

## **Chef Ramses Bravo, Executive Chef of True North**

### **ROASTED GARLIC MASHED POTATOES**

Category: Sides and Vegetables

Diet: Vegan

Cuisine: American

Yield: 4 servings

The secret to fluffy mashed potatoes is mixing them as soon as they're done steaming. If they're allowed to cool down, they'll become gummy. If you really love garlic, double up on the roasted garlic cloves.

#### Ingredients

8 Yukon gold potatoes, peeled and cut in half

1 cup unsweetened soy milk, heated

¼ cup garlic cloves, roasted

#### Directions

Steam the potatoes until very tender, about 30 minutes. Make sure the potatoes don't sit in the water while cooking and that the water doesn't evaporate before the potatoes are done.

Transfer to a medium bowl.

Put the hot soy milk and garlic in a blender and process on high speed for 20 seconds.

Pour over the hot potatoes and mash until well combined.

### **CHIPOTLE ALMOND SALSA**

Category: Sauces, Spreads and Dips

Diet: Vegan

Cuisine: American

Yield: 4 cups

Note: Check the ingredient panel of different brands of chipotle chilis, as some have less sodium than others.

#### Ingredients:

2 cups orange juice

8 ounces canned chipotle chilis

½ cup vegetable broth

½ cup almonds, toasted

#### Directions:

Put all the ingredients in a blender.

Process until the desired consistency is achieved.

Serve chilled or at room temperature.

## LETTUCE WRAPS

Category: Sauces, Spreads and Dips

Diet: Vegan

Cuisine: American

Yield: 4 servings

This dish makes a lovely informal appetizer when it's served family-style. For fancier hors d'oeuvres, use endive leaves instead of lettuce.

2 cups coarsely chopped zucchini  
2 cups coarsely chopped carrots  
¼ cup raw cashews, toasted  
20 whole fresh mint leaves  
Juice of 1 lemon  
Romaine or butter lettuce leaves, as needed

### Directions:

Put the zucchini, carrots, cashews, mint, and lemon juice in a food processor.

Process just until finely chopped. Don't allow the mixture to become a paste.

Spoon some of the mixture inside each lettuce leaf.

Serve immediately.

## SWEET LENTIL CREPES

Category: Desserts

Diet: Vegan

Cuisine: American

Yield: 12 Crêpes

The cooked crêpes will have a browned side and a lighter side. Use that to create an eye-catching color contrast when you serve them.

1 cup yellow or red split lentils, soaked in water for 1 hour  
2 cups water  
1 pitted date  
2 teaspoons vanilla extract  
¼ teaspoon ground nutmeg or cinnamon  
1 cup Berry Marmalade

### Directions

Drain the lentils and put them in a blender.

Add the water, date, vanilla extract, and nutmeg and process on high speed until smooth.

Preheat a nonstick sauté pan over medium heat.

Pour ¼ cup of the lentil batter into the pan and spread it into a six-inch round.

When the edges begin to brown, use a silicone spatula to flip the crêpe over.

Cook for 15 seconds longer, then remove the crêpe from the pan.

Repeat the process with the remaining batter.

Serve each crêpe with a dollop of the marmalade.

## **BERRY MARMALADE**

Category: Sauces, Spreads and Dips

Diet: Vegan

Cuisine: American

Yield: 6 servings

For this recipe to work properly, the berries must be ripe and sweet.

1 cup fresh strawberries, hulled  
1 cup fresh or frozen blackberries  
1 cup fresh or frozen blueberries  
2 tablespoons unsweetened fruit juice or water  
1 cup fresh or frozen raspberries

Put the strawberries, blackberries, blueberries, and juice in a medium pot over medium-high heat and cook, stirring constantly, for 4–5 minutes.

Add the raspberries and cook for 1 minute longer.

Using a slotted spoon, fish out the berries into a medium bowl and set them aside.

Cook the remaining juice in the pot over medium-low heat, stirring occasionally, until thick and syrupy, about 10 minutes. As more of the berry liquid evaporates, gradually decrease the heat. The thicker the syrup, the better.

Remove the syrup from the heat. Add reserved berries and stir to combine. Let cool slightly before serving. May also be served chilled or at room temperature.