

COMMENT

Easy substitutions for the vegan cook

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What's Cookin'

Thanks to everyone for the birthday wishes and to Gerry and Cynthia for organizing the photo and story for the paper last week.

My older son, Alex, is back in town for a few days and that means some vegan cooking. Most of the time, not a problem, as he likes everything and when you're only having to prepare meals for a few days it's not that hard (much harder when you

are trying to prepare interesting, healthy vegan food every single day)!

Occasionally though, especially when trying to follow a recipe (which I don't do very often) we run into situations when we need to make a substitution. If this happens to you too, then hopefully this info will help you out.

Have fun and keep cooking!

Animal Ingredient	Vegan Substitute
Buttermilk	1 cup Soy or almond milk plus 1 tbsp lemon juice or vinegar. Let sit at room temp for 10 minutes to curdle
Cottage/ricotta cheese	Crumbled tofu, tofu cheese
Eggs	Egg substitute, soy eggs, pureed tofu, flaxseed
Gelatin	Agar, arrowroot, corn starch, guar gum, xanthan gum
Honey	Maple syrup, molasses
Lard	Olive oil, vegetable oil
Milk	Soy milk, almond milk, rice milk
Milk chocolate	Carob
Sour cream	Cashew cream

Nuts and Bolts

INGREDIENTS

Makes 11 cups

- 3 cups 'o' shaped cereal (unsweetened)
- 2 cups whole wheat square cereal (unsweetened)
- 2 cups pretzel sticks or twists
- 1 cup mixed nuts
- 1 cup cocktail peanuts
- 1 cup goldfish crackers
- 1 cup sesame sticks
- 1/2 cup butter
- 1 tbsp Worcestershire sauce
- 1 tsp garlic salt



- 1 tsp celery seed
- 1 tsp seasoned salt

METHOD

1. Combine first seven ingredients in a large roasting pan.
2. Melt butter in a saucepan and add remaining ingredients. Stir.
3. Drizzle over cereal mixture and toss well to coat.
4. Bake uncovered in a 250 degree F. oven for 2 hours, stirring every 30 minutes.
5. Cool.

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