

## Harry's Vegan Cook Book

This book is simply a collection of recipes which I have created which contain neither animal or poultry products. Only recipes which have been actually used are listed.

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## Harry's Vegan Food Substitutes

1 cup honey = 1 1/4 cups granulated sugar plus 1/4 cup liquid *or* 1 cup molasses *or* cup light or dark corn syrup *or* 1 cup pure maple syrup.

1/2 cup butter = 1 stick oleomargine

1/2 cup of vegetable oil = 1/2 cup applesauce (unsweetened)

Garlic Salt: put 3 parts sea salt + 1 part garlic powder and mix together

Garlic Clove: 1 clove = 1/8 teaspoon garlic powder

### Egg Substitutes:

1 egg = 2 tablespoons corn starch

1/2 of a banana, mashed, equals 1 egg.

3 tablespoons applesauce = 1 egg

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## Harry's Vegan Croutons

10 slices of bread, wheat or white  
1 cup Canola Oil or Olive Oil  
2 tsp Garlic Salt  
1 tsp Basil  
1 tsp Oregano  
1 tbsp. Parsley

Lay all bread out on cookie sheet(s)  
Put all dry ingredients in a salt shaker type container.  
Paint both sides of all bread with Canola or Olive oil.  
Sprinkle each side of painted bread with dry ingredients.  
Preheat oven to 300 degrees. Bake coated bread for 15 minutes or until toasted  
On chopping block, cut into 1/2 inch squares

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## Harry's Vegan Vinaigrette

1 cup red wine or Balsamic vinegar. Apple cider vinegar is okay.

3 cups extra virgin Olive or Canola oil.

1 tsp. paprika

1/2 tsp. ground mustard

1/2 tsp. ground white pepper

1 tsp. oregano

1 tsp garlic powder

2 tsp. sea salt

1 tsp. lemon juice

1 tbsp. pectin ( to cause dressing to adhere to salad pieces)

The magic ratio of oil to vinegar is 3 to 1(three parts oil + one part vinegar)

Blend all dry ingredients in 1 cup vinegar, add olive oil and blend using wire whisk until thoroughly mixed.

Pour into containers.

Note: Always leave 1/4 of container empty so there will be room for shaking it up later.

Shake well before serving.

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## WHITE SAUCE

2 Tablespoons Olive oil

1 tablespoon flour

1 cup soy milk

1/4 teaspoon salt

a few grains pepper

Put oil in saucepan, stir until melted and bubbling; add flour mixed with seasonings and stir until thoroughly blended, then pour on gradually while stirring constantly, the milk. Bring to the boiling point and let boil 2 minutes.

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## Alfredo Sauce

1/2 cup Olive or Canola oil  
2 tsp. garlic powder  
2 cups milk  
2 cups (6 oz.) grated Parmesan cheese  
1/8 teaspoon black pepper

or

1/4 cup Olive or Canola oil  
1 tsp. garlic powder  
1 cup milk  
1 cup (3oz) grated Parmesan cheese  
1/8th teaspoon black pepper

Coat inside of small pan with Crisco.  
Put oil in pan and put pan on low heat  
Add garlic powder and work with wire whisk until smooth.  
Add milk a little at a time and whisk in.  
Add Parmesan cheese and pepper and whisk until smooth.  
Thin with milk if cooked too long.

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## Harry's Toasted Pecans

1 1/2 tsp. Cajun seasoning blend  
1 tsp Worcestershire sauce  
1/2 tsp garlic salt or garlic powder  
2 tbs. canola oil  
3 or 4 cups pecan halves  
sea salt

Open clean small plastic shopping bag. Pour pecans into bag.  
With wire whisk, blend the above ingredients (except the pecans).  
Pour the blend over the pecans in the bag.  
Sprinkle pecans generously with sea salt.  
Twist the top of the bag and shake the mixture onto the pecans repeatedly until all are coated.  
Spread out evenly onto a baking pan.  
Preheat oven to 300 degrees. Bake for 10 minutes until golden and crisp.

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## Harry's Vegan Cornbread (for oven cooking)

### Ingredients

2 cups yellow cornmeal – (regular or self rising)  
1 ½ cups flour – (regular or self rising)(1/2 cup of this can be wheat flour)  
1 teaspoons salt  
2 teaspoons baking powder  
1/3 cup corn starch  
1 teaspoon baking soda  
1/3 cup canola oil  
2 ¾ cups soy milk  
3 tsp. vinegar  
½ cup creamed corn  
*(optional – ¼ cup finely diced pecans)*

### Preparation

Preheat oven to warm. Coat baking pan with Crisco. Shake in ¼ cup cornmeal to coat bottom and sides of pan and shake out excess.

- Combine all dry ingredients in large mixing bowl. Pour creamed corn on top.
- Combine milk, oil, and vinegar in small bowl and beat with wire whisk.
- Pour in milk, oil, and vinegar into dry ingredients and beat with a wire whisk or spoon until thoroughly mixed. Pour mixture into baking pan.

Put pan in warm oven for 15 minutes and then bake at 425 degrees for 33-39 minutes or until brown on top.

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## Harry's Vegan Pancake

SERVES 2 , 6 -8 pancakes

1 cup flour (whichever kind you prefer)

1 tablespoon sugar (I used organic cane sugar)

2 teaspoons baking powder

1/8 teaspoon salt

1 cup soymilk

2 tablespoons vegetable oil

Combine the 4 dry ingredients (flour, sugar, baking powder, salt) in a bowl.

Add the soy milk and vegetable oil to your mixture.

Mix until smooth.

Heat oven to 375 degrees.

Now the pan should be ready for your batter, so spoon one pancakes' worth of the mixture into the pan.

Flip [carefully] when you see bubbles in the middle of the pancake, or if the edges are looking stiffened.

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## **Fluffy Vegan Pancakes**

SERVES 4

- 2 cups flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
2 cups soymilk  
2 tablespoons oil

Sift the flour, baking soda, and baking powder together in a large bowl.

Add the soymilk and oil and mix until "just mixed."

Toss in any extras you might want--blueberries, chocolate chips, etc.

Heat a lightly oiled skillet over medium heat.

Drop 2-3 tablespoons of batter into the skillet and cover.

Flip when the middle starts to bubble and cover again.

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## Harry's Stir-fry Potatoes

### Ingredients

1 small onion (diced)  
4 cups of small sliced potatoes (approx.)  
2 tbsp. Canola oil  
Garlic salt and sea salt for seasoning

### Preparation:

Put oil in stir fry pan and heat.  
Put potatoes in stir fry pan and cook until  $\frac{3}{4}$  done.  
Pour diced onion over potatoes and toss in.  
Season heavily with garlic and sea salt.  
Cook all in stir fry pan until done.

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## **Crockpot Rice**

### Ingredients (to make a lot)

3 cups rice

5 cups water

1 tablespoons sea salt (optional – or use 1 tsp. regular & 1 tsp. garlic salt)

3 tablespoons cooking oil

### Ingredients ( to make less)

2 cups rice

3 ½ cups water

1 tablespoon salt

1 ½ tablespoons cooking oil

Line the insides of the cockpot pan with Crisco. Pour in all ingredients. Cook using “high” setting for 1 hours or until done.

*(for 1 quart crock pot)*

*1 cup rice*

*2 1/3 cup water*

*1 tsp sea salt*

*2 tsp. Canola oil*

*cook 1 hour on high*

*(for Brown rice)*

*1 cup brown rice*

*2 1/3 cup water*

*1 tsp. Sea salt*

*2 tsp. Canola oil*

*cook 1 ½ hour on high*

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## **Cooked Cabbage**

### Ingredients:

½ head of cabbage chopped  
1 medium onion, diced  
1/2 cup vegetable oil  
2 cups water  
lemon-pepper, garlic salt, sea salt, pepper

### Preparation:

Pour vegetable oil in bottom of large pot  
Add chopped cabbage and diced onion.  
Pour in 2 cups water  
Season with spices

Cover and cook on low flame (with lid on Pot), occasionally stirring from the bottom.

Its ready when both the cabbage and onion is as limp a though it had been sauteed.

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## **Rice and Mushroom Soup**

### Ingredients:

1 cup rice (completely cooked)  
1 can of condensed cream of mushroom soup or condensed cream or celery soup.  
1 can green peas (drained)  
parsley flakes  
sea salt and pepper

### Preparation:

In serving bowl combine rice, soup, and green peas and mix thoroughly.  
Season with salt and pepper  
Sprinkle top with parsley flakes.

This is good eaten cold, or warmed.

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## **Crockpot Lima Beans**

### Ingredients:

2 lb. Large dried lima beans

1 pkg. Dry onion soup mix

### Preparation:

Put at least 4 cups water in crockpot and stir in onion soup mix.

Pour beans into crockpot.

Add water until water level is about 1" above top of beans.

Let soak overnight.

Next day, cook on "high" setting for 3 hours.

Crockpots differ so you may need to adjust times of cooking. Always make sure beans are covered in water.

This freezes well. I usually leave about 1 pint out to eat with meals and freeze the rest in 1 pint freezer bags.

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## **Vegan Cheese Toast**

### Ingredients:

1 slice bread (wheat or white)  
Vegan buttery spread (I use Earth Balance)  
1 slice tofu cheese (I use Tofutti sliced cheese)  
Bacos (stocked in most grocery stores – totally vegan)

### Preparation:

Spread buttery spread on 1 side of bread  
sprinkle with Bacos  
cover with slice of cheese  
Put in toaster oven, cook until bread is toasty to your liking.

I have this every morning for breakfast. These may be prepared in advance and kept in your refrigerator with wax paper between cheese toast preparations. This way, in the morning, you only need to get one and pop it into your toaster. This is delicious with 1 cup of soy milk.

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