

Contentedness Cooking

Easter Special 2015

Appetizer

Time to start the Easter Menu light with the *Stunning Easter Salad*. A fresh salad with roasted tofu strips and a mouthwatering Macadamia-Pomegranate dressing.

Main Course

Moving to the main course: *Bulgur-stuffed Bell Pepper*. Roasted bell peppers with a savory filling made from bulgur, vegan sausage bits, artichoke, chili, and vegan sour cream.

Dessert

Finally - if there is still space - we top off the Easter Menu with an indulgence for our sweet tooth. An *Avocado-Chocolate Mousse* and some fresh fruits and caramelized nuts.

(this menu serves about 4)

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Contentedness Cooking, 2015



Easter Special 2015

Hello and welcome!

This is Contentedness Cooking's Easter Special 2015. It is a composition of an Easter Menu exclusively for my Friends and Followers.

Some of you certainly have noticed that I have recently been experimenting a lot with vegan recipes. I've initially gotten hooked because I found it challenging to come up with ideas of how to make exciting food without dairy products. It didn't take long though until it became fun.

This is why I decided to make this whole Easter Menu vegan. It is a combination of three courses that I love. My hope is that you will enjoy it together with Family and Friends to celebrate this special weekend!

Happy Vegan Easter!

Florian



Stunning Easter Salad

- 1 large mixed salad of choice
- 1 avocado
- 1 large handful of grapes, seeded
- 1 cup green or black olives, stones removed
- 1 yellow or orange bell pepper, diced
- 1/2 cup (60 g) chopped walnuts

Tofu strips

- 7 oz (200 g) smoked tofu
- 2 Tbs soy sauce

Croutons

- 1 baguette (gluten-free if required)
- herbs of choice
- 2 Tbs olive oil
- 2 cloves garlic

Pomegranate-Macadamia Dressing

- 1 cup (100 g) macadamias divided (1/2 cup soaked overnight)
- 1 pomegranate, seeded
- 2 Tbs maple syrup or sweetener of choice
- 2 Tbs citrus juice + zest
- 1 Tbs white wine or apple cider vinegar
- salt, pepper to taste

Appetizer: Stunning Easter Salad

1. Make the *Dressing*: combine the macadamia, half of the pomegranate seeds, salt, pepper, agave or maple, as well as citrus juice and zest in a blender. Pulse until smooth.
2. To prepare the *Croutons*, cut two handful of cubes from the baguette. Add the garlic, cubes, oil, and herbs to a bowl and mix well together. Heat a large skillet over medium heat and roast the baguette cubes until lightly toasted.
3. Cut the smoked *Tofu* into thin, long strips. Mix with the soy sauce and some spices of your choice, then transfer to a casserole and cover with aluminum foil. Bake in the oven at 400°F (200°C) for 10 minutes.
4. Combine the remaining pomegranate seeds, salad mix, avocado, grapes, olives, pepper, and nuts in a salad bowl.

Enjoy with the tofu strips and a good dollop of the Pomegranate-Macadamia dressing, garnish or serve with baguette!





Bulgur-stuffed bell pepper

- 2-3 bell pepper
- 1 cup (140 g) bulgur
- 2 cups (450 ml) water
- 1 6oz (180 g) can artichokes in water
- 1 clove garlic
- 1 chili seeded and thinly sliced.
- chives and cilantro or one of your favorite as much you like
- 1 lemon zest + 1 Tbs Lemon juice
- 1 cup (200 g) vegan sour creme
- 7 oz (200 g) vegan sausage thinly sliced
- 1 Tbs olive oil for cooking the sausage + for brushing the zucchinis.
- salt pepper to taste

Main Course: Bulgur-stuffed Bell Pepper

1. Preheat oven to 375°F (190°C) and prepare a baking sheet with parchment paper.
2. Cut through your peppers once, carefully scrape out the seeds and season with salt and pepper. Brush with a little dash of olive oil and bake for 15-20 minutes.
3. Heat a large skillet with 1 Tbs of oil. Add the sausage and cook for 5 minutes until the slices are browned and crisp.
4. In the meantime, cook the bulgur according the manufacturer's instructions.
5. In a bowl mix the bulgur with the vegan sour creme, sausage, garlic, artichokes, lemon juice, zest, and olive oil. Season with salt and pepper and add the herbs.

To serve, fill the roasted bell pepper with the bulgur mixture.





Avocado-Chocolate Mousse

- 2 ripe avocados
- 3.5 oz (100 g) vegan white chocolate
- 2 tbs water
- 1 Tbs lemon juice
- 8 oz (250 g) strawberries divided (reserve 1/3 rest for garnish)
- 1 handful cashews, crushed
- 2 Tbs maple or agave syrup
- cacao nibs for garnish

Dessert: Avocado-Chocolate Mousse

1. Mash the avocado and 2/3 of the strawberries with a fork until mashy or put them in food processor or blender and process until smooth (hint: blend the strawberries first, then add the avocados).
2. In small saucepan or in the microwave, carefully melt the chocolate. Combine the avocado-strawberry mash with water, lemon juice, and the melted chocolate until you get a well mixed creme. Chop the rest of the strawberries for garnish.
3. Put the mousse in the fridge for at least 1 hour up to overnight.
4. Right before serving, crush the cashews and heat a small skillet. Carefully roast the cashew crumbles. When they are slightly brown, add the maple or agave syrup and let it caramelize for another minute.

Garnish the Avocado-Chocolate Mousse with cacao nibs, strawberries, and the caramelized cashews. Enjoy!

