

## SEPT 11 Prep Doc (LFS Week)

### Prep Timing

1. Bake sponge cake and cool in fridge immediately
2. Make vanilla cream + cool in fridge after
3. Chop tomatoes + drain water w/ colander for 1-2 hours + put in fridge
4. Make garlic oil
5. Assemble Bruschetta + cool in fridge
6. Wash Potatoes + chop + boil
7. Start on mains
8. Toast bread for appies
9. Assemble Tiramisu + Cool

### Appetizer - Tomato Basil Bruschetta

Plum tomatoes	<b>80</b>
Salt	<b>20 teaspoons (or less up to taste) (100ml)</b>
Extra virgin olive oil	<b>1500ml</b>
Garlic cloves	<b>40 cloves</b>
Basil	<b>160 leaves</b>
Bread (Baggette)	<b>80 pieces</b>
Balsamic vinegar (if within budget)	

1. Chop Tomatoes, then transfer to colander over a bowl, add salt and gently stir, let it drain for an hour or two
2. In a small saucepan, warm garlic and olive oil over low heat until garlic is soft. Set aside to cool
3. Roll up the basil leaves and thinly slice
4. Combine tomatoes with garlic (once cooled) and basil, add additional salt to taste

### Main - Mushroom Bourguignon & Mashed Potatoes

Cremini mushrooms	9kg or 20lbs
Neutral oil	750ml
Onions (getting from seeder?)	20
Carrots (fresh or frozen are okay)	1.9kg (about 20 large carrots)
Red bell pepper	20
Frozen peas	2000g
Garlic (minced or whole)	60-80 cloves (about 5-7 heads or 400g minced)
Dried thyme	1 package

Dried oregano	1 package
Tomato paste	4 small cans
Vegetable broth (liquid or dried)	6L
Vegan butter	~568g
Flour (any that can be used for thickening)	~325g
Chives or Parsley for garnish	1 bunch
Salt and ground black pepper	Reasonable amount

1. Soak dried mushrooms in hot water and set aside.
2. Heat olive oil over medium heat. Add onion, carrot, peas, and bell pepper; cook for 3 minutes until the onion is translucent.
3. Add mushrooms, garlic, thyme, and oregano. Cook for 7-10 minutes until mushrooms release their liquid.
4. Add tomato paste and chopped rehydrated mushrooms, then stir and cook for 3 more minutes.
5. Pour in vegetable broth and reserved mushroom liquid. Bring to a boil, then simmer for 10 minutes until the liquid reduces by half.
6. In a small bowl, mash vegan butter with flour to form a crumb-like texture. Stir into the pot until smooth and the sauce thickens. Add salt and pepper to taste.

### **Mashed Potatoes**

<https://www.noracooks.com/best-dang-vegan-mashed-potatoes/>

### **Dessert - Vegan Matcha Tiramisu (x6)**

For sponge cake:

All-purpose Flour	<b>540g</b>
Cornstarch	<b>4.5 Tablespoons (~68ml)</b>
Baking Powder	<b>4.5 teaspoons (~23ml)</b>
Sugar	<b>300g sugar</b>
Salt	<b>6 pinches of salt</b>
Vanilla extract	<b>1 Tablespoon</b>
Soy milk or oat milk	<b>540ml</b>
Canola Oil	<b>240ml</b>
Apple Cider Vinegar	<b>4.5 tablespoons (~68ml)</b>

Matcha Dip (to soak cake in)

Matcha (ceremonial grade)	<b>50g</b>
Hot water (not too hot pls)	<b>600g</b>

Vegan Marscopone Cream

Soft Tofu (not silken)	<b>3500g</b>
Vegan Cream cheese	<b>1200g</b>
Vegan butter	<b>1700g</b>
Vanilla extract	<b>10 teaspoons</b>
Caster Sugar	<b>1200g</b>

**For sponge cake:**

1. Add flour, cornstarch, and baking powder into a bowl.
2. Then add sugar, salt and vanilla and whisk together. I
3. In a measuring cup, stir together plant milk, oil and vinegar. Then stir into the flour mixture until combined.
4. Bake in baking tray lined with baking sheet for 40 min or until golden brown. Cover with plastic wrap and chill in fridge immediately

**Below is for Vanilla Cream**

5. To make the creamy filling, blend the soft tofu, cream cheese, sugar, melted butter and vanilla until smooth and creamy (about 1 minute). Place the mixture in the fridge to stiffen

**Assemble**

1. Make matcha concentrate (sift matcha so not clumpy, don't use boiling water)
2. Soak matcha concentrate into sponge cake
3. Layer vanilla cream (then repeat)
4. Dust Matcha powder on top