

The NATURALLY VEGAN COMPANY

Cooking Class March 16th



Savoury Drop Biscuits

2 cups all purpose flour

2 teaspoons baking powder

1 teaspoon sugar

¾ teaspoon salt

½ teaspoon baking soda

1 cup unsweetened coconut milk

8 tablespoons coconut oil

1 tablespoon lemon juice

1. Adjust oven rack to middle position and heat oven to 475 degrees. Set rimmed baking sheet in second baking sheet and line with parchment paper
2. Whisk flour, baking powder, sugar, salt and baking soda together in large bowl. Whisk coconut milk, melted oil and lemon juice together in second bowl (oil will clump). Stir milk mixture into flour mixture until just incorporated.
3. Using greased 1/3 cup drop level scoops of batter 1 ½ inches apart on prepared sheet. Bake until tops are golden, 12-14 minutes, rotating sheet halfway through baking.
4. Transfer biscuits to wire rack and let cool for at least 5 minutes. Serve warm or at room temperature.

Chocolate Avocado Pudding

2 large ripe avocados, peeled, pitted, and cubed

½ cup unsweetened

½ brown sugar

1/3 cup coconut milk

2 teaspoons vanilla extract

1 pinch of cinnamon

Blend avocados, cocoa powder, brown sugar, coconut milk, vanilla and cinnamon in a blender until smooth. Refrigerate pudding until chilled, 30 min.

Creamy Curried Cauliflower Soup

1 head of cauliflower (2 pounds)

¼ cup olive oil

1 leek, white and light green parts only, halved lengthwise, sliced thin, washed thoroughly

1 small onion, halved and slice thin

Salt

1 ½ teaspoons of grated fresh ginger

1 tablespoon curry powder

4 ½ cups water

½ cup canned coconut milk

1 tablespoon lime juice

2 scallions, sliced thin on a bias

1. Pull off outer leaves of cauliflower and trim stem. Using paring knife, cut around core to remove; slice core thin and reserve. Cut heaping 1 cup of ½ inch florets from head of cauliflower; set aside. Cut remaining cauliflower crosswise into ½ inch thick slices.
2. Heat 3 tablespoons oil in large saucepan over medium heat-low heat until shimmering. Add leek and onion, and 1 ½ teaspoon salt and cook, stirring often, until leek and onion are softened but not browned, about 7 minutes. Stir in ginger and curry powder and cook until fragrant, about 30 seconds. Stir in water, sliced core, and half of sliced cauliflower. Increase heat to medium-high and bring to simmer. Reduce heat to medium-low and simmer gently for 15 minutes. Add remaining sliced cauliflower and simmer until cauliflower is tender and crumbles easily. 15-20 minutes.
3. Meanwhile, heat remaining 1 tablespoon oil in 8 inch skillet over medium heat until shimmering, add reserved florets and cook, stirring often until golden brown. 6-8 minutes; transfer to bowl and season with salt to taste.
4. Working in batches, process soup in blender until smooth, about 45 seconds. Return pureed soup to clean pot and bring to a brief simmer over medium heat. Turn off heat, stir in coconut milk and lime juice and season with salt to taste. Serve, sprinkling individual bowls with browned florets and scallions and drizzle with extra oil.