

# IT'S A VEGAN VALENTINE'S

OFFICIAL COOKBOOK AND GUIDE  
TO SUSTAINABLE VEGAN EATING

PRESENTED BY THE TD  
YOUTH EARTH AMBASSADORS

Supported by:



United Nations Association in Canada  
Calgary Branch



A program of:



# WHO WE ARE!

Youth Central's TD Youth Earth Ambassadors are focused on raising awareness on sustainability, creating tangible and positive impacts within our community of youth, and taking action to address environmental concerns and issues from a youth perspective.

For the past 3 years, the TD Youth Earth Ambassadors have hosted the annual Vegetarian Cook-off, challenging youth and chefs from all over Calgary to create the best vegetarian meals using sustainable and local ingredients. In 2020, our team launched *Vegan Valentine's* to continue this legacy with a seasonal vegan twist!

# HOW YOU CAN BE THE CHANGE

One of the easiest ways to reduce our ecological footprint and overall impact on the Earth is making smart choices in how and what food we choose to eat. Making smart choices to the food we chose to eat or the diet we choose to follow can impact our land, resources, and the Earth as a whole. Switching to eating plant based food can help the environment in very many positive ways.

## Did you know?

Meat consumption requires large land spaces, which is much larger compared to vegetable farming.

Plant based diets can also reduce water usage globally. Livestock, such as chickens or cows require a lot of water to be adequately raised.

Plant based diets reduces the amount of methane and nitrous oxide released, which in turn reduces greenhouse gas emissions and our overall contribution to climate change.

Making small changes in our everyday food choices can positively impact the environment around us. The change from our side doesn't have to be big but it is a step towards creating a more sustainable environment for future generations!

# VEGAN SUBSTITUTIONS

*Try these sustainable, vegan substitutions for when you are cooking and baking!*

## **Eggs - 1 egg**

- 3-4 tablespoons applesauce
- 1 banana

## **Milk - 1:1 ratio**

- almond milk and nut-based milks
- rice milk
- buttermilk: add 1 tsp of vinegar to a cup of plant-based milk

## **Cheese**

- tofu cheese
- cashew cheese

## **Butter**

- coconut oil
- vegetable oil

## **Honey (not always vegan!)**

- agave nectar
- maple syrup
- coconut nectar

# MEET YOUR CHEFS!



Roni Zaide became vegetarian on her 11th birthday. Years later she made the transition to a full vegan, plant-based lifestyle. Roni has been cooking in kitchens around the world since 2004.

She has worked at The Coup in Calgary for 7 years, before opening her business, Roni's Kitchen, in 2014. Roni loves to share her passion for delicious, healthy eats through a variety of plant-based cooking classes, and together with her wonderful staff, they offer catering services for various events. In December 2019, Roni published her first cookbook, which contains 100 plant-based recipes and the stories behind them. [www.roniskitchen.com](http://www.roniskitchen.com)

Credit Hannah Burne

# THAI GREEN CURRY

GF, NF

**PART 1**

2-4 servings

Prep time: 20 minutes

Cook time: 45 minutes

## INGREDIENTS:

1 tbsp oil	lotus root, sliced (optional)
1 red onion, diced	2 cups coconut milk
2 garlic cloves, minced	2 lime leaves
2 tbsp fresh ginger root, minced	4 tbsp green curry paste
2 carrots, cut into half moons	1 tbsp tamari soy sauce
1 zucchini, cut into half moons	1 tbsp rice vinegar
1 fennel, diced	1 tsp cane sugar
1 cup mushrooms, sliced	1/2 tsp sea salt
1 cup pineapple, diced (optional)	1 tbsp lime juice

## DIRECTIONS:

Heat up a saucepan and add oil. Sauté onions, garlic and ginger on medium heat for 5 minutes until soft.

Add carrots and sauté for 5 more minutes.

Add zucchini, fennel, mushrooms, pineapple and lotus root, and sauté for another 5 minutes.

Add coconut milk and lime leaves. Bring to a boil, then lower heat and simmer for 20 minutes.

In a bowl, mix curry paste, tamari, rice vinegar, sugar and salt, then add to the saucepan.

Mix well, turn off heat, then add lime juice and serve.

# THAI GREEN CURRY

## PART 2

### Green Curry Paste

#### INGREDIENTS:

makes 1 1/2 cups

Prep time: 5 minutes

3 green jalapeños\*

1/4 cup lemongrass, chopped

1/4 cup galangal\*, chopped

3 tbsp fresh ginger, chopped

1 small red onion

4 garlic cloves

1 tbsp cumin powder

1 tbsp coriander powder

1 tbsp sea salt

1/2 cup water

#### DIRECTIONS:

Place all ingredients in a blender and blend into a smooth paste. Store in the fridge for up to 2 weeks, or freeze in ice cubes trays.

\*If you want this sauce to be nice and spicy, use the whole jalapeños. If you just want a little kick, seed the jalapeños and only use their flesh.

\*if you can't find galangal you can substitute it for extra ginger.

Use this paste for a delicious green curry or as a base for a great broth.

Broth: (per 1 serving)

2 cups water, bring to boil

add:

1/2 cup coconut milk

1 1/2 tbsp curry paste

2 tsp lime juice

1/2 tsp sea salt

# MUSHROOM TOFU SHAWARMA

GF, NF

**PART 1**

4-6 servings

Prep time: 15 minutes

Cook time: 15 minutes

## INGREDIENTS:

- 1 tbsp oil
- 1 onion, sliced
- 3 garlic cloves, sliced
- 2 cups mushrooms (button, oyster, or both), sliced
- 1 block of firm tofu (350 grams)
- 1 tbsp olive oil
- 2 tsp coriander powder
- 2 tsp smoked paprika
- 2 tsp cumin powder
- 2 tsp sea salt
- 1 tsp ground pepper
- 1 tsp ginger powder
- 1 tsp paprika
- 1/2 tsp cinnamon powder
- 1/2 tsp turmeric powder
- 1/4 tsp sumac powder
- 1/8 tsp ground allspice
- 1/4 tsp ground nutmeg

## DIRECTIONS:

Heat up a saucepan and add oil. Sear onion for 5 minutes on medium heat.

Add garlic and mushrooms and sear for 5 more minutes.

Using a peeler, shave tofu into a bowl, add olive oil and spices and gently mix together.

Add spiced tofu to the saucepan, and cook for 5 more minutes.

# MUSHROOM TOFU SHAWARMA

Tahini Sauce

**PART 2**

GF, NF

Makes 1 cup

Prep time: 5 minute

Ingredients:

1/2 cup tahini  
1/2 cup water  
2 tbsp lemon juice  
1 garlic clove  
1/4 tsp sea salt  
1/4 tsp ground  
pepper

Green tahini:  
Add and blend:  
1/2 cup parsley  
2 tbsp water  
1/8 tsp salt

Yellow tahini:  
Add and blend:  
1 tsp turmeric

Pink tahini:  
Add and blend:  
1/4 cup raw  
beet, shredded

Place all ingredients in a blender and process into a creamy sauce.

\*You can use a hand blender or a whisk as well

Assemble shawarma by heating up any tortilla found at your local grocery store. Once tortilla is at your desired temperature fill with cooked tofu filling and top with your chosen tahini sauce.



# MEET YOUR CHEFS!



Whether you choose not to consume animal products, have sensitivities or severe allergies, or you just enjoy delicious, handcrafted, local food, Baked From the Heart is here for you!

Everything is made with love, it's 100% vegan, and free from gluten, dairy, eggs, dyes and artificial flavours, in a dedicated facility in Airdrie, Alberta. Established in 2014, Sarah and Vanessa, 2 passionate vegan sisters, set out to make a difference for animals and people, one cupcake at a time. Providing a delicious and more nutritious line of desserts, and savouries, that satisfy your taste buds and your soul. Committed to quality ingredients, environmental impact and giving back to the community, it's truly Baked From the Heart.

# CHOCOLATE COCONUT SQUARES

## PART 1

Makes 12 large squares

Total time: 30 minutes

### Squares

4 ½ cups shredded unsweetened coconut

¼ cup plus 2 tablespoons of maple syrup

1 tsp pure vanilla extract

1 ½ cups coconut oil

1 ½ tablespoons of beet powder or food colouring of your choice (optional)

Line an 8 x 11 glass dish with parchment paper and set aside. In a large mixing bowl, add the shredded coconut, maple syrup and vanilla. Melt the coconut oil in a medium pot. Once melted, whisk in the beet powder. Add the melted coconut mixture to the rest of the ingredients and stir until well combined. Press mixture evenly into parchment lined dish. Place in the freezer to set while preparing the chocolate.

# CHOCOLATE COCONUT SQUARES

## PART 2

Chocolate

½ cup coconut oil

½ cup cocoa powder

¼ teaspoon pure vanilla extract

1 small pinch salt

¼ cup plus 1 tablespoon maple syrup

Melt coconut oil in a small pot. Remove from heat and whisk in remaining ingredients until smooth. Remove the squares from the freezer. Pour chocolate mixture over squares and spread out evenly with a spatula. Place back in the freezer and let set at least 30 minutes.

Once set, remove from freezer. Remove squares from pan by pulling up on the sides of the parchment paper. Place on a cutting board and cut into 12 squares.

# CHOCOLATE GLAZED DOUGHNUTS

**PART 1**

Makes 14 Doughnuts

Total baking time: 30 minutes

## Doughnuts

¼ cup + 2 tablespoons  
canola oil  
1 tablespoon apple cider  
vinegar  
1 teaspoon vanilla  
1 cup cold water  
1 cup sugar

½ cups gluten free flour  
1 teaspoon baking soda  
¼ teaspoon salt  
3 tablespoons cocoa  
powder

Preheat the oven to 350 degrees. Mix the wet ingredients. Add in the dry ingredients to the wet ingredients and mix until combined and there are no lumps. Scoop ¼ cup of batter into doughnut moulds and tap the pan on your work surface until the batter is even.

Bake for 14 minutes. Remove from oven and let cool. Transfer the doughnuts to a wire rack.

# CHOCOLATE GLAZED DOUGHNUTS

## PART 2

### Vanilla Glaze

- 1 cup icing sugar
- 1 teaspoon vanilla extract
- 1 small pinch salt
- 2 to 3 tablespoons soy milk

In a medium bowl whisk together the icing sugar, vanilla and salt. Add 1 tablespoon of milk, and whisk to combine. If the glaze is too thick, add additional milk, 1/2 teaspoon at a time until the desired consistency is reached.

Once the doughnuts have completely cooled, dip them in the glaze, return them to the wire rack and top with berries (optional).

# **EXTRA RECIPES...**

## **Beginner Level**

- **Chocolate Chia Pudding**
- **Coconut & Banana Pancakes**
- **Brownies**



# CHOCOLATE CHIA PUDDING

Prep time: 5 mins.

4 hours chilling

serves 8-10

## INGREDIENTS:

60g chia seeds

400ml unsweetened almond milk or hazelnut milk

3 tbsp cacao powder

2 tbsp maple syrup

½ tsp vanilla extract

Pinch of sea salt

Optional:

cacao nibs, mixed

frozen berries



Put all the ingredients in a large bowl with a generous pinch of sea salt and whisk to combine. Cover with cling film then leave to thicken in the fridge for at least 4 hours, or overnight.

Spoon the pudding into four glasses, then top with the frozen berries and cacao nibs.

# COCONUT & BANANA PANCAKES

Prep: 15 mins.

Cook for 10 mins.

Serves 8-10

## INGREDIENTS:

150g plain flour  
2 tsp baking powder  
3 tbsp golden caster sugar  
400ml can coconut milk shaken well  
vegetable oil, for frying  
1-2 bananas thinly sliced  
2 passion fruits, flesh scooped out  
Pinch of sea salt



Sift flour and baking powder into a bowl and stir in 2 tbsp of the sugar and a pinch of salt. Pour the coconut milk into a bowl, whisk to mix in any fat that has separated, then measure out 300ml into a jug. Add the 300ml of milk slowly into the flour mixture to make a smooth batter, or whizz everything in a blender.

Heat a shallow frying pan or flat griddle and brush it with oil. Use 2 tbsp of batter to make each pancake. Push 4-5 pieces of banana into each pancake and cook until bubbles start to pop on the surface, and the edges look dry. They will be a little more delicate than egg-based pancakes, so turn them over carefully and cook the other sides for 1 min.

Meanwhile, put the remaining coconut milk and sugar in a small pan. Add a pinch of salt and simmer until the mixture thickens to the consistency of single cream. Use this as a sauce for the pancakes and spoon over some of the passion fruit seeds.

# VEGAN BROWNIES

Prep 15 mins.

Cook 40 mins.

Serves 12.

## INGREDIENTS:

2 tbsp ground flaxseed

200g dark chocolate roughly chopped

1/2 tsp coffee granules

80g vegan margarine,  
plus extra for greasing

125g self-raising flour

70g ground almonds

50g cocoa powder

1/4 tsp baking powder

250g golden caster sugar

1½ tsp vanilla extract

Heat oven to 170C/150C fan/gas 3½. Grease and line a 20cm square tin with baking parchment. Combine the flaxseed with 6 tbsp water and set aside for at least 5 mins.

In a saucepan, melt 120g chocolate, the coffee and margarine with 60ml water on a low heat. Allow to cool slightly.

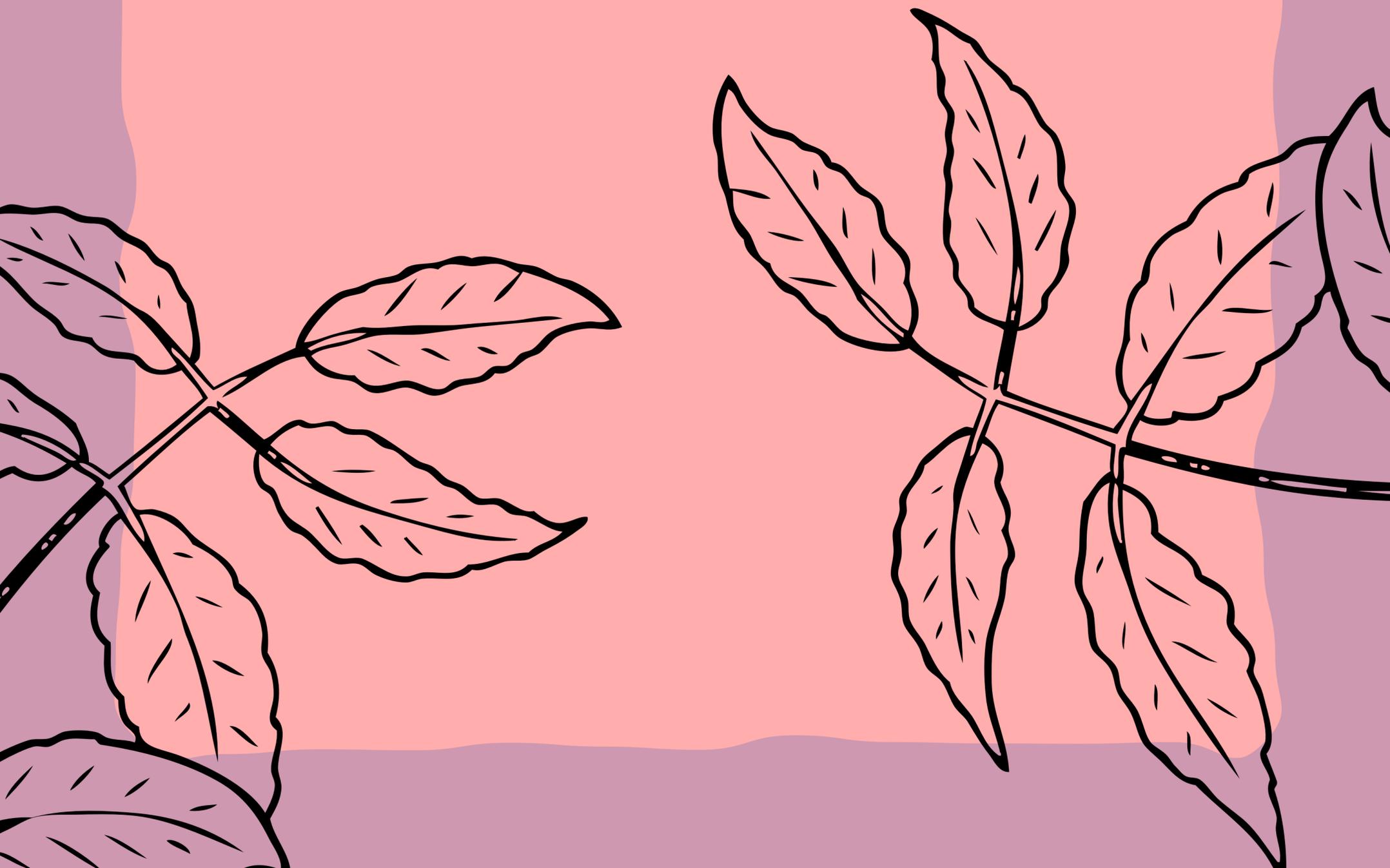
Put the flour, almonds, cocoa, baking powder and ¼ tsp salt in a bowl and stir to remove any lumps. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat well until smooth and glossy, ensuring all the sugar is well dissolved. Stir in the flaxseed mixture, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the prepared tin.

Bake for 35-45 mins until a skewer inserted in the middle comes out clean with moist crumbs. Allow to cool in the tin completely, then cut into squares. Store in an airtight container and eat within three days.

# **EXTRA RECIPES...**

## **Intermediate Level**

- **Falafel Burgers**
- **BBQ Sesame Sweet Potatoes**



# FALAFEL BURGERS

Prep 10 mins.

Cook 6 mins.

Serves 4.

## INGREDIENTS:

400g can chickpea, rinsed and drained

1 small red onion, roughly chopped

1 garlic clove, chopped

handful of flat-leaf parsley or curly parsley

1 tsp ground cumin

1 tsp ground coriander

1/2 tsp harissa paste or chilli powder

2 tbsp plain flour

2 tbsp sunflower oil

toasted pitta bread, to serve

200g tub tomato salsa, to serve

green salad, to serve



Drain a 400g can chickpeas and pat dry with kitchen paper. Tip into a food processor along with 1 small roughly chopped red onion, 1 garlic clove, handful of flat-leaf parsley, 1 tsp ground cumin, 1 tsp ground coriander, 1/2 tsp harissa paste or chilli powder, 2 tbsp plain flour and a little salt. Blend until fairly smooth, then shape into four patties with your hands. Heat 2 tbsp sunflower oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden. Serve with toasted pitta bread, 200g tub tomato salsa and a green salad.

# BBQ SESAME SWEET POTATOES

Prep 10 mins.

Cook 60 mins.

Serves 6.

## INGREDIENTS:

6 sweet potatoes, washed and cut into wedges

3 tbsp vegetable oil

1 tsp toasted sesame oil

1 tbsp ginger, chopped

1 garlic clove, chopped

tbsp soy sauce

1 lime, juiced

1 tbsp sesame seeds

50g plain peanuts, crushed

1 green chilli, sliced

½ bunch of spring  
onions, chopped



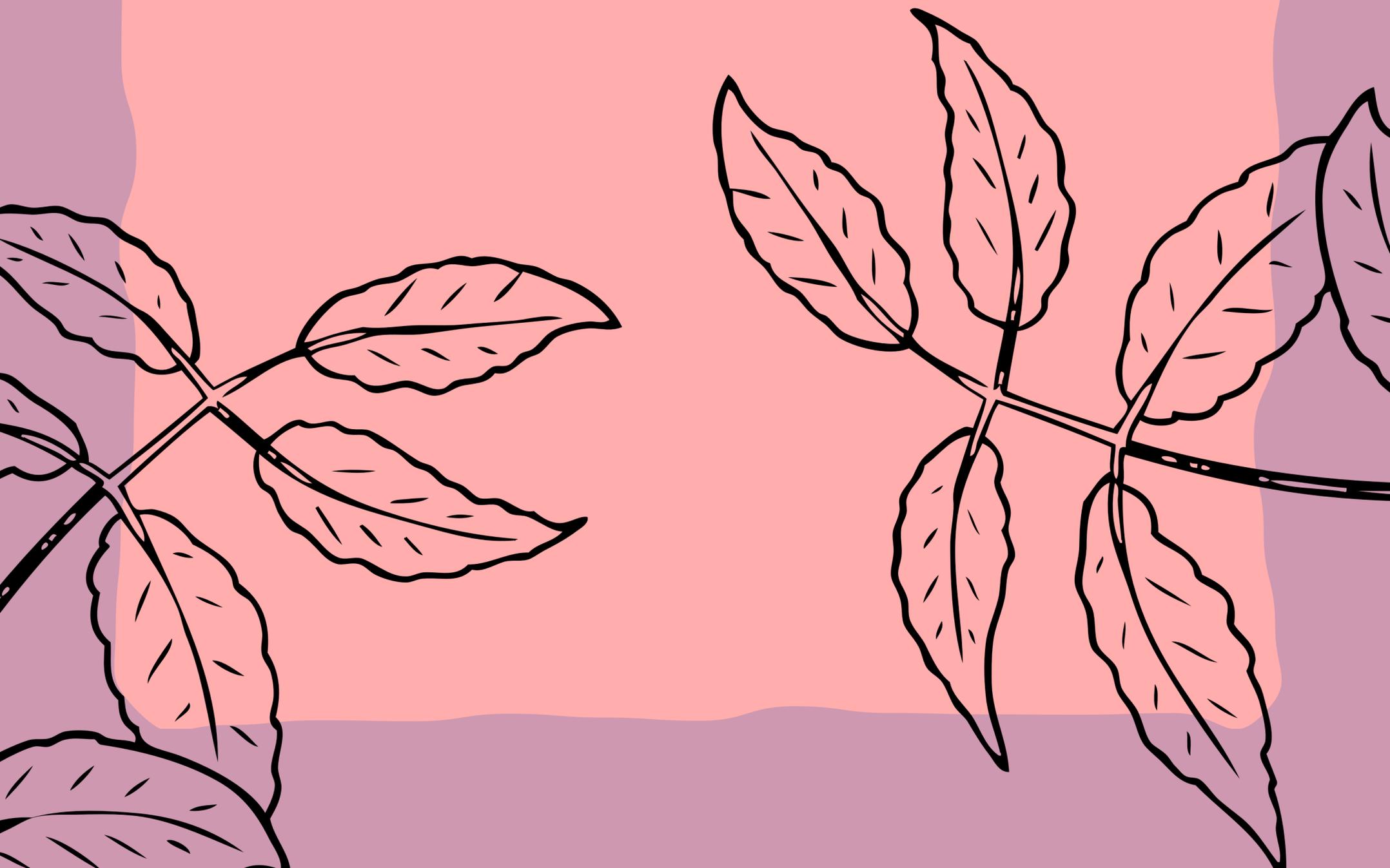
Arrange the sweet potatoes on a large tray and drizzle with 1 tbsp of the vegetable oil, season and toss. Cook on the barbecue or in the oven for 25 mins until charred and softened.

Meanwhile, whisk the remaining oils, ginger, garlic, soy and lime juice. Baste the potatoes with some of the sauce and return to the barbecue for another 30-40 mins, basting as they cook. Once the potatoes are glazed and sticky, remove and sprinkle on the sesame seeds and peanuts, and leave to cool slightly. Remove the wedges from the tray and pop into a salad bowl. Sprinkle over the chilli and spring onions and serve.

# EXTRA RECIPES...

## Vegan Guru Level

- One-pot Mushroom  
and Potato Curry
- Thai Soup



# ONE-POT MUSHROOM & POTATO CURRY

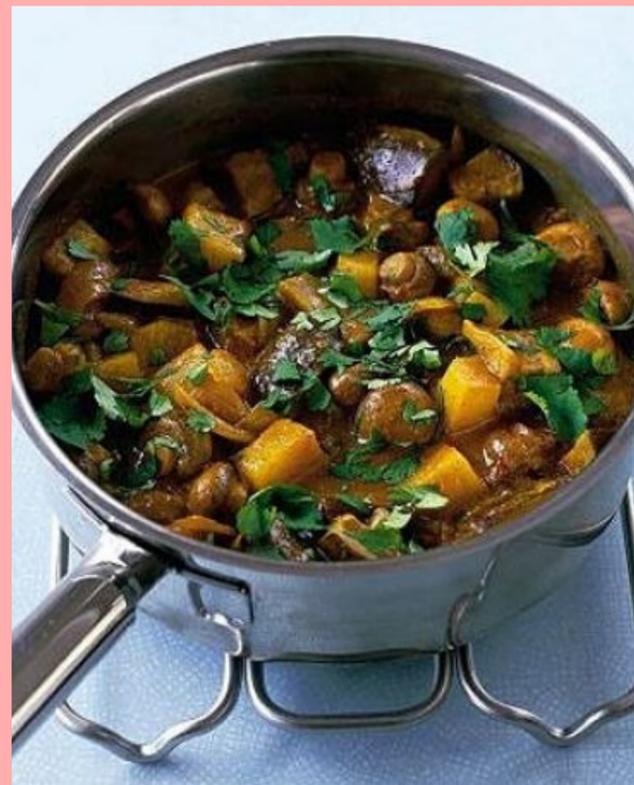
Prep 10 mins.

Cook 20 mins.

Serves 4.

## INGREDIENTS:

1 tbsp oil  
1 onion, roughly chopped  
1 large potato, chopped into small chunks  
1 aubergine, trimmed and chopped into chunks  
250g button mushrooms  
2-4 tbsp curry paste (depending on how hot you like it)  
150ml vegetable stock  
400ml can reduced-fat coconut milk  
chopped coriander, to serve



Heat the oil in a large saucepan, add the onion and potato. Cover, then cook over a low heat for 5 mins until the potatoes start to soften. Throw in the aubergine and mushrooms, then cook for a few more mins.

Stir in the curry paste, pour over the stock and coconut milk. Bring to the boil, then simmer for 10 mins or until the potato is tender. Stir through the coriander and serve with rice or naan bread.

# THAI SOUP

Prep 10 mins.

Cook 15 mins.

Serves 3-4.

## INGREDIENTS:

- 1/2 sliced red onion
- 1/2 sliced red bell pepper
- 3 sliced mushrooms
- 2 cloves of garlic, finely chopped
- 1/2-inch piece of ginger root  
peeled and finely chopped
- 1/2 Thai chili, finely chopped
- 2 cups vegetable broth or water (500 ml)
- 1 14-ounce can coconut milk (400 ml)
- 1 tbsp coconut, cane or brown sugar
- 10 oz firm tofu, cubed (275 g)
- 1 tbsp tamari or soy sauce
- The juice of half a lime
- A handful of fresh cilantro, chopped



Place all the veggies (onion, red bell pepper, mushrooms, garlic, ginger and Thai chili), broth, coconut milk and sugar in a large pot. Bring it to a boil and then cook over medium heat for about 5 minutes. Add the tofu and cook for 5 minutes more. Remove from the heat, add the tamari, lime juice and fresh cilantro. Stir and serve. Keep the soup in a sealed container in the fridge for up to 5 days. You can also freeze it.

# YOUTH CENTRAL

Youth Central is a nonprofit organization in Calgary with a mission to inspire, engage, and celebrate youth through community participation. Our goal as an organization is to change the perception of youth in our communities by giving youth the tools and support they need to become engaging, empathetic and caring citizens with a sense of ownership and responsibility. We support youth in building valuable skills for future employment, give youth a voice, and grow youth's understanding of their community. We are building Calgary's leaders of today and tomorrow.

Youth Central offers eight different programs for youth: Mayor's Youth Council, YVC, YVC Schools, Youth of Distinction Awards, Outreach, Youth Are Awesome, TD Youth Earth Ambassadors, and Calgary Youth Foundation

This cookbook is created by the TD Youth Earth Ambassadors