

Plant-Based Tips and Tricks

Spring 2022



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Ranch Dressing

Vegan. Common allergens: tree nuts, may contain gluten (oat milk).

Time: 35 minutes

Adapted from [Minimalist Baker](#)

Serves 11

Ingredients

- 1 cup raw cashews (soaked in hot water 30 minutes, or overnight in cool water)
- ⅓ cup unsweetened oat or almond milk
- 2 teaspoons lemon juice
- 3 cloves garlic, peeled
- ½ teaspoon sea salt (plus more to taste)
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- 1 tablespoon apple cider vinegar

HERBS

- 1 tablespoon dried dill
- 1 tablespoon fresh minced parsley (optional)
- 1 teaspoon fresh chives (or ½ the amount dried chives // optional)

Instructions

1. Soak cashews in very hot water for 30 (or overnight in cool water). While cashews are soaking, measure out oat milk and add lemon juice and set aside to curdle (this makes your vegan “buttermilk”).
2. Drain and rinse cashews several times and drain again. Then transfer to a small blender (a blender is preferred over a food processor for achieving a smooth texture) and add oat buttermilk, garlic, salt, pepper, onion powder, and vinegar. Blend on high for 1-2 minutes or until very creamy and smooth.
3. Add herbs and pulse several times to incorporate (you don’t want it fully puréed).
4. Taste and adjust flavor, as needed, adding more salt for saltiness, lemon juice or vinegar for acidity, garlic for garlic flavor, or herbs for a more herbal flavor.
5. Use immediately at room temperature or refrigerate for 3-4 hours to chill. It will thicken in the refrigerator, so you can add more almond milk or water later on to thin if needed.
6. Enjoy with vegetables, salads, cauliflower wings, or pizza! Store leftovers covered in the refrigerator up to 7-10 days. Not freezer friendly (will likely separate upon thawing).

Notes

- To make this recipe gluten-free, use a plant milk that is certified gluten-free (try almond or cashew).
- You can substitute dried or fresh herbs – in general, you’d need about 2-3 times more fresh than dried, but you can also add more or less according to taste.
- Make your own [oat milk](#) if you’d like! You can quickly make oat milk in the blender before preparing this recipe.

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Braised Tofu (Dooboo Jorim)

Vegan. Common allergens: Soy, sesame, may contain wheat

Time 35 minutes

Serves 3

Recipe lightly adapted from The Korean Vegan Cookbook By Joanne Lee Molinaro

Ingredients

- 1 package medium firm tofu
- 1 tablespoon extra virgin olive oil
- 1 cup vegetable broth
- ½ onion, sliced
- 1 carrot, diced
- 3-4 mushrooms, sliced
- 2 tablespoons reduced sodium tamari or soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup
- 1 teaspoon gochugaru
- 2 scallions, sliced
- 1 tablespoon sesame seeds

Instructions

1. Slice the block of tofu crosswise into ½-inch-thick pieces (I usually end up with 8 to 9 pieces).
2. In a very large skillet, heat the olive oil over medium-high heat. When the oil is hot, place the tofu in the pan in a single layer (you may have to cook in batches if your pan is not large enough) and cook the tofu until the bottom is browned, 7 to 10 minutes. Flip the tofu and repeat until both sides are evenly cooked.
3. Combine the soy sauce, rice vinegar, maple syrup, and gochugaru in a bowl, then add to the pan along with the broth. Bring to a boil and then reduce the heat to very low. Sprinkle the onion, carrot, and mushrooms over the tofu. Cover the pan and cook until most of the braising liquid has evaporated, 15 to 20 minutes, popping the lid open occasionally and spooning a little bit of the braising liquid over the top of the tofu and vegetables as they cook.
4. Garnish with the scallions and toasted sesame seeds. Serve with additional dressing over the top or on the side.

Other Plant-Based Recipes Featured in Cook Well Berkeley Workshops

Creamy

- [Skillet lasagna](#) (use wheat noodles) **T, N**
- [One pot creamy mushroom pasta](#) **B, N, M, V, P**
- [Eggplant lasagna rolls](#) **T, C, N**
- [Creamy pesto spaghetti squash](#) (omit chicken)
- [Vegan kale caesar salad](#) **C, N**
- [Cream of asparagus soup with gremolata](#) **B, N**
- [Cranberry & thyme vegan cheese ball](#) **C, N, M**

Make ahead

- [Mediterranean chickpea salad](#) **B**
- [Homemade instant noodle cups](#) **T, M, V**
- [Grain bowls](#) **B**
- [Curried chickpea salad](#) **B**
- [African peanut stew](#) **B, V**
- [Chia pudding](#) **P**
- [Oatmeal raisin bites](#)

Tofu (all **T**)

- [Tofu egg salad sandwich](#)
- [Tofu taco wraps](#)
- [Southwest tofu scramble](#)
- [Oven fried tofu and roasted broccoli](#)
- [Peanut tofu bowl](#)
- [Korean-inspired marinated tofu](#)
- [Miso zucchini noodle soup](#) (can omit zucchini noodles)

Meat alternatives

- [Tempeh breakfast sausage](#) **T**
- [Portabella steak](#)
- [Sesame cauliflower wings](#)

Easy sides

- [Roasted Brussels sprouts](#)
- [Ranch roasted carrots](#)
- [Roasted cabbage steaks](#)
- [Kale chips](#)
- [German cucumber salad](#)
- [Broiled green beans](#)
- [Roasted cauliflower with tahini sauce](#)

Other

- [Gardener's Pie](#) **B, V**
- [Foil Packet Template](#) (for camping) **T**
- [Ethiopian lentil stew](#) (use oil instead of butter) **B**
- [Sushi salad](#) **B**
- [Lemony red lentil soup](#) **B, P**
- [Chickpea blondies](#) **B**
- [Payday bites](#)
- [Peppermint patties](#)

Key Ingredients

- Beans/legumes
- Tofu/tempeh
- Raw cashews
- Nutritional yeast
- Miso
- Vegetable bouillon paste
- Plant milks