grease a large skillet with a bit of oil and place over medium heat. Once the skillet is hot, add the prepared quesadilla to the skillet. Place a smaller skillet on top of the quesadilla so that it presses down on the quesadilla, resulting in a nice crispy exterior. Cook the quesadillas for 2-3 minutes or until nicely browned. Repeat with the remaining sauce, filling, and tortillas.

Serve the quesadillas with the Avocado-Tomato Salsa or salsa of your choice, and vegan sour cream if desired.

Mushroom Bacon:

Adjust oven rack to center position and preheat oven to 350 F. Fit a cooling rack onto a rimmed baking sheet and then line it with a sheet of parchment paper. Brush the parchment paper with a bit of olive oil.

Slice the mushrooms. If using King Oyster mushrooms, slice lengthwise into 1/4 -inch thin slices.

Combine the tamari, 1 tbsp olive oil, sesame oil, liquid smoke, maple syrup, and smoked paprika in a shallow dish and whisk to combine.

Add the sliced mushrooms and stir gently to combine. Marinate the mushrooms at room temperature for at least 20 minutes, or up to 60 minutes.

Arrange mushrooms in a single layer on the baking sheet. Bake the mushrooms for 20 minutes. Flip mushroom slices carefully with a thin spatula and continue baking until they are well-browned and chewy but crisp, about 20 minutes longer.

Remove from the oven and transfer the mushrooms to a paper towel-lined plate and drain any excess oil.

Tofu Scramble:

Press the tofu: place the block tofu on a cutting board lined with paper towels. Cover the tofu with paper towels, and then place a heavy cookbook or skillet on top of the tofu block. Press for at least 10 minutes, or up to 30 minutes.

Crumble the pressed tofu with a fork or your hands into large chunks.

Mix the kala namak (or sea salt), black pepper, turmeric, paprika, and nutritional yeast in a small bowl. Pour in the almond milk and whisk to combine.

Heat a large skillet over medium-high heat. Once hot, add the olive oil. Then add the crumbled tofu and break it apart as needed with a wooden spoon or spatula. Add the spice mixture and stir until well combined. Cook for 5-7 minutes until the tofu is lightly browned.

Avocado-Tomato Salsa:

In a bowl, combine all the ingredients except for the avocado and stir to combine. Then add in the avocado and gently toss to combine, taking care not to mash the avocado. Taste, and add more salt or lime juice as needed.



Vegan Quesadillas with Mushroom Bacon

Submitted by Lee Ann Marano

Ingredients:

Quesadillas:

Mushroom Bacon
Tofu Scramble
2 cups shredded vegan cheese of choice
8 large flour tortillas (can use gluten-free tortillas)
Cooking oil of choice for cooking quesadillas
Avocado-tomato salsa to serve

Mushroom Bacon:

8 ounces of King Oyster mushrooms OR shiitake mushroom caps
2 tbsp tamari or soy sauce
1 tbsp olive oil, plus more for brushing the pan
½ tsp toasted sesame oil
½ tsp liquid smoke (optional, adds that nice smoky flavour)
½ tsp pure maple syrup
½ tsp smoked paprika (use more if not using liquid smoke)

Tofu Scramble:

1 (14 oz or 400g) block of extra firm tofu
½ tsp kala namak (Himalayan black salt, can use sea salt)
Freshly cracked black pepper to taste
½ tsp ground turmeric
½ tsp paprika
3 tbsp nutritional yeast
¼ cup unsweetened plain non-dairy milk
1 tbsp olive oil

Avocado-Tomato Salsa:

½ pint cherry tomatoes, quartered
½ cup small red onion, chopped
¼ cup chopped cilantro
1 jalapeño, diced
1 lime, juiced
½ tsp kosher salt
2 small ripe avocados, or 1 large ripe avocado, diced

Suggested Wine Pairing:
Mission Hill 2020 Reserve Pinot Noir



SNACKS

Game Night Crispy Potato Bruschetta

Submitted by Ruth Gorriz

Instructions:

Preheat the oven to 425F (220C) and line an extra-large (or 2 medium) baking sheets with parchment paper

With a sharp knife, slice the potatoes into 1/4-inch rounds. Make sure they're not any thinner than that, or they might not be sturdy enough to pick up with your hands and the edges will burn more easily while cooking.

Place the rounds into the centre of one baking sheet in a mound. Toss with the oil until all sides of the rounds are fully coated. Spread into a single layer, spacing them a 1/2 inch apart. Sprinkle liberally with salt.

Roast the potatoes for 25 - 35 minutes (I do 30), flipping once halfway through baking, until tender and golden brown in some spots. I prefer these slightly overcooked, so they'll crisp up a bit around the edges. Meanwhile, prepare the topping.

In a large food processor, mince the garlic and basil until finely chopped. Add the tomatoes and pulse - only 10-14 times - until the tomatoes are chopped into almond and pea sized pieces. Remove the bowl, take out the blade and set aside, and stir in the lemon juice, balsamic vinegar, and salt. Set aside to marinate.

Five minutes before the potatoes are ready, dice the avocado very small into almond-sized pieces. Fold the diced avocado mixture into the tomato mixture. Taste and stir in more salt if desired. The mixture will look quite juicy/watery, but this is normal!

After removing the potatoes from the oven, add another generous sprinkle of salt on top. Add 1/2 - 1 tbsp avocado-tomato mixture onto a fork and strain out the juices by tapping the inside of the bowl. Place the strained mixture onto the centre of a potato round and repeat this process for the rest of the rounds.

Serve immediately, directly from the baking sheet. I find serving from the baking sheet keeps them warmer, but if you prefer you can transfer the rounds to a platter before adding the topping. If the potatoes sit, they will soften and lose their crispness, so I don't recommend letting them sit around for longer than 10 minutes (usually not a problem in this house!). If you have any avocado-tomato mixture leftover, feel free to polish it off with tortilla chips!



Ingredients:

For the Potatoes:

2 large russet potatoes, unpeeled (500g)
1 tbsp (15ml) grapeseed oil or virgin olive oil
Fine sea salt

For the Topping:

2 medium (7g) garlic cloves
1/2 cup (15g) lightly packed fresh basil leaves
2 cups (344g/12 oz) grape tomatoes
1 tbsp (15ml) fresh lemon juice
1 tbsp (15ml) balsamic vinegar
1/4 to 1/2 tsp fine sea salt, to taste
1 large (240g) ripe avocado

Suggested Wine Pairing:

Mission Hill 2019 Reserve Cabernet Sauvignon

Granola Bars

Submitted by Lina Thompson



Ingredients:

68g Sesame seeds
168g rolled oats, *gluten free*
105g coconut desiccated, *unsweetened*
105g raisins, *sultana's*
105g dried currants
38g pumpkin seeds
775g sweetened condensed milk

Instructions:

In a large bowl, mix all ingredients
Mix until slightly holding together and no visible dry ingredients are left
Scale out onto a lined baking tray
Press down firmly and then place parchment paper over top and roll with a rolling pin - making the top as smooth as possible
Bake at 350F (175C) for 12-16 mins, let cool
Cut into 4" x 1" bars or as desired

Healthy Power Balls

Submitted by Lina Thompson



Ingredients:

1 ½ cups rolled oats
1 tsp vanilla extract
½ tsp ground cinnamon
1 tbsp chia seeds
1 tbsp flax seeds
3 tbsp organic dark cocoa powder
1/3 cup maple syrup
¼ cup dried cherries
½ cup natural peanut butter (sub with almond or cashew if needed)

Instructions:

In a bowl, combine all ingredients. Wearing gloves or spraying your hand with a food pan spray - form the mixture into small balls and place onto a small cookie pan lined with parchment paper.

Place the pan in the refrigerator for 20-30 minutes. Once set you can place them in an airtight container or Ziploc bag

Keep refrigerated and enjoy as you please.

Ingredients:

2 cans (14oz) Hearts of palm,
drained

3 plum tomatoes, pulp
removed, *diced*

½ red onion, *finely diced*

2 tbsp fresh lime juice

3 tbsp extra virgin olive oil,
optional

1 tbsp chopped cilantro, or to
taste

Instructions:

Combine all ingredients and
toss, serve with tortilla chips or
pita.



Hearts of Palm Ceviche

Submitted by Cate Banfield



Prep: 10 mins. Cook: 30 mins.

These vegan hearts of palm ceviche will transport you to Mexico with the combination of habanero, lime juice, tomato, onion, and hearts of palm.

Suggested Wine Pairing: Mission Hill 2021 TC Riesling



Quick Pickles

Submitted by Michael Kohlmaier

Radishes:

15 radishes, thinly sliced
Juice of $\frac{1}{2}$ lemon
1 tbsp white wine vinegar
1 tsp of fine sea salt
Squeeze of honey or maple syrup

These make a lovely addition to salads or pasta. They will last up to two weeks in the fridge. You could also pickle most vegetables – cauliflower and cabbage are very good. If you want to add some more flavour, you could add coriander seeds or mustard seeds.

Onions:

1 red onion, thinly sliced
100 ml cider or white wine vinegar
1 tsp fine sea salt
 $\frac{1}{2}$ tsp sugar

Whichever pickle you are making, dissolve the sugar in the vinegar / lemon juice then pour over the vegetables and let sit for at least an hour before using. The pickles will last up to two weeks covered in the fridge.

DESSERTS



Instructions:

Place 2 cans of full-fat coconut milk in the fridge overnight (or for at least 12 hours) to allow the coconut cream to solidify

For the crust: Preheat the oven to 375F. Grab an 8-10-inch tart pan (I use a 9 inch) and lightly grease the base sides with coconut oil. Cut a circle of parchment paper to fit on the bottom and place it inside. This will prevent the crust from sticking.

Add the almonds into a food processor and process until they are the texture of coarse sand. Now add in the oats, cinnamon, and salt and process again until the mixture comes together, and no dry flour remains. The dough should stick together when pressed between your fingers; if it's still too dry, try adding another teaspoon or two of water and process again.

Crumble the dough all over the base of the tart pan in an even layer. Starting at the center, press the dough flat into the pan with your fingers and work your way outward and up the sides. If the dough starts to stick to your hands, lightly wet your fingers every now and then. With a fork, poke the base of the tart about 15 times to allow the air to escape while baking.

Bake the tart, uncovered, 12-14 minutes until lightly golden. Remove from the oven and place the tart pan on a cooling rack for about 15 minutes. If the crust puffed up during baking, you could poke it a few more times with a fork to let air escape. The crust will firm as it cools.

Meanwhile, make the raw caramel toffee: add the pitted dates into a bowl and pour boiling water over top. Let sit for 5 to 10 minutes, or longer if your dates are firm. Drain the dates and add them to the food processor along with the almond butter, lemon juice, salt, and vanilla bean seeds (if using). Process until smooth, stopping to scrape the bowl as needed.

Open the chilled cans of coconut milk and carefully scoop off the white cream from the top of the can, discarding the water. Add the coconut cream into a medium bowl. With electric beaters, beat the cream until smooth and fluffy.

When the crust has cooled, gently spread all the caramel toffee onto the base of the crust - using the back of a lightly wet spoon - until the base is covered. Slice all the bananas. Place half of the banana slices on top of the caramel, pressing down slightly to adhere.

Spread all the whipped coconut cream on top of the banana slices in an even layer. Now place the remaining banana slices on top of the pie in a circular pattern, overlapping and stacking them to create heights. Garnish with shaved chocolate and serve immediately.

Leftovers will keep in the fridge in a sealed container for up to 3-5 days. I don't recommend freezing this pie, as the banana slices get mushy after thawing.



Banoffee Pie

Submitted by Ruth Gorriz

Ingredients:

For the Raw Caramel Toffee:

1 ½ cups pitted Medjool dates
3 tbsp smooth almond butter
1 tsp fresh lemon juice
¼ tsp fine sea salt
1 vanilla bean, seeded, or ½ tsp
vanilla bean powder, *optional*

For the Filling:

2 cans full-fat coconut milk,
chilled overnight
Raw caramel toffee (from above)
3 large ripe bananas sliced into
thick “coins”
2 squares dark chocolate, *shaved*

For the Crust:

½ cup raw almonds
2 cups gluten-free rolled oats
½ teaspoon cinnamon
¼ teaspoon fine sea salt
¼ cup virgin coconut oil,
melted
2 tbsp pure maple syrup
1 ½ tbsp water, or as needed

Suggested Wine Pairing: Mission Hill NV Reserve Brut

Ingredients:

¾ cup gluten free flour mix
¼ cup tapioca flour
½ cup coconut sugar ½ cup cocoa powder
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon Himalayan salt
¼ teaspoon cinnamon
1 cup black beans or pinto beans drained rinsed and cooked
¼ cup pumpkin puree
1 ½ teaspoon vanilla extract
1 cup almond milk or coconut milk
⅓ cup maple syrup
½ cup chocolate chip morsels vegan

Instructions:

Preheat the oven to 350 F. Spray with cooking spray a 9x6 inch baking pan or 8x8 inch pan and set aside.

In a large mixing bowl stir together the gluten free flour, tapioca flour, coconut sugar, cocoa powder, baking powder, baking soda, Himalayan salt, and cinnamon.

In a blender add the beans, pumpkin puree, vanilla extract, and almond milk. Blend on high to combine. Stir the wet ingredients into the dry ingredients slightly and add the maple syrup. Mix well to combined.

Add chocolate chips into the batter or save them to melt and drizzle on top after the brownies are finished cooking. Once cooked, let them cool completely before removing from the pan.

Bake for 30-35 minutes or until a knife inserted into the center comes out clean.



Chocolate Brownies

Submitted by Lee Ann Marano

Celebrate your chocolate cravings with the healthiest and fluffiest vegan black bean brownies around! These are dreamy and cake-like and packed with fiber rich black beans, pumpkin purée, and minimal amounts of non-processed sugars. Chocolate you feel good about eating!

Suggested Wine Pairing: Mission Hill 2018 Oculus

Ingredients:

2 ripe avocados, *pits removed*
4 tbsp cacao powder
1 tbsp hemp seeds, *optional*
½ cup almond milk
4 tbsp pure maple syrup
1 tbsp vanilla extract

Instructions:

Combine all ingredients in a blender or a food processor and blend until smooth, scraping down the sides in between. Add more almond milk if needed to help blend.

Taste test it to see if you prefer more chocolate flavor (add more cacao powder, 1 tbsp at a time), more sweetness (add a splash of maple syrup) or more vanilla. Blend until smooth.

Transfer to an airtight container for storing. Refrigerate for up to 4 days. Serve chilled with coconut whipped cream or your favourite toppings.

NOTES:

Unsweetened cocoa powder will also work. The flavour is smoother and less bitter than cocoa powder. Honey or agave nectar will also work. I personally prefer maple syrup for the best flavour.

**Recommend using non-alcoholic vanilla flavouring for best results. Regular vanilla extract will work but if you use too much you can taste the alcohol so just be sure to taste test as you add more.



Easy Chocolate Avocado Pudding

Submitted by Lee Ann Marano



Prep: 10 mins.



Serves: 4

This simple chocolate pudding takes just 10 minutes to make. Decadent and healthy, it's sure to become your new favourite dessert!

Suggested Wine Pairing: Mission Hill 2020 Reserve Merlot

Instructions:

If the dates are not very soft, cover them with hot water for 5 minutes, then drain and pat dry.

Place the oats in the bowl of the food processor and pulverize them until you have a fine oat flour. Alternatively, you can use store-bought oat flour.

Add the pitted dates, tahini, maple syrup, vanilla, and salt to the oat flour. Blend until the mixture forms into a sticky dough (it should turn into a ball). If it feels dry, add a spoon of plant-based milk a teaspoon at a time until the dough just sticks together when pressed.

Transfer the dough into a large bowl. Fold in $\frac{1}{2}$ cup of the chocolate chips into the dough using a silicone spatula.

Note: If the dough is too sticky to handle with your hands (this is more likely if your kitchen is warm), place the dough in the fridge for 20 minutes to firm it up a bit.

Line an 8x4-inch or 9x5-inch loaf pan with parchment paper, letting the excess hang over the long sides to form a sling. Spread the dough out into the prepared pan and smooth the top out evenly, pressing all the way into corners using your fingers or a flat-bottomed steel cup to get the mixture even on top.

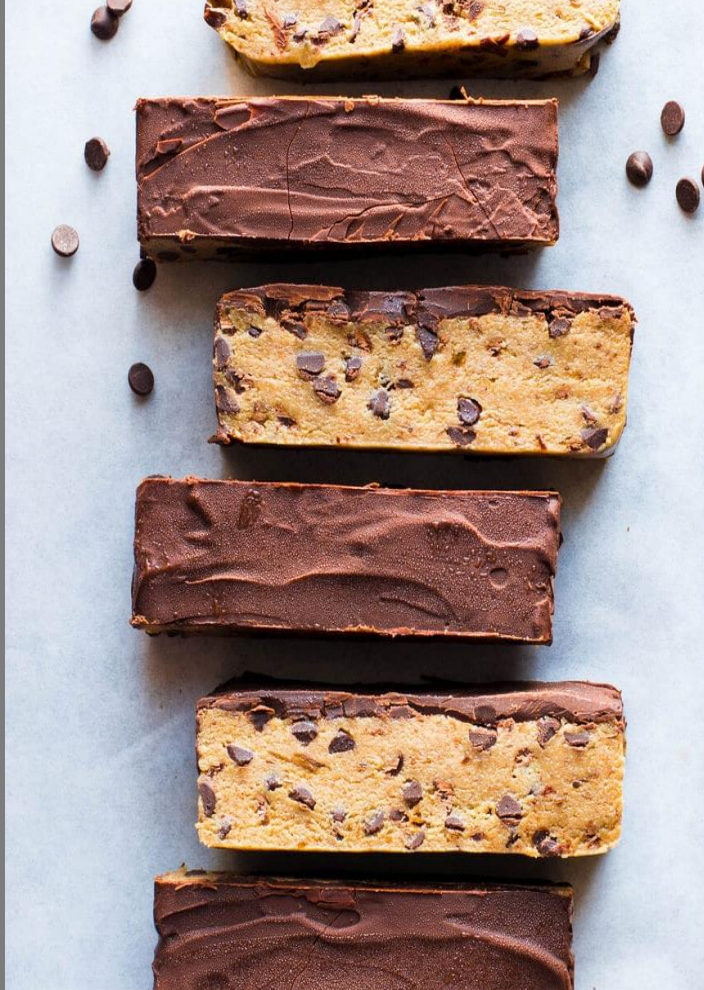
Place the pan in the freezer for 30 minutes to set. Once chilled, remove from the freezer and using the parchment paper as handles, lift the cookie dough out of the pan.

Before removing from the freezer, melt the chocolate.

Double boiler: Add a few inches of water to a saucepan and bring to a simmer. Nestle a large heatproof glass bowl that sits on top of the saucepan without touching the water to create a double boiler. Once the water is simmering, add the vegan chocolate chips and coconut oil to the bowl. Whisk frequently with a spatula until the mixture is just melted.

Microwave: Add the chocolate and coconut oil into a microwave-safe bowl and microwave on high in 25 to 30-second intervals until the chocolate is almost melted (about 3 intervals). Use a spoon to stir the chocolate until it is melted.

Drizzle the melted chocolate over the cold cookie dough and lightly sprinkle with flaky sea salt, if desired. If the chocolate doesn't immediately harden, return it to the freezer for 5-10 minutes to set, then slice into 8 thick bars or into smaller squares. Store leftovers in the freezer (they'll stay good for several weeks).



No-Bake Cookie Dough Bars

Submitted by Beverly Read

Ingredients:

- 1 packed cup of soft Medjool dates, pitted
- 2 $\frac{3}{4}$ cups rolled oats, gluten free if needed
- $\frac{1}{4}$ cup smooth tahini, or almond butter, or cashew butter
- 4 $\frac{1}{2}$ tbsps. pure maple syrup
- 1 tbsp pure vanilla extract
- $\frac{1}{2}$ tsp fine sea salt
- 1 cup vegan chocolate chips*, divided
- 2 teaspoons refined coconut oil, melted (optional; omit to keep oil-free)

Suggested Wine Pairing:
Mission Hill NV Reserve Brut

Vegan Caramel Sauce

Submitted by Beverly Read

Ingredients:

1 cup date paste

2 tbsp plant-based milk

1 tsp vanilla extract

¼ cup almond butter

Juice from ½ lemon or lime

Pinch of salt



Instructions:

Place all the sauce ingredients in a blender and process for approximately 3 minutes

Pour the sauce into a container and cover with a lid. Keep refrigerated.

Suggested Wine Pairing: Mission Hill 2021 Reserve Rose

Table of Contents

Breakfasts [3](#)

Salads [7](#)

Soups [11](#)

Entrées [15](#)

Snacks [25](#)

Desserts [31](#)