

Volunteers Needed

for the 2010

WORCESTER VEGFEST

If you want to:

- call potential vendors
- distribute flyers
- help organize the 2010 Worcester VegFest
- help out at the event on 4/17/10

...then we need YOU!!

No matter what your schedule is, our Volunteer Coordinator can find something that works for you.

Don't miss the chance to be involved in the first ever VegFest to be held in Central Massachusetts!

For more info on meeting times, volunteer opportunities or to be added to our mailing list, please contact:

Kaylee@VegWorcester.com

Or call:

315-834-2655



The Best Vegan Mac & Cheese Recipe from the 2010 Mac Daddy Competition

On January 30, 2010 VegWorcester held the first annual Vegan Mac Daddy Competition, a vegan mac & cheese cook-off and taste-off. There were 17 excellent entries, but only one person took home the MACNCHZ belt. Greg Opperman won first place with his elaborate Veggie Mac. His recipe includes interesting spice combinations, mock beef, and 30 different ingredients. Check it out!



Mac Daddy's Veggie Mac

Greg Opperman, Winner of 2010 Vegan Mac Daddy Competition

Serves 4 to 6

Ingredients

For the Veggie Beef

- Vegetable Oil (optional)
- 1 cup TVP (available at the Artichoke Co-op)
- 2 cups water
- 2 tablespoons mild chili powder
- 1 tablespoon cumin
- 1 tablespoon soy sauce
- 1 veggie broth cube (or equivalent)
- Sri Racha hot sauce (aka Cock Sauce - optional)
- 1/2 package fresh Sage leaves, finely chopped (reserve other half for the topping)

For the Mac & Cheese

- 1 pound rotini pasta (the multi-colored kind is best)
- 8 ounces peas
- 8 ounces corn
- 1/2 cup vegetable oil (Earth Balance works, too)
- 1/2 cup white flour
- 4 cups almond, soy, or rice milk (unflavored)
- 1 cup nutritional yeast flakes (available at the Artichoke Co-op)
- 1 1/2 tablespoons turmeric
- 1 1/2 tablespoons madras curry powder (or any run-of-the-mill curry)
- 1 tablespoon garam masala
- 2 tablespoons soy sauce
- 1 veggie broth cube, or equivalent
- A healthy squeeze of yellow mustard
- 1" chunk of fresh ginger, chopped
- Several cloves of garlic, minced (depends on your preference - I use about 4-5 big cloves)
- Salt to taste

For the Topping

- 1/2 package fresh Sage leaves, finely chopped
- Panko bread crumbs
- 8 ounces Earth Balance or other butter substitute (8 oz = 1/2 a tub)
- Paprika (optional)

Instructions

1. Veggie Beef

Coat the bottom of a medium-sized saucepan with vegetable oil place on medium heat. The more you add, the better the beef will taste. If you're concerned about your health, you can skip it altogether. Add the remaining ingredients, stir thoroughly. Bring to a slight boil, then reduce heat to low and simmer, covered, allowing the TVP to absorb the flavors. If the TVP is tasting bland, add more spices to compensate. The beef will provide the majority of the spicy kick in this dish, so I like to make liberal use of the chili powder and Cock Sauce. The veggie beef will be done when all of the water is absorbed, but if you need more time, add more water and continue to simmer.

Note: This veggie beef recipe also works great as an easy meat substitute in other dishes. Use it in tacos, lasagna, or wherever else you need a little bit of texture in your meal. Experiment with other spices.

2. Make the sauce

Pour 1/2 cup of vegetable oil (or vegan butter, if that's your thing) into a large pot on medium heat. Allow the oil to heat, then mix in the flour, stirring constantly. Once you've got your roux (that's the oily flour goop you just made), add 4 cups of your milk of choice, as well as the veggie broth. Add soy sauce, mustard, turmeric, curry powder, garam masala, ginger, and garlic. Mix well, and bring to a bubble, allowing the flavors to blend. After it bubbles, add nutritional yeast and mix thoroughly. Now that you've got your sauce, taste it. If you feel like it's a bit lacking, punch it up with more curry powder or garam masala. For a cheesier flavor, add more nutritional yeast. Add the peas, corn, and veggie beef, cover, and continue to simmer on low heat. Pre-heat your oven to 400 degrees.

3. Get the pasta going (and some sage butter)

You do know how to cook pasta, right? Put on a big pot of water, bring it to a boil, dump the pasta in. You'll want the pasta a little 'al dente', or tastefully undercooked, so shave a minute or two off of the regular cooking time. Meanwhile, in a small pan, melt your butter with the remaining chopped sage on medium-low heat. When the butter begins to bubble and brown (about 5-8 minutes), pour it into a bowl. Toss breadcrumbs in the butter mixture, enough to lightly coat each breadcrumb. If you haven't forgotten about your pasta (don't), take it off of the heat and drain it.

4. Assemble, Bake

Pour the pasta into the sauce and mix well. Make sure to dredge up enough peas, corn, and veggie beef from the bottom to create an evenly delicious spread. Don't worry if there's way more sauce than solid ingredients - the juicy liquid will reduce in the oven, and your veggie mac will come out perfectly moist. Fill a large baking pan or casserole dish with your veggie mac, making sure the liquid fills up to the top of the pasta. Generously sprinkle your casserole with an even coating of paprika, then cover entirely with breadcrumbs. Place on the top shelf of oven; bake at 400 degrees. After 30 minutes, turn your oven up to 'Broil'; Broil for about 5 minutes, or until breadcrumbs are golden-brown. Remove from oven, and enjoy!