



Plant-Based Pasta
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Recipes

Handmade Pasta*
The Best Plant-Based Lasagna*
Whole Wheat Penne with Broccoli Sauce*
Quick Pasta with Green Sauce*
Bonus Recipes:
Black Pepper Walnut Caesar Salad
Marinara Sauce
Tofu Italian Sausage

Please read each of the recipes before class and make sure you have all the ingredients on hand for the recipes you plan to make. You don't have to make all these recipes during the class. I will make the recipes with the * in the order listed.

ATTENTION***You will need to make the following prior to the class:******* depending on which recipes you choose to make and if you want to cook along with me.

Make ahead:

The Best Plant-Based Lasagna Recipe: **Cashew or Sunflower Cream**

Plant-Parm

Whole Wheat Penne with Broccoli Sauce Recipe: **Toasted Bread Crumb Topping,**
Pine Nuts

Chef Julia's Amazon Store

I've added some supplies on my Amazon store for your convenience in the Plant-Based Pasta idea list. As an Amazon Associate, I earn from qualifying purchases.

[Plant-Based Pasta Class Amazon Store](#)

I've placed items in the list to show an image so you can also try to find these items at your local grocery. Amazon doesn't always carry small quantities of these ingredients, which is why you might see a large quantity of an item. I just wanted to show you what the product looks like so you can look for it in your local stores.

If you need cooking equipment such as skillets, food processor, knives, etc. here is the link to my complete Amazon store where you can find the equipment I use.

<https://www.amazon.com/shop/chefjuliadunaway#>

Handmade Pasta

2 cups semolina flour, plus more for making the pasta

1 cup whole-wheat bread flour

1 cup hot water

Place the flour, both semolina and bread flour in a food processor. Put the lid on and turn on the food processor. Slowly add the hot water. It will form a big ball after a couple minutes.

Remove the dough and knead it until it's smooth and pliable.

Flatten it and then cut it into 4 sections. Shape each section into a rectangle. Cover it with a dry cloth and let it rest for 15 minutes.

You can use a rolling pin or machine to make your pasta.

Using a rolling pin: Sprinkle flour on a large, clean surface and place one of the dough pieces down. Roll it out and thinly as possible. Cut it with a knife or rolling pin. For fettuccine, cut it into ¼ inch pieces.

Pasta Machine: Hand cranked machines require feeding the dough through the machine several times. Pasta attachments to mixers, such as the Kitchen Aid Pasta Attachments require feeding the dough through the attachment. I will demonstrate this in the class with both the hand-cranked machine and the Kitchen Aid attachment.

Cook in at least 2 quarts of boiling, salted water. Fresh pasta cooks in about 2 minutes. It will float to the surface when it's done. Test it and take it out while it's al dente.

The Best Plant-Based Lasagna

12 ounces whole wheat lasagna noodles (You can use regular lasagna noodles too, but not the no-boil type). You can also use gluten free lasagna noodles.

Cook the lasagna noodles according to package directions, usually around 8 minutes in plenty of boiling water. I like to take it out a couple minutes before the package recommended time so it's not overcooked after the baking process. Use an 8-quart pot with salted water. After the noodles are cooked, drain and keep in the colander.

2 (25 ounce) jars marinara sauce (no-oil, low sodium) or 6 cups homemade marinara sauce (recipe below in bonus recipes)

Components:

Mushrooms and Spinach

1 cup chopped onions

2 garlic cloves, minced

8 ounces cremini mushrooms, sliced

5 ounces baby spinach

In a large skillet, over medium high heat, add the onions and mushrooms. Cook the onions and mushrooms until lightly browned, about 3-4 minutes. Add the garlic and cook for a couple more minutes. Add the spinach and cook until it's wilted, about a minute. Remove from the heat and set aside.

Tofu Ricotta

1/4 cup raw sunflower seeds

1 block (14 ounces) extra-firm tofu (drained and pressed)

1 tablespoon fresh lemon juice

½ teaspoon grated lemon zest

Pinch of salt

2 garlic cloves, minced
1 tablespoon nutritional yeast

Add the sunflower seeds to a food processor and process until they're in small pieces, but not ground. Add the pressed tofu. Process until the mixture is smooth. Place it in a bowl and add the lemon juice, lemon zest, salt and garlic. Mix well and add the nutritional yeast. Add a tablespoon of water and mix well.

Cashew Cream or Sunflower Seed Cream

1 cup raw cashews, soaked in water for 1 hour or 1 cup raw sunflower seeds

½ cup water

¼ teaspoon kosher salt

1 teaspoon dry oregano

Place the drained cashews or sunflower seeds in a high speed blender along with the water, salt, and oregano. Blend until silky smooth. Remove from the blender and set aside.

Plant-Parm

½ cup raw cashews or ½ cup raw sunflower seeds

Pinch of garlic powder

Pinch of kosher salt

½ teaspoon lemon zest

In a food processor, blend the cashews or sunflower seeds with the salt and lemon zest until it's the texture you desire.

To build the lasagna, place a cup or more of the marinara sauce in the bottom of a 13 by 9 baking dish. Add 4 lasagna noodles. Top the noodles with some of the spinach/mushroom mixture, a few dollops of tofu ricotta, and a few spoonfuls of cashew cream. Add some more marinara sauce, more noodles and repeat the process until the last noodles are placed on top. Top the noodles with sauce and a few dollops of tofu ricotta and cashew cream. Sprinkle the top with the Plant Parm and fresh or dried oregano. Cover it with foil and bake at 375° for 40 minutes. Uncover and bake for 10 more minutes. Let it stand for 15 minutes before cutting.

Whole Wheat Penne with Broccoli Sauce

You can use other types of pasta with this recipe, including gluten free pasta. I've also added a creamy component that is optional. You don't have to add it but it will mellow the flavors a bit.

1 pound broccoli, stems, florets, and leaves, separated and stems peeled

Cut the florets into 1-inch pieces.

Kosher salt and ground black pepper

1 ½ cups baby spinach, packed

2 garlic cloves, chopped

1 tablespoon drained capers

½ teaspoon red pepper flakes

2 teaspoons lemon zest

12 ounces whole wheat penne pasta

¼ cup toasted pine nuts

Toasted Bread Crumb Topping (optional)

Plant-Parm (use the same recipe as the Lasagna)

Cashew Cream or Sunflower Seed Cream (This is an optional component, and you will not need the full recipe. Make it and save what you don't use for salad dressing)

1 cup raw cashews, soaked in water for 1 hour or 1 cup raw sunflower seeds

½ cup water
¼ teaspoon kosher salt
1 teaspoon dry oregano

Place the drained cashews or sunflower seeds in a high-speed blender along with the water, salt, and oregano. Blend until silky smooth. Remove from the blender and set aside.

In a large pot, boil 4 quarts of water with a couple teaspoons of salt. Cut the broccoli stems into slices and add to the water along with the leaves. Cook until very tender, about 10 minutes. Stir in the spinach and cook for only 20 seconds. Remove the broccoli and spinach with a spider tool or slotted spoon and place it in a blender. Remove ½ cup of the cooking water and set aside. First prepare a bowl of ice water for later. Using the same water you cooked the broccoli stems and spinach in, bring it back to a boil and add the broccoli florets. Cook the florets for 3 minutes only. Use the spider tool or slotted spoon to remove the broccoli and place it in a bowl of ice water. Once it's cooled, drain it well.

To the blender, add the garlic, pepper flakes, a pinch of kosher salt, one teaspoon of lemon zest and the ½ cup of cooking water. Puree until smooth. Season with additional ground pepper and salt, if desired.

For the Penne:

Using the same cooking water, bring it to a boil, and add the penne. Cook it until it's al dente. Save ½ cup of the pasta water for later.

Drain the pasta and return it to the pot. Add the broccoli florets, the puree, ¼ cup of the cooking water and 1 teaspoon of lemon zest. Add ½ cup of the cashew or sunflower cream, if using. Cook over medium heat briefly to heat everything through. Add additional pasta water if needed. Serve with pine nuts, Plant Parm, and Toasted Bread Crumb Topping

Pine Nuts—spread on a sheet pan and bake at 350° for 5 minutes

Toasted Bread Crumb Topping—Process a couple slices of oil-free whole grain bread in a food processor. Place on a baking sheet and toast in a 400° oven for 10 minutes or until crispy. Add a pinch of salt, lemon zest, paprika and garlic powder to the bread crumbs.

Quick Pasta with Greens

3 shallots, chopped
2 garlic cloves, minced
¼ teaspoon red pepper flakes
8 ounces baby spinach
8 ounces cooked pasta (fresh pasta from the first recipe in the packet or any cooked pasta you desire)
¼ cup Plant Parm (from Lasagna recipe)

Cook the pasta as directed above in the Handmade Pasta recipe. Save the pasta water.

If using store bought pasta, cook for 3 minutes LESS than the package instructions, remove it from the water with a spider tool and SAVE THE PASTA WATER!

In a large skillet over medium high heat, add the shallots and cook until soft and caramelized, about 5 minutes. Stir in the garlic, red pepper flakes, and a pinch of salt and pepper. Add the spinach and cook until wilted. If using the handmade pasta, add it along with ½ cup of the pasta water. Cook briefly, until everything is heated through.

If using store brought pasta, add the undercooked pasta along with about ½ cup of the pasta water. Bring it to a simmer and cook until the water has evaporated. Add more water, as needed, until the pasta is cooked to al dente.

Bonus Recipes

Black Pepper Walnut Caesar Salad with Marinated Garbanzo Beans, Roasted Tomatoes, Lemon Caesar Dressing and Hemp Seed “Parm”

This salad consists of greens, usually romaine lettuce hearts, washed, drained and dried. The greens are topped with marinated garbanzo beans, roasted tomatoes, baked garlic pepper walnuts, Lemon Caesar Dressing, and a sprinkle of Hemp Seed or Cashew “parm”.

You can also use kale, red leaf lettuce or any salad greens you prefer. My favorite greens to use for this salad are the baby romaine hearts.

Marinated Garbanzo Beans

I prefer to use my Rancho Gordo garbanzo beans cooked the way I use them for hummus. Soak 1 pound of garbanzo beans in a bowl covered with plenty of water, in the fridge, for 24 hours. Drain them and place in the Instant Pot, covered with 4-5 cups of water. Cook on high pressure for 18 minutes, natural release. Measure out 2 cups of drained garbanzo beans. Save the rest of the garbanzo beans for the hummus, along with the cooking liquid.

2 cups cooked garbanzo beans, drained well (You could use 2 cans of rinsed and drained garbanzo beans, but I highly recommend made from scratch garbanzo beans from Rancho Gordo for amazing flavor and texture!)

1 tablespoon Dijon mustard

1 tablespoon tahini

Dash low sodium soy sauce or tamari

Dash habanero sauce or any hot sauce

½ teaspoon dried thyme

½ teaspoon red chili flakes

Mix all ingredients together and chill until ready to plate the salad.

Roasted Garlic

Pre-heat oven to 400 degrees. Place a whole head of garlic, wrapped in foil or parchment paper, on a baking sheet, in the oven for 45-50 minutes or until the garlic is very soft and can be squeezed out of the skins easily. Set aside.

Black Pepper Walnuts

1 cup walnuts

Roasted garlic from the head of garlic you roasted mixed with:

1 tablespoon tahini

2 tablespoons water

Sprinkle of sea salt (optional) and lots of freshly ground black pepper (about ½-1 teaspoon)

Mix the walnuts with the garlic mixture and shake off the garlic mixture as you place the walnuts on a parchment lined baking sheet. Bake at 350° until the garlic mixture has been absorbed into the walnuts, about 10-15 minutes, being careful not to burn the walnuts. Stir the walnuts a couple times while baking them.

Roasted Tomatoes

3 cups cherry tomatoes, washed

2 tablespoons aged (18 year old) balsamic vinegar (or your best thick and sweet balsamic vinegar)

Place the cherry tomatoes on a parchment-lined baking sheet. Bake in the oven at 300° for 1 hour, or until the tomatoes are split and browned a little around the edges. Drizzle with aged balsamic vinegar.

Hemp Seed “Parm”

½ cup hemp seeds (or raw cashews)

2 tablespoons nutritional yeast

½ teaspoon kosher salt

Blend in a high-speed blender for 15 seconds. Remove to a shaker jar or small bowl.

Lemon Caesar Dressing

1 cup raw cashews, soaked in water for 30 minutes, drained well

¾ cup water

Juice of 1 lemon (less if you like a milder lemon taste)

1 tablespoon miso

1 garlic clove, chopped

Pinch of salt

Pinch of cayenne pepper

Place drained cashews and other ingredients in a high-speed blender and process until smooth.

To plate the salad, place washed and dried romaine lettuce leaves on a serving plate. Add the garbanzo beans, roasted tomatoes, walnuts, a drizzle of dressing, and a sprinkle of hemp seed parm. I would keep all the components separate and serve as individual composed salads rather than mix everything together. The ingredients for the salad keep well for 3-4 days and taste better every day. The salad can also be topped with hummus instead of marinated garbanzo beans. This would be a wonderful salad to take to an event.

Marinara Sauce

1 cup chopped onions

4 garlic cloves, minced

4 cups tomato sauce (canned, low or no sodium)

1 cup water

3 tablespoons tomato paste

1 teaspoon dried parsley

1 teaspoon dried basil

1 teaspoon dried oregano

1 teaspoon paprika

1 teaspoon maple syrup

1 teaspoon red wine vinegar

1 teaspoon fennel seeds (crushed)

Freshly ground black pepper

Salt to taste

Pinch of red chili flakes

In a pan over medium high heat, cook the onions and garlic for 5 minutes, until lightly browned.

Add a couple tablespoons of water and cover the pan with a lid for another 5 minutes. Add the tomato sauce, water and tomato paste and mix well. Add all the seasonings and whisk to

combine. Bring to a boil, reduce to simmer and cook for 30 minutes. This sauce tastes better the next day.

Tofu Italian Sausage

1 (14 ounce) package firm or extra firm tofu, drained and pressed

1 teaspoon ground fennel

¼ teaspoon smoked paprika

½ teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon rosemary

1 teaspoon black pepper

½ teaspoon salt

1 teaspoon oregano

1 teaspoon thyme

1 tablespoon tahini

1 tablespoon low sodium soy sauce

2 tablespoons vegetables broth

Preheat oven to 400°

Crumble the tofu with your hands. Pat it dry again. Add all the spices and seasonings and mix well. Place on a non-stick or parchment lined baking sheet and bake until crispy, about 25 minutes, turning halfway through.